



Onion

Dakota: Psin

Lakota: pšíŋ

Lesson Plan

Objectives

- Participants will identify onions as a vegetable from MyPlate.
- Participants will increase knowledge in the growing, selection, storage and use of onions.
- Participants will demonstrate safely chopping an onion.
- Participants will demonstrate the use of onions in a recipe.

Items Needed for the Lesson

- My Plate Poster
- Nutrition Facts for onions
- Visuals of or real onion sets
- Fresh and dried onion samples
- ½ and ¼ cup measures

Handouts or Take Home Items

- PTL Handout – Onion with recipe
- Additional recipe card for alternate recipe

Recipe Choices

- Recipe-Onion and Celery Seed Relish
- Alternate Recipe – Easy Summer Salad

Facts to Share with Students

- Start with the Ice Breaker – guess the fruit or vegetable.
- MyPlate – vegetable servings per day and serving size
- How to plant onions in the garden
- How to choose and store and use onions
- Onion nutrition

Cooking and Food Safety Skills

- Wash hands for 20 seconds.
- Washing fresh vegetables.
- Measuring liquid ingredients.
- Cooking terms – “dissolve” and “chop”
- Knife and cutting board skills.

Notes

- Dakota and Lakota translation of the name of the produce is available at the end of this document.

Supplies for Onion Lesson

- Onion and Celery Seed Relish
 - » Liquid Measuring Cup
 - » Measuring Spoons
 - » Measuring Cups
 - » Salad Bowl
 - » Spoon
 - » Knife
 - » Cutting Board
- Easy Summer Salad
 - » Bowl
 - » Spoon
 - » Vegetable Peeler
 - » Knives
 - » Cutting Boards
 - » Measuring Spoons

Wild Onion

Original to South Dakota prior to European settlement.

- Dakota Name- Psin
- Lakota Name- pšíj

Harvested in early spring the wild onion has a sweet flavor and was used to flavor roasted meats, stew, soups and to make broth or tea.

Dakota word translation and perspective provided by a member of Hunkapti Dakota. Lakota word translated by Jeshua Estes.

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"> • They have been grown for 7000 years and there are 500 varieties. • They were fed to those who built pyramids because the Egyptians believed they had strength-producing powers. • The average American eats around 21 pounds of this vegetable every year in the fresh or processed form. • This is one of the top five fresh vegetables in the United States. 	<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 onions.
<p>Onions are a cool season vegetable. Bulb onions can be yellow, red or white. There is also the green onion variety.</p> <p>The yellow onion is the sweetest and can be used for cooking or eating raw. Red onions have a slightly stronger flavor and are often eaten raw in salads and on burgers.</p> <p>Onions are suited to grow throughout most of North America.</p>	<ul style="list-style-type: none"> • Show visuals or the real varieties of yellow, red, white and green onions.
<p>There are 5 subgroups of vegetables: dark green, red and orange, beans and peas, starchy and others. We need to make sure we are eating vegetables from each of these groups because each have different vitamins and nutrients in them. Do you know what subgroup onions would be in?</p> <p>(Answer: Others)</p> <p>Different vegetables come from different parts of a plant. They can be either a root, stem, leaf, fruit, flower or seed.</p> <p>What part of the plant do you think onions are?</p> <p>(Answer: root)</p> <p>Do you know why plants need their roots?</p> <p>(Answer: Roots provide support by anchoring the plant. Roots also absorb water and nutrients for the plant and store sugar and carbohydrates. Some plants have tubers for extra storage of nutrients.</p>	<ul style="list-style-type: none"> • Refer to the Vegetables Subgroup chart. • Call on people to answer questions. • Show "Parts of the Plant" visual.

