

# JACK AND THE Beanstalk



FAMILY  
ACTIVITY PACK

# A BEGINNER'S GUIDE TO PANTO...

For any of you who might not see a pantomime every year, here is our little 'how-to-panto' guide for you!



- ★ Say hello to the fairy when she says, 'Hello!'
- ★ Boo the baddie when he's bad... 'Booo!'
- ★ Shout, 'It's behind you!' at the screen if someone hasn't noticed!
- ★ If someone says, 'Oh yes it is!', you say, 'Oh no it's not!'
- ★ If you feel sorry for someone, say 'Ahhh!'
- ★ Help defeat Giant Blunderbore by shouting this football chant:  
*He's green. He stinks. He's only got one eye!  
Blunderbore! Blunderbore!*
- ★ Ask your parents to have sweets ready for you to catch when they are thrown at you from the screen.

# SING ALONG WITH OUR SONG SHEET

Why does a brown cow give white milk,  
When it only eats green grass?

That's the burning question –

Let's have your suggestion!

You don't know, I don't know,

Don't you feel an ass?

Oh, why does a brown cow give white milk,

When it only eats green grass?

And... don't forget to scream, clap

and cheer hip hip hooray!



# ACTIVITIES

## Jack and the Beanstalk Wordsearch

BEANS

BEANSTALK

BUTTERCUP

CLOUD

COW

DAME

FAIRY

FLESHCREEPY

GIANT

JACK

JILL

MAGIC

MUSIC

PANTOMIME

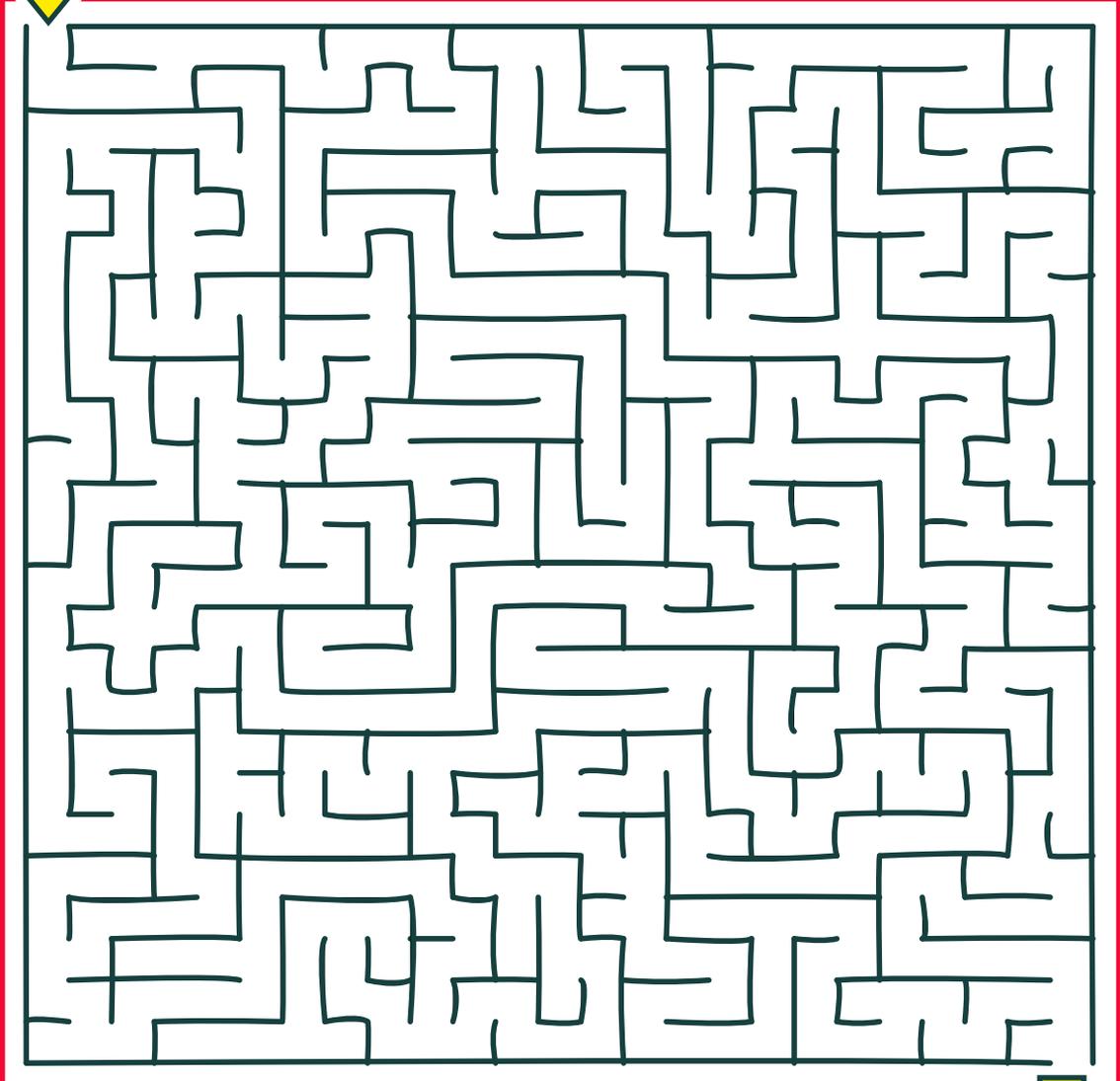
TROTT

W	S	F	T	I	F	M	A	E	P	K	O	I	B	V
B	J	L	K	L	A	F	M	G	W	L	J	A	C	K
M	B	H	B	Y	R	I	O	B	B	A	M	Z	S	Q
I	V	Y	Y	O	M	W	K	W	B	T	U	R	I	C
M	L	T	P	O	C	Y	A	Q	A	S	W	E	A	J
B	U	T	T	E	R	C	U	P	V	N	M	X	V	I
U	T	N	D	I	E	F	T	S	N	A	E	B	C	L
U	A	R	A	A	Y	R	F	R	G	E	J	H	I	L
P	B	F	O	T	M	U	C	I	I	B	F	X	S	O
T	D	N	V	T	D	E	C	H	X	W	Z	R	U	V
C	U	G	Z	W	T	U	L	S	S	W	Q	X	M	B
L	Z	I	V	T	C	P	O	J	P	E	X	B	K	E
F	B	A	T	O	N	M	R	L	B	I	L	B	Y	L
D	D	N	W	T	A	J	R	P	C	R	F	F	X	V
G	A	T	G	U	S	P	X	Z	X	G	L	E	H	M

Help Jack and Jill  
escape from the  
Giant's castle



START



FINISH

