

QUIZ

How Well Do You Know Your

PULSES?

Green peas, yellow peas, red lentils, faba beans.

No, this not a grocery list for a delicious meal — although it can be — these are all pulses. High in protein, low in fat, and good for the environment; what's not to love about them? 2016 is the International Year of the Pulses. **We thought it would be fun to test how well you know your pulses.**

Match the letter with the corresponding number.
See reverse side for the correct answers.



ANSWERS

- | | |
|---------------------------------------|----------------------------------|
| 1. » G. FRENCH GREEN LENTILS | 8. » D. BLACK GRAM |
| 2. » J. WHOLE KABULI CHICKPEAS | 9. » L. SPLIT YELLOW PEAS |
| 3. » C. BLACK BEANS | 10. » M. BLACK EYED PEAS |
| 4. » B. LUPINS | 11. » E. FABA BEANS |
| 5. » H. WHOLE GREEN PEAS | 12. » F. COW PEAS |
| 6. » I. PIGEON PEAS | 13. » A. SPLIT RED LENTIL |
| 7. » K. ADZUKI BEANS | |



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