What You Say:	What you do:
<p>Onions can be grown from sets, transplants or seeds. The easiest way to grow onions in the garden is from sets. The plants are quickly established using this method. Onions prefer fertile soil, adequate moisture and cool temperatures.</p>	<ul style="list-style-type: none"> • If possible, show an onion set or the visual of one.
<p>Plant the onion sets about 1 inch deep and 2 to 4 inches apart for bulb onions. For green onions, plant them close enough to touch one another.</p> <p>Onions have shallow roots and compete poorly with weeds, so they need to be weeded often.</p>	
<p>Green onions are ready to be pulled when their tops are about 6 inches tall. Green onions become stronger in flavor as they increase in size. All parts of the green onion above the root are edible. It is best to harvest green onions as you need them. For longer storage, rinse the dirt from the small bulb and dry, peeling away the first layer if necessary. Trim the roots. Place them in a perforated plastic bag and store them in the refrigerator for up to a week.</p>	<ul style="list-style-type: none"> • Demonstrate preparing a green onion for refrigerator storage.
<p>Harvest mature bulb onions after their tops have fallen over. Pull the onions and let them air dry for a few days. To do this, place them in a single layer on newspaper in a well-ventilated place. The outer skins will become paper-like and crispy. After the onions are allowed to dry, the tops can be cut to 1 to 2 inches in length. Store the onions in a cool, dry place where they will keep for months.</p>	<ul style="list-style-type: none"> • Show a mature, dried onion to illustrate the dry, crispy outer skin.
<p>When purchasing onions in the grocery store, look for firm and dry onions with bright, smooth outer skins. Do not purchase onions with wet or very soft necks or ones where fresh sprouts are coming out of the neck.</p> <p>Onions are often sold by the pound and may be packaged in 2 to 5-pound netted bags. There are 4-5 medium onions in one pound.</p> <p>One medium, peeled onion yields about 1 cup of chopped onion.</p> <p>Onions can also be purchased dried.</p>	<ul style="list-style-type: none"> • With a real onion, show where the neck of the onion is. • Show a sample of dried onions.

What You Say:	What you do:
<p>According to the USDA MyPlate, we should be filling half of our plates with fruits and vegetables. Depending on your age and gender, we should be eating between 1 and 3 cups of vegetables a day. Eating onions can help us to reach this goal.</p> <p>One-half cup of chopped raw or cooked onion counts as $\frac{1}{2}$ cup from the MyPlate vegetable group. Two slices of onion are equal to about $\frac{1}{4}$ cup.</p>	<ul style="list-style-type: none"> • Show the MyPlate visual. • Refer to the Daily Vegetable Table. • Show a $\frac{1}{2}$ and $\frac{1}{4}$ cup measure.
<p>To prepare an onion for chopping, use a knife to cut off one end of the onion. Peel off the outside skin. Then cut the onion in half. Place the onion, cut side down, on a cutting board and begin chopping.</p> <p>If you are not going to use the entire onion, wrap the part that you are not going to be using in plastic wrap and store in the refrigerator for up to one week.</p> <p>To prevent your eyes from tearing when chopping onions, chill peeled onions in the refrigerator first.</p> <p>To get onion smell off from your hands, rub them with lemon juice or vinegar.</p>	<ul style="list-style-type: none"> • Demonstrate peeling and chopping an onion. • Demonstrate storing leftover onions.
<p>What are some ways that we can use onions?</p> <p>Onions can be eaten raw, broiled, boiled, baked, creamed, steamed or fried. They can be used in soups and stews and in combination with other vegetables and meats.</p>	<ul style="list-style-type: none"> • Allow participants time to discuss ways to use onions.
<p>Why would we want to eat onions?</p> <p>Onions are fat-free, low sodium, cholesterol-free, a good source of dietary fiber and high in vitamin C.</p> <p>Vitamin C helps cuts and bruises to heal.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.
<p>Are you ready to try out a recipe using onion?</p> <p>What is the first thing we do before preparing a recipe? (Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> • Call on someone for the answer. • Go over handwashing rules.

