



Peas

Lakota: omníča gmigmí

Lesson Plan

Objectives

- Participants will identify peas as a vegetable from MyPlate.
- Participants will recognize the three main types of peas – garden peas, snap peas and snow peas.
- Participants will increase knowledge in the selection, storage and nutritional value of peas.
- Participants will demonstrate the use of peas in a recipe.

Items Needed for the Lesson

- My Plate Poster
- Parts of a Plant visual
- Daily vegetable table for age specific servings – ½ cup measure
- Visuals of peas or real examples to show variety and how to wash and shell the peas from the pod.

Handouts or Take Home Items

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

Recipe Choices

- Easy- Sugar Snap Peas with Toasted Sesame Seeds
- Intermediate – Couscous with Peas and Onions

Facts to Share with Students

- Start with Ice Breaker – guess the fruit or vegetable
- MyPlate – vegetable servings/day and serving sizes
- How to select, store, wash and prepare peas for eating
- How to plant peas in the garden
- Nutritional value of peas

Cooking and Food Safety Skills

- Wash hands for 20 seconds
- Washing fresh fruits and vegetables
- Knife safety and cutting boards
- Define cooking term “Stir-Fry” and “Sauté”
- Measuring liquid ingredients

Supplies for Peas Lesson

- Sugar Snap Peas with Toasted Sesame Seeds
 - » Measuring Spoons
 - » Measuring Cups
 - » Cutting Board
 - » Knife
 - » Wok or Large Skillet
 - » Small Bowls
 - » Spoon

- Couscous with Peas and Onions
 - » Skillet
 - » Measuring Spoons
 - » Measuring Cups
 - » Liquid Measuring Cup
 - » Cutting Board
 - » Knife
 - » Spoon

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"> • In early times this vegetable was grown for its dry seeds. • The oldest one of these vegetables was found in Thailand. It was over 3000 years old. • In the 1920's, Clarence Birdseye froze this vegetable for the first time. • Some have pods that we can eat, and some have to have the pod removed before we eat them. <p>(Answer: Peas)</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 Peas.
<p>Peas are a member of the legume or bean family. The pods that grown on pea plants contain the peas. The thickness of the pod depends on the variety of pea that is grown.</p> <p>There are three main types of peas – garden peas, snap peas and snow peas.</p> <ul style="list-style-type: none"> • Garden peas are traditional green peas. The pod is removed from garden peas and only the seeds are eaten. • Snow peas have pods that are eaten with very small seeds inside. • Snap peas have thicker pods than snow peas which are also eaten, and the seeds inside are larger and sweeter than snow peas. 	<ul style="list-style-type: none"> • Show visuals of the three main types of peas or if possible, have actual samples of the three types of peas.

What You Say:	What you do:
<p>Peas are a vegetable.</p> <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.</p> <p>Do you know what subgroup green peas are in? (Answer: Starchy)</p> <p>Different vegetables come from different parts of the plant. They may be the root, stem, fruit, seed, leaf or flower. What part of the plant do you think peas are from? (Answer: Peas are actually the seeds contained in fruit – the pod is the fruit and the seeds are inside.)</p> <p>Why are seeds important parts of the plant? (Answer: They take root to grow into a new plant.)</p>	<ul style="list-style-type: none"> • Show the Vegetable Subgroup Diagram. • Show the “Parts of a Plant” visual.
<p>MyPlate shows us how to eat healthier. If we notice, ½ of the MyPlate diagram is fruits and vegetables. Depending on your age and gender, we should be eating between 1 and 3 cups of vegetables a day.</p> <p>One half cup of peas counts as ½ cup in the MyPlate vegetable group.</p>	<ul style="list-style-type: none"> • Point to the MyPlate poster. • Refer to the Daily Vegetable Table. • Show a ½ cup measure.
<p>Have any of you ever planted peas in a garden?</p> <p>Peas can be planted in early spring. Planting early in the spring will produce more peas than if one plants them later.</p> <p>Plan the seeds 1 to 1 ½ inches deep and about 1 inch apart.</p> <p>Pick garden peas when the pods are round. Garden peas are best when they feel rather soft. If left until they become hard, the peas will not be sweet.</p> <p>Peas should also be picked right before cooking. The sugar in the peas quickly turns to starch and they will lose their sweet flavor.</p>	<ul style="list-style-type: none"> • Allow discussion. • If possible, show a packet of pea seeds. • Demonstrate how far apart seeds should be planted. • Show a visual or real pea that is round and ready to be picked.



