



Cherry

Lakota: čhanphá

Lesson Plan

Objectives

- Participants will identify Cherries as a fruit from MyPlate.
- Participants will increase knowledge in the selection, cleaning, storage, nutrition and use of cherries.
- Participants will prepare and taste a food that includes cherries.
- Participants will demonstrate the use of equipment needed in the preparation of a cherry recipe and the cooking terms used.

Items Needed for the Lesson

- My Plate Poster
- Visuals of or real samples of sweet and tart cherries
- Produce Calculator (Produce by the Pound chart)
- Paring knife, Spoon, Pen
- Baking sheet, freezer bag

Handouts or Take Home Items

- PTL Handout – Cherry
- Additional recipe card for alternate recipe

Recipe Choices

- Recipe – Cherry Crisp
- Alternate Recipe – Green Beans with Dried Cherries

Facts to Share with Students

- Start with Ice Breaker – guess the fruit or vegetable
- Cherries are from the rose family and are a fruit from MyPlate.
- Nutrients found in cherries.
- How to select and store cherries.
- How to clean and remove pits from cherries.
- Steps to freeze cherries.

Cooking and Food Safety Skills

- Wash hands for 20 seconds.
- Stove top and oven safety
- Liquid and dry measuring skills
- Cleaning tops of cans
- Substituting whole grains for refined grains
- Knife safety and cutting boards
- Define the cooking terms dice, dissolve, simmer, reduce, toss
- Packing brown sugar

Supplies for Cherry Lesson

- **Cherry Crisp**
 - » Baking Pan
 - » Measuring Cups
 - » Measuring Spoons
 - » Bowl
 - » Can Opener
 - » Liquid Measuring Cup
 - » Colander
 - » Saucepan
 - » Fork
 - » Rubber Scraper

- **Green Beans with Dried Cherries**
 - » Saucepan
 - » Measuring Cups
 - » Measuring Spoons
 - » Knife
 - » Cutting Board
 - » Liquid Measuring Cup
 - » Steamer Basket
 - » Saucepan with Lid

What You Say:	What you do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> This fruit belongs to the rose family and was brought to the US by ship in the 1600's. This fruit tree was grown in Northern Michigan where cool breezes off the lake provided them with cool temperatures. In Japan, the blossoms of this fruit tree are the unofficial national flower. <p>(Answer: Cherry)</p>	<ul style="list-style-type: none"> Name off each clue, allow a few guesses before moving on to the next clue. After someone guesses the answer, or you tell them, show them visuals of Cherries.
<p>There are two different types of cherries that are grown mainly in California, Michigan, Washington and Oregon.</p> <p>The first type is the sweet cherry. These are grown mostly for eating fresh. Some of the varieties of sweet cherries are Bing, Rainier and Lambert.</p> <p>The other type is the tart or sour cherry. These cherries are used for processing or canning into jams and pie filling. Some of the varieties of tart cherries are Montmorency and Haskap.</p>	<ul style="list-style-type: none"> Show visuals of sweet and tart cherries or if possible, have some real cherry varieties.
<p>How many of you have seen this before?</p> <p>MyPlate shows us how to eat healthier by dividing a "plate" into 4 food groups and the dairy group is shown as a glass of milk. If we look at the plate, half of it is fruits and vegetables and the other half is grains and protein.</p> <p>As we have already mentioned, cherries are from the fruit group.</p>	<ul style="list-style-type: none"> Point to MyPlate poster.
<p>The amount of fruit we need each day depends on our age and gender. You can get fruit fresh, frozen, canned, dried or as juice.</p>	<ul style="list-style-type: none"> Refer to the MyPlate Daily Fruit table for age specific servings.
<p>What are some ways that we can eat cherries? (Possible answers: fresh, frozen, dried, mixed in a fruit salad, stirred into yogurt, blended in fruit smoothies, in pies or crisps, as jam, in salsas)</p> <p>Cherries are commonly eaten fresh, especially in the summer. They are an easy fruit to pack in lunches.</p>	<ul style="list-style-type: none"> Have some participants name their favorite way to eat cherries.