Use this page if you are going to prepare Onion and Celery Seed Relish

Equipment List

- Liquid Measuring Cup
- Measuring Spoons
- Measuring Cups
- Salad Bowl
- Spoon
- Knife
- Cutting Board

What You Say:	What You Do:
<p>Today we are going to be making Onion and Celery Seed Relish.</p> <p>This recipe uses two vegetables. Can you tell me what they are? (Answer: Onions and Celery)</p>	<ul style="list-style-type: none"> • Pass out the recipes. • Call on someone to answer.
Let's read through the recipe.	
<p>We will be thinly slicing small onions. What equipment will we need for this step? (Answer: knife and cutting board)</p> <p>What things do we need to remember about cutting boards?</p> <p>We will be chopping the celery. What does the term "chop" mean? (Answer: to cut solids into pieces with a sharp knife or other chopping device)</p>	<ul style="list-style-type: none"> • Allow participants to answer. • Refer to cutting board safety sheet. • Define "chop".
<p>What kind of measuring cup should we use to measure the vinegar? (Answer: liquid measuring cup)</p> <p>How do we measure liquids? (Answer: at eye level)</p>	<ul style="list-style-type: none"> • Allow participants to answer. • Refer to measuring liquids resource sheet. • Demonstrate measuring a liquid.
<p>The vinegar and sugar are mixed together until the sugar is dissolved. What does the cooking term "dissolve" mean? (Answer: to cause a dry substance to pass into solution in a liquid)</p>	<ul style="list-style-type: none"> • Define "dissolve".
<p>What types of fish do you think this relish would taste good on?</p> <p>Are there any other uses that you can think of for this relish?</p>	<ul style="list-style-type: none"> • Allow participants to answer and discuss.

Use this page if you are going to prepare Easy Summer Salad

Equipment List

- Bowl
- Vegetable Peeler
- Cutting Boards
- Spoon
- Knives
- Measuring Spoons

What You Say:	What You Do:
<p>Today we are going to make Easy Summer Salad.</p> <p>Let's read through the recipe first.</p> <p>What is the first thing that we need to do before preparing food? (Answer: Wash our hands)</p>	<ul style="list-style-type: none"> • Pass out the recipe. • Review hand washing using resource materials.
<p>This recipe uses four vegetables. Can you name them? (Answer: cucumber, onion, tomato, garlic)</p> <p>How many cups of vegetables should we eat each day? (Answer: it depends on our age and gender; between 1 and 3 cups)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.
<p>We will be peeling the cucumber and onion before cubing them.</p> <p>We will also be cubing the tomato.</p> <p>What does the term "cube" mean? (Answer: to cut into small squares)</p> <p>What do we need to do to the vegetables before cutting them? (Answer: wash them)</p> <p>We will be using a knife and cutting board to cube the vegetables.</p> <p>What are some things we need to remember about knife and cutting board safety?</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Review washing fruits and vegetables using the resource sheet. • Review knife and cutting board safety using the resource sheet.
<p>When we measure the lemon juice and oil it is a good idea to measure over another bowl rather than the serving bowl, so that if we overfill our measuring spoon, the excess goes into that bowl rather than the serving bowl.</p>	<ul style="list-style-type: none"> • Demonstrate measuring over a small bowl vs. the serving bowl.

Visuals



An onion field



Yellow onions growing in a garden.



Red, white, and yellow onions.



Green onions

Onion Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Onion, white	½ cup 80g	34	1.1	0	5	115	15
Onion, green	½ cup 50g	16	1.3	0	9	138	32
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>

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.