# FUN FACTS

Beans have been found buried in Egyptian tombs – supposedly so the Mummy had something to eat in the afterlife.

Sea kelp can grow up to a metre a day – and giant kelp forests exist under the sea.

Beans are believed to have been one of the first cultivated crops of early humans. Thousands of years ago, beans helped humans learn not only how to gather food, but how to grow it ourselves.

The word pantomime comes from the Greek 'pan' meaning 'all' and 'mimos' meaning 'imitator'.

Pantomime was a very popular source of entertainment in Ancient Greece and Ancient Rome.

# THE HISTORY OF JACK AND THE BEANSTALK

Unlike many fairy tales, the origins of *Jack and the Beanstalk* are a mystery. The only record of the tale was published in 1734 as part of a collection named: *Round about our Coal Fire: or Christmas Entertainments*. It even had a different name for the story – *Enchantment demonstrated in the story of Jack Spriggins and the Enchanted Bean* – what a mouthful!

The first time it appeared in a book was in 1802 and it was written by Benjamin Tabart. At this time, stories were very often meant to teach people life lessons or morals, so the hero could never do anything bad. In this version, a fairy tells Jack that the Giant's fortune once belonged to his father – making it his all along!

Other versions were even more strict - in the 1853 version by George Cruikshank, a butcher who buys Jack's cow is punished for not giving a fair price! The fairy, too, would only help Jack when he learns to not be lazy, and instead be a hardworking and dutiful son - very Victorian!

Some believe that 'Jack and the Beanstalk' has always been connected to pantomimes as, on its first printing, it was dedicated to a Mr Lun, who may have been the theatre manager John Rich - the man thought to have invented the comic English pantomime.