What You Say:	What you do:
When choosing fresh cherries, look for those that are large, plump, firm and shiny and that have fresh, green stems. Do not choose cherries that are soft and sticky or whose stems are a dark color or that do not have stems. Cherries with stems attached are less likely to mold quickly.	<ul style="list-style-type: none"> Show a visual or real cherry with a fresh, green stem.
In South Dakota, cherries are in season in June and July. This means that you will usually get the best buy on fresh cherries at the grocery store.	
<p>In order to estimate how much the cherries you are purchasing will cost, you can use a produce calculator or produce by the pound chart.</p> <p>To use the produce calculator:</p> <ul style="list-style-type: none"> Place the amount of cherries that you wish to purchase in the bags available. Put the bag on the grocery store scale and get an approximate weight. Round that weight up to the nearest pound or half pound. The estimated cost of the cherries will be where the weight and the price per pound intersect on the Produce Calculator. 	<ul style="list-style-type: none"> Show participants the Produce Calculator and have them practice finding the price of produce by giving them different weights and prices.
To keep fresh cherries longer, do not wash them until right before they are going to be eaten. They can be stored in the refrigerator in a plastic bag for up to 10 days. Check them often and remove any cherries that have gone bad.	<ul style="list-style-type: none"> Discuss with participants the proper storage of cherries.
Rinse cherries under cold water before serving them fresh. They can be served with the stems attached. They can be served cold or at room temperature.	<ul style="list-style-type: none"> Demonstrate rinsing cherries.
To remove the stone or pit from a cherry, first remove the stem and then cut the cherry in half with a paring knife and remove the pit with the paring knife or with a spoon. Cherries can be pitted without cutting them by removing the stem and inserting a clean pen into the cherry and pushing the pit out through the bottom of the fruit.	<ul style="list-style-type: none"> Show an example of a paring knife. Demonstrate removing the pit from a cherry. Ask participants if they have used other ways to pit cherries that they would like to share.
Cherries can also be purchased in season and frozen for future use. To freeze cherries, rinse, drain and pat dry with a paper towel. Remove the stems and pits. Spread them out in a single layer on a baking sheet and place the baking sheet in the freezer. Once they are frozen, remove the cherries from the baking sheet and place them in a freezer bag. Label and date the bag. They will keep for up to a year in the freezer.	<ul style="list-style-type: none"> Demonstrate the steps to freezing cherries, showing the equipment needed.

What You Say:	What you do:
Are there any other ways that cherries can be stored? (Possible answers: dried or dehydrated, canned, made into jam)	<ul style="list-style-type: none"> • Call on someone who would like to answer.
Why would we want to eat cherries? (Possible answers: no fat, cholesterol or sodium, good source of fiber, high in Vitamin C)	<ul style="list-style-type: none"> • Discuss benefits of eating cherries; use the nutrient chart as a reference.
Cherries are rich in antioxidants called anthocyanins. Anthocyanins help fight inflammation in the body and help aid in the reduction of diseases such as cancer and heart disease. Cherries are a good source of fiber, which is good for digestive health.	
Are you ready to try out a cherry recipe? What is the first thing that we always do before preparing food? (Answer: wash hands)	<ul style="list-style-type: none"> • Call on someone for answer. • This is a good time to go over handwashing rules.



= for adults or older youth

Use this page if you are going to prepare Cherry Crisp

Equipment List

- Baking Pan
- Measuring Cups
- Measuring Spoons
- Bowl
- Can Opener
- Liquid Measuring Cup
- Colander
- Saucepan
- Fork
- Rubber Scraper

