



I chose Garbanzo beans because they are used frequently in my household for a variety of dishes. Garbanzo beans are a good source of protein without having to eat animal products. They are easy to keep in your cardboard since they remain good for a long period of time.

1. How are they preserved?
2. What is the thick liquid that is in the can with the beans?
3. Is it necessary to wash the beans before using cooking?
4. How does canning work?
5. Does the process used to preserve the beans lower their nutritional value?