# JOKES

It wouldn't be Christmas without some terrible  
(sorry, hilarious!) pantomime jokes...

**How did Jack  
work out how many  
beans his cow  
was worth?**  
He used a  
cowculator!

**Knock, knock.**  
Who's there?  
**Fifi.**  
Fifi who?  
**Fifi fiefie fofo fum,  
I smell the blood of  
an Englishman!**

**What kind of  
vegetable ties  
your stomach  
in knots?**  
String beans.

**Knock Knock!**  
Who's there?  
**Bean!**  
Bean who?  
**Bean a while  
since I've  
seen you.**

**What do you call a  
retired vegetable?**  
A has-bean.

**What did  
the beanstalk  
say to Jack?**  
Stop picking  
on me!

**Knock, knock.**  
Who's there?  
**Boo.**  
Boo who?  
**There, there...  
giants don't cry!**

**On which side  
of the house  
did Jack grow  
the beans?**  
On the outside!

**What is the fastest  
vegetable?**  
A runner bean.

# GROW YOUR OWN MAGIC\* BEANSTALK

\*magic not guaranteed

Try this method to grow your very own beanstalk. Why not re-use a container you already have in the house? Keep your bean plant indoors until the frosts have passed, then you can plant your bean outside when it gets bigger. Can you grow a beanstalk to reach the clouds, like Jack?

## What You'll Need

Get together these things – you probably have them around the house already:

- A large glass jam or clear coffee jar – any container you can re-use, being clear means you can watch it grow!
- Some blotting paper or paper towels
- A small amount of soil or compost
- A small amount of water
- And, of course... a dried bean!

Butter beans are a good choice as they're big and easy to see, but you could also use broad beans, kidney beans, mung beans or almost any other type of bean.

## Getting Started

Soak your bean in water overnight.

Wash out the jar and make sure it's clean. There is no need to dry it.

Curl the blotting paper or paper towel up into a loose tube, and put the tube into the jar, allowing the paper to unfurl and fit neatly around the glass. Pour in the compost.

Take your bean and slide it into the jar between the glass and the paper so you can see it. It should be about three quarters of the way down the jar and, if the paper is strong enough, the bean will just sit where you put it.

Now, pour just a few spoons of water into the soil, making sure not to use so much that the compost becomes soggy. Put the jar on a well-lit, but not too sunny, windowsill. Check the jar every day. Make sure the soil doesn't dry out, but don't put too much water in or it might go mouldy. The soil should always be just damp.

And now... just wait!

After about two weeks, your bean should have a good set of roots, a sturdy stem and several leaves.

Now is the time to carefully re-pot your bean seedling into some garden compost and let it grow big enough to plant in the garden. Don't forget to give it canes or sticks to grow up!

# COOKING TIME...

Make a magic bean stew - don't forget to ask an adult to help when cooking!

Adapted from Deliciously Ella's "Three Bean Stew"

No Gluten / No Dairy / No Meat

Beans are packed with protein so it's a great veggie/vegan dish!

To make this recipe, you'll need to let the tomatoes, celery, onion and red peppers bubble away with the spices for half an hour, and then all you need to do is add the beans 10 mins before you're ready to eat.

## Ingredients

- Large jug of olive oil
- 2 celery sticks, finely chopped
- 1 medium onion, finely chopped (optional)
- salt and pepper
- 4 garlic cloves, finely chopped
- 2 red chillies, deseeded and finely chopped
- 400g can of chopped tomatoes
- 4 tablespoons tomato purée
- 2 red peppers, finely chopped
- 400g can each of butter beans, black beans and cannellini beans, drained and rinsed



## Method:

Heat the oil in a large saucepan over a medium heat.

Add the celery and onion with salt and pepper, then stir. Cook until the celery is turning translucent, then add the garlic and chillies and cook for a minute, stirring so that nothing catches.

Add the canned tomatoes, tomato purée, red peppers and 350ml of water and let it bubble for about 30 minutes, stirring to break down the tomatoes now and then, until the sauce is starting to reduce and the peppers are soft.

Once you're ready to eat, add the beans. They'll need about 10 minutes. When they've had that, turn the heat off and let cool slightly.

You could serve it with brown rice or quinoa.