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

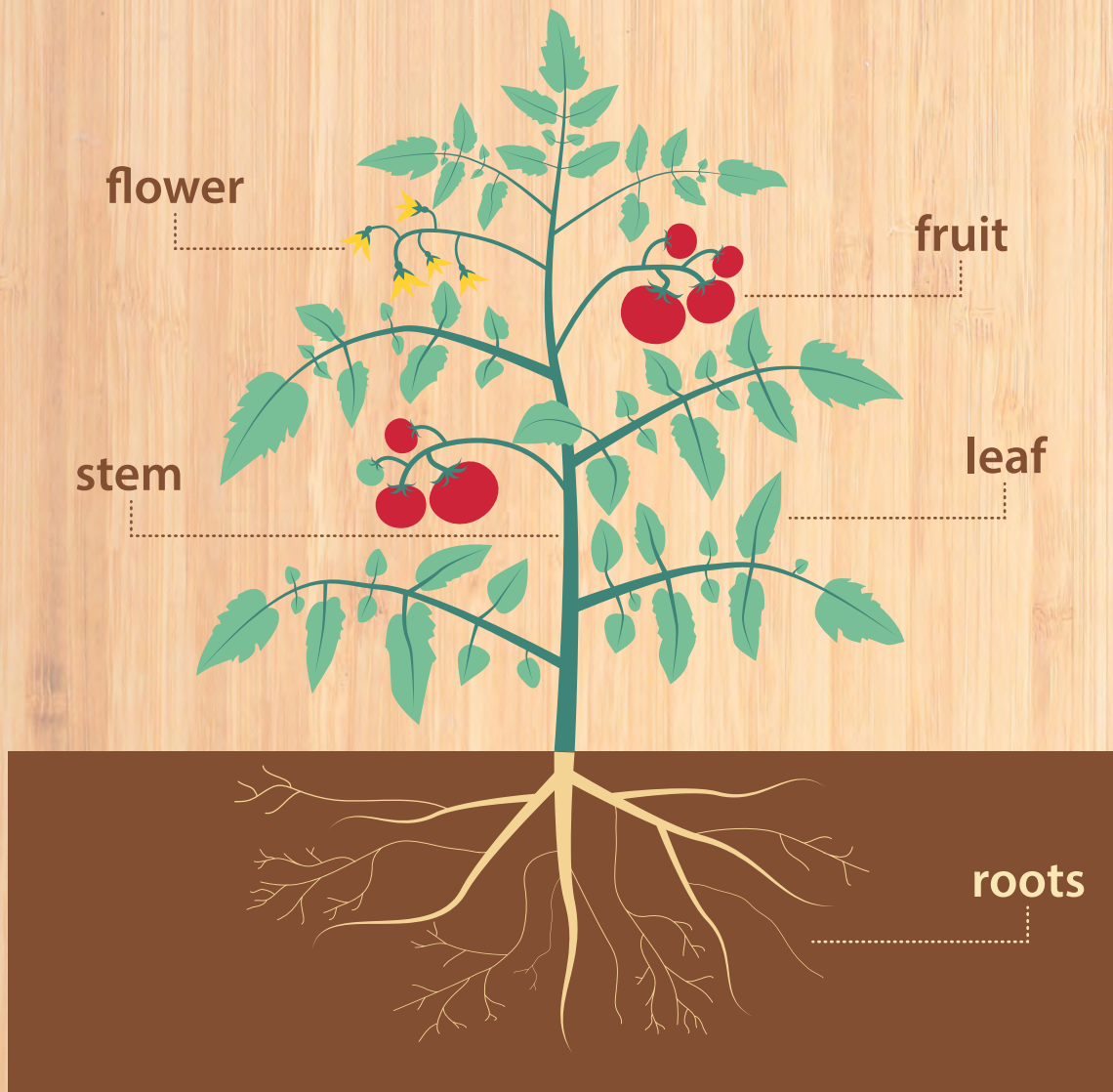
1. Always cut away from you and use a cutting board.
2. Keep knife blades sharp and clean.
3. Keep the knife handle clean.
4. Never place knives in the dish water, as they can injure the person washing dishes.
5. When wiping a knife blade, point the cutting edge away from your hand.
6. Do not lay knives 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