What You Say:	What You Do:
<p>Today we are going to be making Cherry Crisp.</p> <p>Let's read through the recipe together before we begin.</p> <p>The cherries that we will be using today are canned cherries packed in water.</p>	<ul style="list-style-type: none"> • Pass out the recipes. • Read recipe aloud with participants. • Show participants the canned cherries and reference the label.
<p>The topping ingredients (whole wheat flour, rolled oats, brown sugar, cinnamon, salt and melted butter) will be combined and set aside.</p> <p>MyPlate tells us to make half of our grain serving whole grains. To eat more whole grains, we can substitute a whole grain product for a refined product, as this recipe did.</p>	<ul style="list-style-type: none"> • Show the ingredients that will be used for the topping. • Look at the whole wheat flour label.
<p>Whole grains contain the entire grain kernel – bran, germ and endosperm.</p> <p>Whole grains are important sources of nutrients such as zinc, magnesium, B vitamins and fiber.</p>	<ul style="list-style-type: none"> • Show an illustration of a whole grain kernel with the bran, germ and endosperm labeled.
<p>The cherries will be drained and the juice will be kept.</p> <p>Before opening the cans of cherries, what should we do?</p> <p>(Answer: wash the tops of the cans)</p> <p>Why is it important to do this?</p> <p>(Possible answers: there may be dirt on the lid, we don't know where the cans have been or what may have crawled across the top of them)</p>	<ul style="list-style-type: none"> • Demonstrate how to drain the cherries. • Call on someone who would like to answer.
<p>We are going to be using liquid and dry measuring cups for this recipe.</p>	<ul style="list-style-type: none"> • Review measuring liquid and dry ingredients from the resource section.
<p>We are going to be using the stove top and the oven for this recipe.</p>	<ul style="list-style-type: none"> • Go over stove top and oven safety from the resource section.

Use this page if you are going to prepare Green Beans with Dried Cherries

Equipment List

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> • Saucepan • Measuring Cups • MeasuringSpoons | <ul style="list-style-type: none"> • Knife • Cutting Board • Liquid Measuring Cup | <ul style="list-style-type: none"> • Steamer Basket • Saucepan with Lid |
|---|--|---|

What You Say:	What You Do:
Today we will be making Green Beans with Dried Cherries. Let's read through the recipe before we begin.	<ul style="list-style-type: none"> Pass out recipes. Read recipe aloud with participants.
This recipe uses cherries to enhance the flavor of a vegetable. In this case the vegetable is fresh green beans. MyPlate shows us that half of our plate should be fruits and vegetables.	<ul style="list-style-type: none"> Point to the MyPlate visual.
We are going to be using the stove top today.	<ul style="list-style-type: none"> Go over stove top safety from the resource section.
The onion is going to be diced. Does anyone know what the cooking term "dice" means? (Answer: to cut food in small cubes of uniform size and shape) We will be using a knife and cutting board to do dice the onion.	<ul style="list-style-type: none"> Call on someone who would like to answer. Go over knife and cutting board safety from the resource section.
After the oil has heated and the onion has become tender, we will add the brown sugar. When we measure brown sugar, we pack it into the measuring cup or spoon. The recipe says to stir the brown sugar to dissolve. Does anyone know what the cooking term "dissolve" means? (Answer: to cause a dry substance to pass into solution in a liquid)	<ul style="list-style-type: none"> Demonstrate how to pack the brown sugar into the measuring spoon. Call on someone who would like to answer.
Next the dry cherries will be added along with the vinegar and water. The mixture will be simmered, and the liquid will reduce. Does anyone know what the cooking terms "simmer" and "reduce" mean? (Answer: Simmer – to cook slowly in liquid over low heat. The surface of the liquid will be broken from time to time by slowing rising bubbles. Reduce – to cook down to reduce the volume)	<ul style="list-style-type: none"> Call on someone who would like to answer and discuss the cooking terms simmer and reduce.
After the cherry glaze is finished, the green beans will be steamed and tossed with the glaze. Does anyone know what the cooking term "toss" means? (Answer: to combine ingredients with a lifting motion)	<ul style="list-style-type: none"> Demonstrate a tossing motion.

Visuals



Cherry blossoms in an orchard



Cherries ripening on the tree



Dried cherries



Cherries have a small pit (seed) inside of them. The pit needs to be removed before cooking.

