Different Foods

Soy beans = Soybeans originated from China. In 2853 BC, Emperor Sheng-Nung of China named five sacred plants called soybeans, rice, wheat, barley, and millet. Soybean plants were grown and harvested between 17th and 11th century in the eastern half of China where they were made into a food crop. From about the first century AC to the Age of Discovery (15-16th century), soybeans were introduced into nine different countries such as Japan, Indonesia, the Philippines, Vietnam, Thailand, Malaysia, Burma, Nepal and India. Ever since then soybeans have been voted one of the most popular snacks in china. Beans are important in diets as they are a rich source of protein and have been around for hundreds of years. Beans have a bit of a boring flavour so they soak up all flavour when being cooked with. The soybean has been used in as food for over 5000 years. Tofu is made out of soybeans. Soybeans are sometimes referred to as a greater bean. The soybean varies in froth and habit. The height of the plant varies from below 20 cm (7.9 in) up to 2 metres (6.6 ft). From about the first century CE to the Age of Discovery (15-16th century) soybeans were introduced into many different countries, such as India, Japan, Indonesia, the Philippines, Vietnam, Thailand, Cambodia, Malaysia, Burma, Taiwan and Nepal.