= for adults or older youth

What You Say:	What you do:
<p>Make sure to wash pears before eating or cutting. To wash, rinse under running tap water right before eating.</p> <p>Just like apples and some other fruits, pears turn brown when cut and exposed to air. To prevent this, you can dip them in an acidic juice such as lemon, orange or pineapple juice. It is best to cut them as close to serving them as possible.</p>	<ul style="list-style-type: none"> • If possible, have samples of cut pears with and without having been dipped in an acidic juice to show the difference in color.
<p>When purchasing fresh peas at the store, choose firm, bright green colored pods that are not wilted or wrinkled.</p> <p>The pods of garden peas should be round and swollen.</p> <p>Snow peas should have seeds that are about the size of BBs and the pods will still be quite flat.</p> <p>Snap peas will have a thicker pod and the seeds will be bigger than those of snow peas.</p>	<ul style="list-style-type: none"> • Show the visuals or actual pods of the three types of peas.
<p>Wash garden peas by rinsing with cold water just before shelling. Does anyone know what shelling means? (Answer: Removing the seeds from the pods.)</p> <p>To shell garden peas, pinch off the end of the pod, pull the string down, open the pod and push out the peas.</p> <p>Wash snap peas and snow peas with cool water and remove the stems before eating.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Demonstrate shelling the peas from the pod. • Demonstrate removing the stems from snap and/or snow peas.
<p>Garden variety peas can also be purchased canned and frozen. Choose low sodium varieties of canned peas when possible.</p>	<ul style="list-style-type: none"> • Show labels from frozen and canned peas.
<p>Why would we want to eat peas?</p> <p>Peas are a good source of fiber.</p> <p>Fiber helps keep our digestive system healthy. It also keeps us feeling full. Eating enough fiber may also help to keep our hearts healthy too.</p>	<ul style="list-style-type: none"> • Allow discussion. • Show the nutrient chart for peas.
<p>Peas are also a good source of Vitamins A, C and K, folate and thiamine. Thiamine is also called Vitamin B1. It helps keep the body's nerves healthy.</p>	



= for adults or older youth

What You Say:	What you do:
<p>What are some ways that we can eat peas?</p> <p>Add canned or frozen peas to casseroles, soups and salads.</p> <p>Serve fresh snow peas and snap peas with low fat dip.</p> <p>Add fresh or frozen snow peas or snap peas to stir fries.</p> <p>Substitute mashed peas for half of the mashed avocado in guacamole to lower the fat content.</p>	<ul style="list-style-type: none"> • Call on participants that would like to answer and share.
<p>Are you ready to try out a recipe using peas?</p> <p>What is the first thing we always do before preparing food?</p> <p>(Answer: Wash our hands)</p>	<ul style="list-style-type: none"> • Go over handwashing rules.

Use this page if you are going to prepare Sugar Snap Peas with Toasted Sesame Seeds

Equipment List

- Measuring Spoons
- Measuring Cups
- Cutting Board
- Knife
- Wok or Large Skillet
- Small Bowls
- Spoon

What You Say:	What You Do:
<p>Today we are going to be making Sugar Snap Peas with Toasted Sesame Seeds.</p> <p>Let's read through the recipe together before we begin.</p>	<ul style="list-style-type: none"> • Pass out the recipe. • Read through the recipe with participants.
<p>How many food groups are represented in this recipe? (Answer: One – vegetables, including peas and mushrooms)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.
<p>We will be stir-frying the mushrooms and peas.</p> <p>What does the cooking term "stir-fry" mean? (Answer: To quickly cook small pieces of food over high heat while stirring.)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.
<p>The recipe tells us we can use either snap peas or snow peas.</p> <p>What is the difference between these two types of peas? (Answer: Snow peas have very small seeds inside of the flat edible pod; Snap peas have larger seeds and thicker edible pods than snow peas.)</p>	<ul style="list-style-type: none"> • Review the information from the lesson about the three types of peas reminding participants that the pods of the snow peas and snap peas are eaten.
<p>We will be washing the peas before using them in the recipe.</p> <p>How do we wash snow and snap peas? (Answer: Rinse thoroughly under cool running water)</p>	<ul style="list-style-type: none"> • Review the Washing Fruits and Vegetables Reference page.
<p>The peas will be cut in half and the mushrooms will be sliced. Knives and cutting boards will be used to perform these tasks.</p> <p>What are some things we want to remember about knives and cutting boards?</p>	<ul style="list-style-type: none"> • Review the resource page about knives and cutting board safety.
<p>The soy sauce and sesame seeds will be measured and placed in small bowls before we begin to stir-fry.</p>	
<p>If we do not have a wok, which is a special shaped pan used for stir-frying, we can use a large skillet.</p>	

Use this page if you are going to prepare Couscous with Peas and Onions

Equipment List

- Skillet
- Measuring Spoons
- Measuring Cups
- Liquid Measuring Cup
- Cutting Board
- Knife
- Spoon