Cherry Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Cherries, about 10 cherries	½ cup 73 g	46	1.5	1%	5	161	3
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	1-2 cup servings of fruit per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3000-4700 mg)	RDA (depending on age) ranges from 150-400 mcg)

Daily Fruit Table

Daily Recommendation*		
Children	2-3 years old	1 cup
	4-8 years old	1 to 1 ½ cups
Girls	9-13 years old	1 ½ cups
	14-18 years old	1 ½ cups
Boys	9-13 years old	1 ½ cups
	14-18 years old	2 cups
Women	19-30 years old	2 cups
	31-50 years old	1 ½ cups
	51+ years old	1 ½ cups
Men	19-30 years old	2 cups
	31-50 years old	2 cups
	51+ years old	2 cups

Daily Vegetable Table

Daily Recommendation*		
Children	2-3 years old	1 cup
	4-8 years old	1 ½ cups
Girls	9-13 years old	2 cups
	14-18 years old	2 ½ cups
Boys	9-13 years old	2 ½ cups
	14-18 years old	3 cups
Women	19-30 years old	2 ½ cups
	31-50 years old	2 ½ cups
	51+ years old	2 cups
Men	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	2 ½ cups

Daily Dairy Table

Daily recommendation		
Children	2-3 years old	2 cups
	4-8 years old	2 ½ cups
Girls	9-13 years old	3 cups
	14-18 years old	3 cups
Boys	9-13 years old	3 cups
	14-18 years old	3 cups
Women	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups
Men	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate.

<https://www.choosemyplate.gov>

Measuring Liquid & Dry Ingredients

To measure liquids:

- Use a liquid measuring cup for liquid ingredients such as milk, oil or water.
- Fill the liquid measuring cup to the appropriate line.
- Place the liquid measuring cup on a flat surface such as the table or countertop.
- Check the measured amount at eye level, adding or removing some of the liquid until the correct amount is level with the quantity line.



To measure dry ingredients:

- Use a dry measuring cup for larger amounts of dry ingredients such as flour or sugar.
- Spoon the dry ingredient into the measuring cup.
- Run the flat edge of a table knife across the top to level off.
- Use measuring spoons for small amounts of dry ingredients. Fill and level off with the straight edge of a table knife.



Knife Safety

1. Always cut away from you and use a cutting board.
2. Keep knife blades sharp and clean.
3. Keep the knife handle clean.
4. Never place knives in the dish water, as they can injure the person washing dishes.
5. When wiping a knife blade, point the cutting edge away from your hand.
6. Do not lay knives close to the edge of the counter.
7. If a knife falls, do not try to catch it.
8. When done using them, return clean knives back to their proper storage areas.



Cutting Boards

1. Choose a cutting board with a smooth, hard surface.
2. Replace your cutting board when it has lots of grooves and scratches.
3. Do not chop fruits, vegetables or other ready-to-eat foods on a cutting board that was used for meat, unless you wash it first. If possible, use a different board for meats than you use for ready-to-eat foods.
4. Scrub cutting boards with hot, soapy water after each use.
5. Dishwashers are good cleaners if the cutting board is dishwasher safe – thin plastic and wooden cutting boards may be damaged in the dishwasher.
6. Make sure cutting boards are completely dry before putting them away.

Handwashing

Washing hands often and properly helps kill harmful bacteria. We need to wash our hands before starting to work in the kitchen and prior to handling food. To wash properly follow these steps:

1. Wet hands well with warm water.
2. Add soap.
3. Scrub hands, wrists, fingernails, and between fingers for at least 20 seconds. To measure 20 seconds, sing the Happy Birthday song twice OR sing the ABC song.
4. Rinse hands thoroughly.
5. Dry hands with a clean paper towel.
6. Use the paper towel to turn the water off.
7. Discard the paper towel.



