

So what makes a real giant?

Everyone knows that to be a giant you have to be tall. But can human beings ever be called giants?

The tallest person that ever lived was the American Robert Wadlow, who was a staggering 8 foot 11 and $\frac{1}{10}$ inches (2.72m) tall when he died, aged only 22. Some believe that he would have topped 9 foot if he had lived longer. In September 2009 the *Guinness Book of World Records* officially named Sultan Kösen, from Turkey, as the “World’s Tallest Man”, he measured in at a towering 8 foot 1 inch tall. When asked of his hopes for the future, Kösen replied that he would love to be able to drive a car (they are all too small for him!) and find a girlfriend.

Such people are huge, but are not really giants as we think of them in fairy-tale terms. A real giant would have to be much taller than that, and much bigger in every way: bigger hands, bigger heads and bigger eyes, not to mention mouths big enough to munch a person whole!

And not only big, giants have to be pretty nasty as well. Apart from some very rare exceptions, giants in myth, folklore and stories are always nasty, with a very big, very tall capital **N**. It seems as if the bigger they are, the more ‘orrible they are! But then, as we know from *Jack and the Beanstalk*, the bigger they are the harder they fall!

Some big names in myth and folklore

Giants can be found in folklore all around the world. Here are some of the most famous:

Finn MacCumhaill (MacCool)

A legendary Irish giant who is said to have built the extraordinary Giant’s Causeway, a series of ‘steps’ of hexagonal basalt columns to be seen off the northern coast of Northern Ireland. According to legend, Finn MacCumhaill built the causeway to help him cross the sea to the Scottish island of Staffa (which has similar rock formations).

Giants in Cornwall

According to legend, the Penwith area of Cornwall in particular was once plagued with giants, of which the most famous were Gog and Magog, two massive giants who were held captive by Brutus, the legendary founder of Britain. Also well known is Cormoran, the wicked Giant of St Michael’s Mount, who was finally beaten by Jack the Giant Killer.

Wrath

Perhaps the most wicked giant in Cornwall was Wrath of Portreath, who would lie in wait on the coast for ships which he would attack, carrying back anything he fancied for his supper (including the poor sailors) in his belt.

Bolster

Another famous Cornish giant was Bolster who, according to legend, must have been absolutely huge. It is claimed that he could plant one foot on Carn Brea (the high hill just outside Camborne) and the other six miles away, on the cliffs outside St Agnes, which would make him around 12 miles high!

The evil Bolster met his downfall after falling in love with the pious and chaste St Agnes. Sick of his constant attentions, St Agnes told him to prove his love for her by filling up a hole in the cliff at Chapel Porth with his own blood. To Bolster that was an easy task — after all, he’d never miss a few gallons —



but St Agnes knew that the hole was bottomless and led into the sea below! Having cut his arm, Bolster waited for the hole to fill up. It never did, of course, and eventually he lost so much blood that he died. To this day the cliffs at Chapel Porth bear a red stain, said to be from where his blood ran down into the sea.

Greek giants

The Cyclopes were giants from Greek mythology known for having just one eye in the middle of their foreheads. They were said to be the deformed offspring of the god Uranus and Gaea, the earth mother, and were imprisoned by their father, in an attempt to get rid of them.

Uranus and Gaea also gave birth to other races of giants including the Titans, and a race that had 150 heads! The strongest giant in Greek myth was Antaeus, who built a temple out of skulls and who was unbeatable as long as he touched the earth. He was finally defeated by the hero Hercules, who lifted him off the ground and strangled him. Some ancient Greeks also believed that giants lay buried alive under mountains and volcanoes, and that they were responsible for eruptions and earthquakes.

Giants alive today?

Few people believe that giants still exist today, unless you count huge animals such as elephants, giraffes and whales. However, there are occasional stories of giant hairy creatures living in isolated areas.

In America they are known as Bigfoot, whilst in Tibet, the term Yeti or Abominable Snowman is commonly used. Nobody has proved whether Bigfoots or Yetis really exist or not, despite many sightings and evidence such as footprints.

Jack the Giant Killer

After all this talk of evil giants, it's nice to know that there are also plenty of heroes to fight them. The most famous of these is Jack the Giant Killer.

According to legend, Jack was a farmer's son who lived near Land's End in the days of King Arthur. The evil giant Cormoran terrorised the area and stole cattle, carrying them away either on his back or dangling from his belt. Jack defeated Cormoran by digging a huge pit near Morvah and covering it with sticks and straw, and then luring the Giant towards it by blowing his horn.