What You Say:	What You Do:
<p>Today we will be making Couscous with Peas and Onions.</p> <p>Let's read through the recipe together before we begin.</p>	<ul style="list-style-type: none"> • Pass out recipes. • Read through the steps with participants.
<p>The first thing that we will do is finely chop the onion.</p> <p>We will be using a knife and cutting board to cut the onion. What things do we need to keep in mind when using knives and cutting boards?</p>	<ul style="list-style-type: none"> • Refer to knife and cutting board safety in resource section.
<p>Next we will combine the onions and oil in the skillet and sauté them until lightly browned. What does the cooking term "sauté" mean?</p> <p>(Answer: to cook and brown food in a small amount of fat)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.
<p>After the onions are sautéed, we will add the peas, sage, water, couscous and if desired, the salt.</p> <p>We are going to be using frozen peas.</p> <p>What are some advantages of using frozen vegetables in recipes?</p> <p>(Possible answers: can take out what is needed and put the rest back in the freezer, no added ingredients in frozen vegetables, available year-round, may cost less than fresh, etc.)</p>	<ul style="list-style-type: none"> • Allow time for discussion.
<p>We are going to be measuring a liquid ingredient (water). What are some things we need to remember about measuring liquids?</p>	<ul style="list-style-type: none"> • Go over measuring from resource section. Demonstrate measuring a liquid ingredient.
<p>The couscous will be added along with the peas, sage and water.</p> <p>What is couscous?</p> <p>(Answer: Couscous is a grain product made from whole wheat flour. It is considered to be a healthy alternative to some pastas. It takes on the flavor of what it is cooked with.)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.

Visuals



Garden peas growing on the plant.



Garden peas



Snow peas



A sugar snap pea plant

Peas Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (% Daily Value)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Garden Peas, cooked	½ cup 80 g.	67	4.4 g	10%	11 mg	217 mg	50
Snow Peas	½ cup	34	1.4 g		38 mg	192 mg	
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.



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.

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.