Washing Fruits and Vegetables

- Start with clean hands. Wash hands for 20 seconds with soap and water before and after preparing fresh produce.
- All fruits and vegetables should be washed before eating. This includes produce purchased from the grocery store, farmer's market, or produce grown at home.
- Wash fruits and vegetables under cool running water just before eating, cutting or cooking.
- Even produce that is going to be peeled before eating needs to be washed first.
- Scrub firm produce, such as melons, cucumbers and carrots with a clean produce brush.
- After washing, dry the produce with a clean cloth or paper towel, this may remove even more bacteria that may be present.
- Cut away any bruised or damaged areas before preparing or eating. Produce that is moldy or that looks rotten should be thrown away.



Produce by the Pound

Price per lb.	1 lb	1 ½ lb	2 lb	2 ½ lb	3 lb
\$0.49	0.49	0.74	0.98	1.23	1.47
\$0.59	0.59	0.89	1.18	1.48	1.77
\$0.69	0.69	1.04	1.38	1.73	2.07
\$0.79	0.79	1.19	1.58	1.98	2.37
\$0.89	0.89	1.34	1.78	2.23	2.67
\$0.99	0.99	1.49	1.98	2.48	2.97
\$1.09	1.09	1.64	2.18	2.73	3.27
\$1.19	1.19	1.79	2.38	2.98	3.57
\$1.29	1.29	1.94	2.58	3.23	3.87
\$1.39	1.39	2.09	2.78	3.48	4.17
\$1.49	1.49	2.24	2.98	3.73	4.47
\$1.59	1.59	2.39	3.18	3.98	4.77
\$1.69	1.69	2.54	3.38	4.26	5.07
\$1.79	1.79	2.69	3.59	4.48	5.37
\$1.89	1.89	2.84	3.78	4.73	5.67
\$1.99	1.99	2.99	3.98	4.98	5.97
\$2.09	2.09	3.14	4.18	5.23	6.27
\$2.19	2.19	3.29	4.38	5.48	6.57
\$2.29	2.29	3.44	4.58	5.73	6.87
\$2.39	2.39	3.59	4.78	5.98	7.17
\$2.49	2.49	3.74	4.98	6.23	7.47
\$2.59	2.59	3.89	5.18	6.48	7.77
\$2.69	2.69	4.04	5.38	6.73	8.07
\$2.79	2.79	4.19	5.58	6.98	8.37
\$2.89	2.89	4.34	5.78	7.23	8.67
\$2.99	2.99	4.49	5.98	7.48	8.97

Oven Use and Safety

- Position oven racks before preheating the oven.
- Give your oven time to preheat to the proper temperature before placing the food to be cooked in the oven.
- Bake items on a rack placed in the middle of the oven for more even cooking.
- Keep a close eye on food cooking inside an oven.
- Use potholders or oven mitts when handling hot pots, pans or baking sheets. Do not use a dish towel for a potholder.
- Place hot dishes on a hot pad or cooling rack after taking them from the oven so they do not burn counter or table tops.
- If there is an oven fire, turn the oven off and keep the oven door closed. Call for emergency help.



Stove Top Safety

1. Choose a pan and burner that are similar in size.
2. Turn the pan handles in. If they are turned out, they can be pulled and/or knocked over.
3. Keep oven mitts, cloth and paper away from the burners.
4. Steam can burn just like hot liquid or a hot burner. Lift the lid away from you when removing it from a pan of hot or boiling liquid, so you don't get burned with the steam.
5. Never leave the stove unattended when cooking.
6. Remember to turn the stove off when you're finished using it.



Cherry Sources

Recipe

- <https://www.hsph.harvard.edu/nutritionsource/green-beans-with-dried-cherries/>

Information

- www.ext.vt.edu
- <https://ucanr.edu/sites/ceplacerrhorticulture/files/140963.pdf>
- extension.usu.edu/fscreate/ou-files/FFruitsCherry.pdf
- <http://health.state.mn.us/wic/shopforwic/produce.html>

Clues

- www.justfunfacts.com/interesting-facts-about-cherry/

Cooking terms

- https://www.d.umn.edu/~alphanu/cookery/glossary_cooking.html

Lakota translation

- Translated by Jeshua Estes