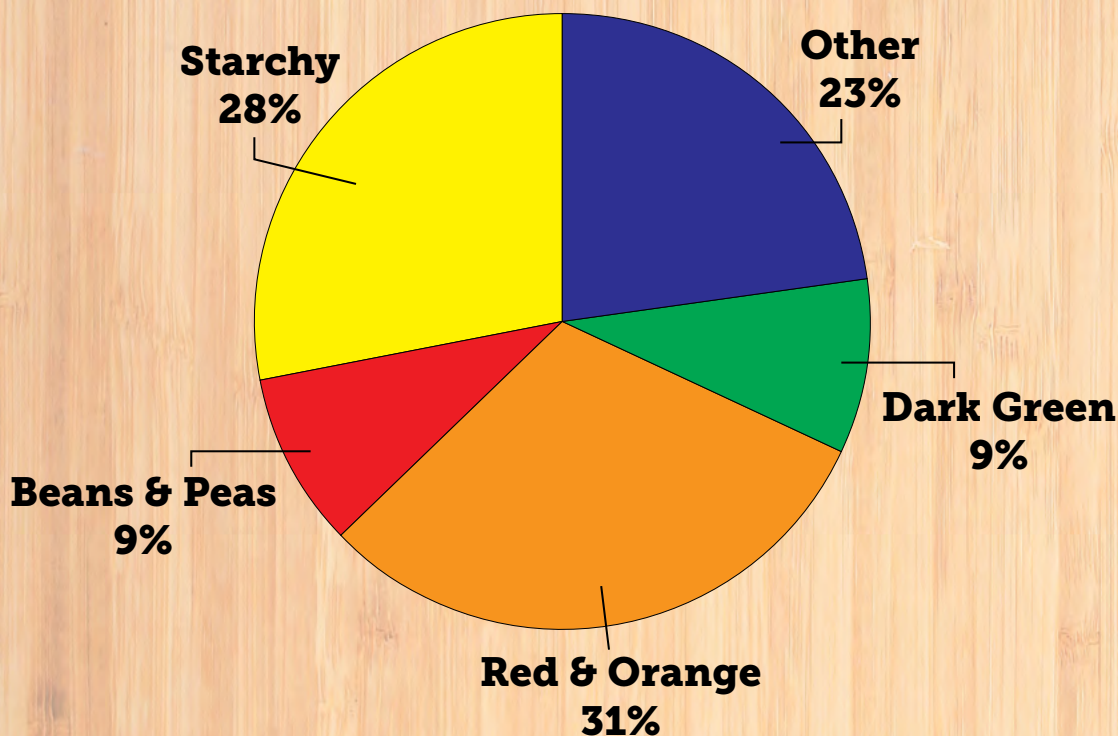
1. Choose a cutting board with a smooth, hard surface.
2. Replace your cutting board when it has lots of grooves and scratches.
3. Do not chop fruits, vegetables or other ready-to-eat foods on a cutting board that was used for meat, unless you wash it first. If possible, use a different board for meats 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.

Parts of a Plant





Vegetable Subgroups



Examples of each group:

Dark Green: spinach, broccoli, kale, mixed greens

Red and Orange: acorn squash, bell peppers, pumpkin, sweet potatoes, tomatoes

Beans and Peas: Black beans, chickpeas, black-eyed peas, lentils, soy beans

Starchy: corn, green peas, white potatoes, parsnips, water chestnuts

Other: zucchini, cucumber, green beans, asparagus, cabbage, mushrooms

Onion Sources

Recipe

- <https://www.choosemyplate.gov/myplatekitchen/recipes>

Other

- <https://fruitsandveggies.org/>
- <https://www.fns.usda.gov/>
- <http://extension.usu.edu/yardandgarden/vegetables/onions>
- <http://urbanext.illinois.edu/veggies/onion.cfm>

Cooking Terms

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

Dakota translation and perspective:

- Translated by a member of Hunkapti Dakota.

Lakota translation:

- Translated by Jeshua Estes