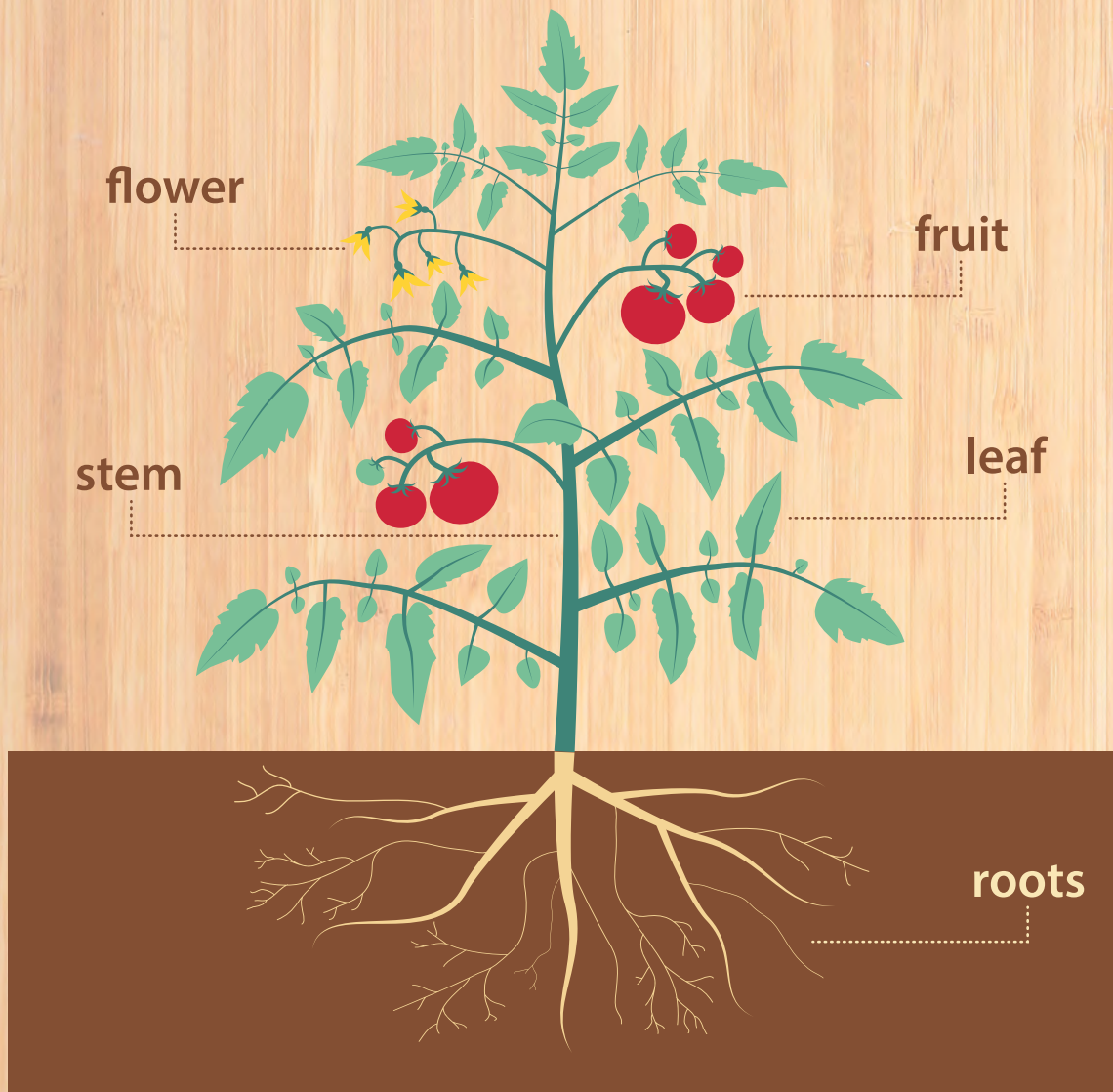


To measure dry ingredients:

- 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.



Parts of a Plant



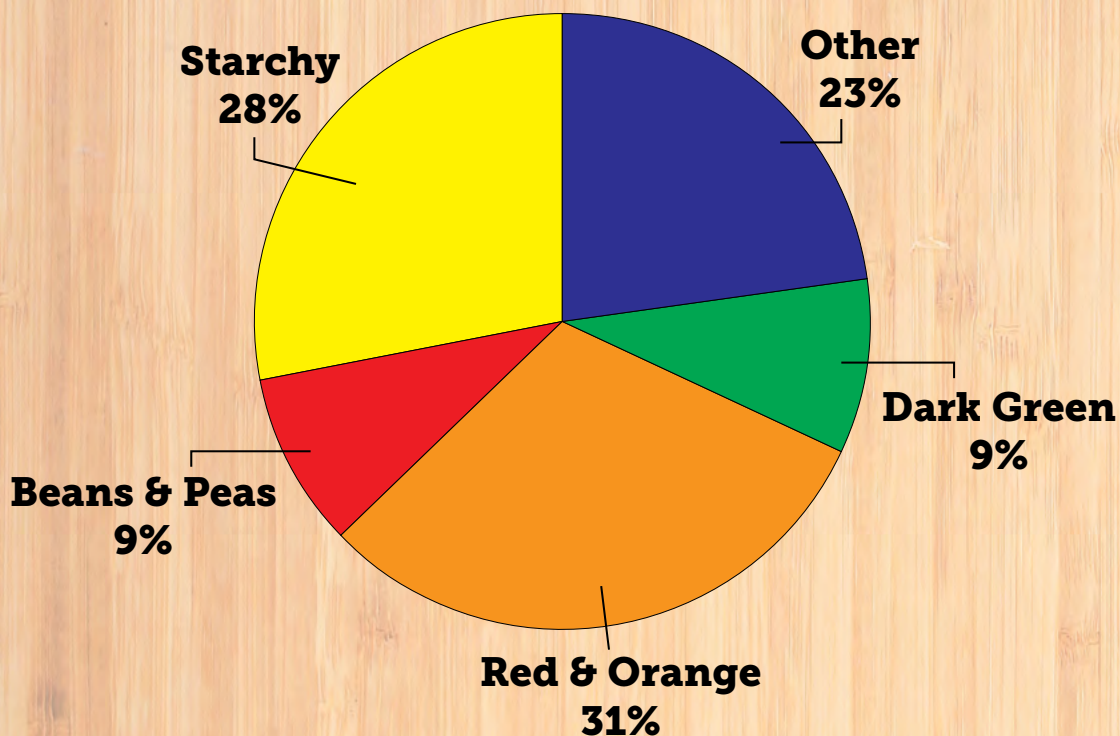
Stove Top Safety

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.





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

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.



Peas Sources

Recipe

- <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/couscous-peas-and-onions>

Clues

- <http://tonsoffacts.com/28-fun-and-interesting-facts-about-peas/>

Information

- <https://extension.illinois.edu/veggies/peas.cfm>
- <https://eatfresh.org/discover-foods/fresh-peas-beans>
- <https://fruitsandveggies.org/fruits-and-veggies/peas>
- <https://michigannutritionnetwork.org>
- https://extension.usu.edu/boxelder/home_family_food/food_preparation
- <https://healthbenefitstimes.com/couscous>

Lakota translation:

- Translated by Jeshua Estes