After his brave deed, Jack the Giant Killer became a travelling hero, fighting wolves and pirates as well as other troublesome giants, both in Cornwall and later in Wales.

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beans

Beans were one of the first crops to be cultivated by man—the ancient Egyptians grew broad beans and Greek and Roman children used beans to draw lots to decide who would be the king of the feast of Saturnalia. Later on, in Christian times, a dried bean was hidden in the Christmas cake, and the person who got the piece with the bean would be king of the revels for the twelve days of Christmas!

In the Middle Ages beans became associated with spells and magic potions – some people even believed that beans would cure baldness!

In view of all this history, it's not surprising that there are many sayings involving beans. About a hundred and fifty years ago beans started to be used as a slang word for money, as in 'I haven't got a bean'. An 'old bean' is a good friend and the expression 'to spill the beans', meaning to give away a secret, came into use in England from America in the 1920s. But 'full of beans' has been spotted in a book published as early as 1843.

**“The giant beanstalk
seems to
have started
growing all kinds
of different beans!**

**Can you name
them all?”**





The word 'carat', used by jewellers as a measure for gold and precious stones, was named after the carat bean. Grown on the east coast of Africa, the beans always grew to just about the same size, so the natives used it as a standard for weighing gold, and when the practice eventually spread to Europe the measure became a carat (not a carrot!).

Then there's a beanpole, which people sometimes use to describe a very tall, thin person and a beanbag, which was originally a small cloth bag containing beans which was used in playing games, but now we know it as a rather larger cloth bag full of polystyrene chips or balls that we use to sit on!

And if someone tells you that you 'know how many beans make five', take it as a compliment because they think you're pretty clever!

The dictionary says that a 'beano' is 'a rowdy jollification', and that probably describes the famous comic *The Beano*, which first came out in 1938 and is still going strong... Well, who can resist the antics of the Bash Street Kids, Billy Whizz and the immortal Dennis the Menace?

Why do Mexican jumping beans jump?

The movements of a jumping bean are actually caused by a caterpillar that lives inside the bean seed. The butterflies lay their eggs in the flower then, after the eggs hatch, the caterpillars burrow into the bean. They eat away the inside, but leave the bean wall undamaged. The caterpillar then builds a web inside the bean.

The bean jumps when the caterpillar grabs the web and jerks its body – it helps to scare away birds and other animals that might try to eat the bean seeds.

When the time comes to become a butterfly, the caterpillar makes a circular lid in the bean wall and pushes its way out...

**“The giant beanstalk
is home to lots
of giant bugs too!”**

**Can you spot
them all?”**

beansearch

See if you can help Daisy find all the different beans in this beansearch!

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

Broad

Cocoa

Runner

Vanilla

Magic

Green

Coffee

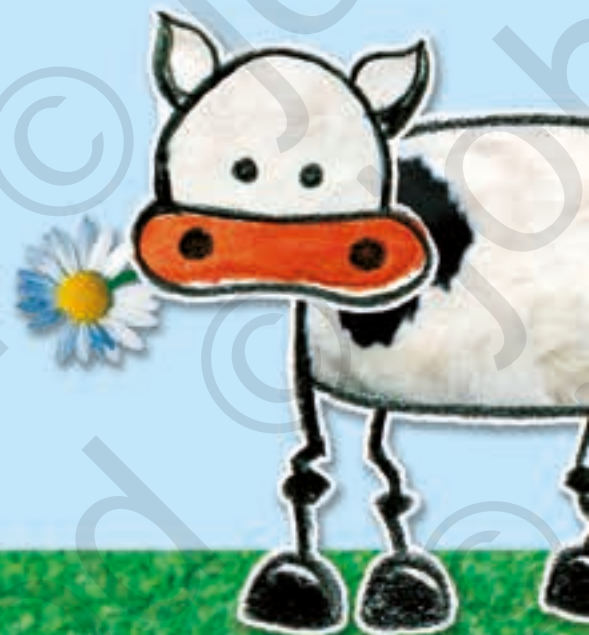
Soya

Butter

Black-eyed

Baked

Kidney



Magic Beans

Giant Fingers and Magic Bean Crisp

This is one of Jack's favourite meals! It helped to make him strong enough to cut down the giant beanstalk!

3-4 rashers of bacon
1 finely chopped onion
3 giant's fingers!! (or sausage, pre-cooked and sliced)
1 large can of magic (baked) beans
1 packet plain crisps
grated cheese for the topping
olive oil for frying

Grill the bacon until nice and crispy and then chop it into little bits.

Fry the chopped onion in a little bit of oil.

When the onion has softened add the slices of GIANT FINGERS! (sausage), bacon bits and the can of magic (baked) beans. When it's all good and hot, pour it into an ovenproof dish.

Then you need to create the yummy crispy topping! To do this you need to hammer the crisps in their bag with a rolling pin (make some air holes in it first so that you don't burst the bag). Then pour the crispy crumbs over the top of your magic beans mixture.

Sprinkle some grated cheese on the top and place under the grill for 5 minutes, until all the cheese has melted. Jack loves to have this with a little bit of mashed potato.

Magic Bean Cookies! (Makes 12)

Dame Trot loves these colourful cookies! She often bakes them as a little treat for herself... although Jack does manage to pinch a few.

4oz (125g) butter (softened at room temperature)
2oz (50g) caster sugar
1oz (25g) chopped nuts (these can be left out if you suffer from nut allergy)
3oz (75g) magic (jelly) beans
4oz (125g) plain flour

Get a medium mixing bowl and put in the butter and sugar. Beat with a wooden spoon until the mixture is pale and fluffy. (You might need some help with this as Dame Trot always says it makes her arm ache!)

Stir in the magic (jelly) beans and nuts. Add the flour and mix it all to form a nice soft dough. With a tablespoon, plop dollops onto a greased baking tray, or greaseproof paper. Allow six for each tray or sheet.

Bake in a preheated oven at 190°C (375°F) gas mark 5 for approximately 10 minutes until the cookies are golden brown and the magic (jelly) beans have melted. Remove from oven and cool the baking tray for about 5 minutes before transferring them to a wire rack to cool completely.

As an alternative to nuts, add white or milk chocolate chips to the mixture.

Ask an adult to help you



GIANT Fingers

You could grow your own
beanstalk - you never know, it
could become a **GIANT** one too!

To grow your own runner beans you will need:

- yoghurt pots
- compost
- bean seeds
- canes
- strings



Make a few holes in the bottom of the yoghurt pots to allow for drainage.

Fill each pot with compost then make a hole in the compost with your finger. Place a bean seed in the hole then cover with compost.

Sit the yoghurt pots on a tray or plate and sprinkle them with water, then place in a cool, dry place, out of direct sunlight. Then wait... keeping an eye on the pots to make sure they don't dry out.

After a few days you should see the first green shoots coming through. Once each plant is approximately 5cm tall, it is ready to plant in the ground!

Now you need to make a wigwam for your beanstalks with the canes and string. Dig two holes either side of each cane and put a plant in each hole, then water. (Make sure there's no frost on the ground when you do this).

Then watch your beanstalks grow. The beans should curl up around each cane, but may need a little guidance sometimes. Always water during dry spells.

When the flowers die off, small green pods appear. These are the runner beans! Check the seed packet to see the length they will grow before you can pick and eat them.





colour
me in



See if you can help Jack find which branch will lead him to the hen and not the Giant!

For Fiddling Fun

 <p>1</p>	 <p>PINK</p> <p>Whistle a tune like Jack</p>	 <p>ORANGE</p> <p>Dance like Dane Trot</p>	<p>2</p> 
 <p>AQUA</p> <p>Tell a joke like Simple Simon</p>			 <p>YELLOW</p> <p>"Cluck-Cluck" like the hen that lays golden eggs</p>
 <p>RED</p> <p>Shout "Fe Fi Fo Fum" like the Giant</p>		<p>PURPLE</p> <p>"Mooooooo" like Daisy the Cow</p>	
<p>3</p> 	 <p>BLUE</p> <p>"Hissssss" at the paddy</p>	 <p>GREEN</p> <p>Grow up like a bean then grow up big and tall like the beanstalk</p>	<p>4</p> 

Cut out the square above, along the green dotted lines



How to make it:

1 Place the square face down, then fold along the solid white lines so that the four corners meet in the centre.



2 Turn the whole game over and fold along the green lines so that the four corners meet in the centre.



3 Now fold it in half with the colours inside and crease to make a rectangle. Now fold again to make a square.

How to play:

1 Slot your thumbs and forefingers under each picture.



2 Choose a number and open and close your game that many times.



3 Now choose a colour bean and lift up the corner to see what you have to do!



Take it in turns with your friends and family and have lots of fun!

Answers

There are lots of bugs in this programme - can you count how many bees, butterflies, ladybirds, caterpillars and snails you can find?

Beansearch

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

Maze



Antenewords

Beansearch

Maze

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

There are lots of bugs in this programme - can you count how many bees, butterflies, ladybirds, caterpillars and snails you can find?