



Strawberry/Raspberry

Lakota: wažúšteča

Lesson Plan

Objectives

- Participants will identify strawberries as a fruit from MyPlate.
- Participants will increase knowledge in the growing, selection, storage and use of strawberries.
- Participants will demonstrate when and how to wash berries.
- Participants will demonstrate the use of apples in a recipe.

Items Needed for the Lesson

- My Plate Poster
- Nutrition Facts for strawberries
- Strawberry container from grocery store
- Fresh strawberries
- Appropriate freezer storage containers

Handouts or Take Home Items

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

Recipe Choices

- Recipe-Strawberry Banana Frozen Dessert
- Alternate Recipe – Berries with Banana Cream

Facts to Share with Students

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

Cooking and Food Safety Skills

- Wash hands for 20 seconds.
- Washing fresh fruits.
- Blender Safety.
- Knife and cutting board skills.
- Cooking Term: Fold
- Mashing ingredients with a fork.

Supplies for Strawberry/Raspberry Lesson

- Strawberry Banana Frozen Dessert
 - » Blender or Food Processor
 - » Colander or Strainer
 - » Cutting Board
 - » Knife
 - » Rubber Scraper
- Berries with Banana Cream
 - » Measuring Cups
 - » Measuring Spoons
 - » Knife
 - » Cutting Board
 - » Fork
 - » Rubber Scraper
 - » Bowl

Notes

- If preparing the Strawberry Banana Frozen Dessert, freeze the bananas in advance of the class.

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"> • Member of the rose family. • They are the first fruits to ripen in the spring. • California grows 83% of this fruit in the United States. • Originally named because the fruit was "strewn" among the leaves of the plant. • There is a museum in Belgium just for this fruit. • The only fruit with seeds on the outside. <p>(Answer: Strawberry)</p>	<p>Name off each clue, allow a few guesses before moving on to the next clue.</p> <p>After someone guesses the answer, or you tell them, show them visuals of strawberries.</p>
<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>What food group do strawberries belong to?</p> <p>(Answer: Fruit)</p>	<p>Point to MyPlate poster.</p> <p>Call on someone to guess the food group.</p>
<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>	<p>Refer to the MyPlate Daily Fruit table for age specific servings.</p>
<p>What are some different ways that we can eat strawberries?</p> <p>(Possible answers: fresh, in salads or pie, in fruit smoothies, mashed into a sauce for on top of pancakes or French toast)</p>	<p>Have people name their favorite way to eat strawberries.</p>
<p>In South Dakota, strawberries are usually ready to be picked from June to August. This is also the time of year when they will usually be the best price in the grocery store.</p> <p>When purchasing strawberries by the pound, 1 ½ pounds is equal to 1 quart or about 4 cups of sliced strawberries.</p>	<p>If possible, show a plastic strawberry container.</p>

What You Say:	What you do:
<p>When selecting strawberries, look for bright red berries with fresh green tops or caps. Check packages of strawberries closely to ensure that there are no signs of mold. If even one strawberry is molded, the mold spores will have likely spread throughout the whole package.</p> <p>The flavor of strawberries depends on the variety of strawberry, the weather and the stage of ripeness when they are picked.</p>	<p>If using fresh strawberries in the food prep activity, show what a bright red strawberry looks like as well as the "cap" or green top.</p>
<p>To wash strawberries, place them in a strainer or colander and rinse them under cold running water. Do not let the berries set in the water as they will lose flavor and color. Remember not to wash them until they are going to be eaten or used.</p> <p>After washing remove the green cap, trying not to remove any of the fruit itself.</p>	<p>If possible, demonstrate the process of washing strawberries and removing the green cap.</p>
<p>Have any of you planted strawberries?</p> <p>Strawberries like well- drained soil. They also need about 1 inch of water per week during the growing season. They like full sun for at least 6 hours per day.</p> <p>Strawberries should not be planted where peppers, tomatoes, eggplant or potatoes have been grown. These plants could harbor a strawberry disease called "verticillium wilt".</p> <p>Plant strawberries in the spring as soon as the ground can be tilled. This will usually be in March or April. The plants can then get a start before the hot weather begins.</p> <p>Set the strawberry plants in the ground so the soil is just covering the top of the roots. After about a month, the starter plants called "mothers" will produce runners and new "daughter" plants.</p> <p>During the first growing season, it is a good idea to remove the flowers of the strawberry plants as they appear. This will help to produce a large crop of strawberries the following year.</p> <p>Strawberries plants should be covered with a 3-4 inch mulch in the late fall.</p>	<p>Allow participants to answer and share.</p> <p>Discuss growing strawberries.</p>

What You Say:	What you do:
<p>Strawberries can be frozen for use in smoothies and sauces.</p> <p>To freeze, wash, drain and dry the strawberries. Place them on a lined pan and place in freezer. When frozen, place them in freezer bags or containers for future use.</p>	<p>Discuss types of freezer containers to use when storing frozen strawberries.</p>
<p>Why would we want to eat strawberries?</p> <p>Not only are strawberries the only fruit with their seeds on the outside, but each strawberry regardless of size has on average 200 seeds. This, along with being heart shaped, makes strawberries fun to eat!</p> <p>Strawberries are low calorie, fat free, cholesterol free, sodium free and are high in Vitamin C. Ounce per ounce, strawberries have more Vitamin C than citrus fruits. According to the American Cancer Society, foods rich in Vitamin C may lower the risks of some types of cancer.</p>	<p>Show the nutrition chart for strawberries.</p>
<p>Are you ready to try strawberries out in a recipe?</p> <p>What is the first thing that we need to do before preparing food? (Answer: Wash hands)</p>	<p>This is a good time to review handwashing rules.</p>

Note: If making the Strawberry Banana Frozen Dessert, the bananas will need to be frozen in advance.

Use this page if you are going to prepare Strawberry Banana Frozen Dessert

Equipment

- Blender or Food Processor
- Cutting Board
- Rubber Scraper
- Colander or Strainer
- Knife

What You Say:	What You Do:
<p>Today we are going to be making the Strawberry Banana Frozen Dessert.</p> <p>We are going to be using two fruits: Strawberries and Bananas. These are also the only two ingredients needed.</p> <p>Let's read the directions for making this dessert.</p> <p>The bananas in this recipe are to be frozen and this step has been done in advance. They were washed, the peels removed, broken into chunks and frozen for several hours or overnight.</p>	<p>Demonstrate the process of preparing the bananas for freezing.</p>
<p>We will be washing, removing the caps and slicing the strawberries. During this time the bananas will be out of the freezer to warm up slightly.</p>	<p>Call on people to tell how to wash and remove the caps from the strawberries.</p>
<p>The bananas will then be placed in the blender and blended until they resemble ice cream.</p>	<p>Refer to blender safety resource sheet to review blender use.</p>
<p>After the bananas have been blended, remove them from the blender and fold in the sliced strawberries. Does anyone know what the term "fold" means?</p> <p>(Answer: To incorporate one substance into another, done by cutting down through the mixture with a spoon, going across the bottom of the bowl, then up and over close to the surface. The process is repeated until the ingredients are thoroughly blended.)</p>	<p>Call on someone who would like to tell what "fold" means in cooking terms.</p>
<p>As we talked about earlier, when we look at MyPlate, half of our plate should be fruits and vegetables. We should be eating between 1 and 2 cups of fruits per day depending on our age and gender. One serving of the Strawberry Banana Frozen Dessert helps us to reach that daily goal.</p>	

Use this page if you are going to prepare the Berries with Banana Cream

Equipment

- Measuring Cups
- Measuring Spoons
- Knife
- Cutting Board
- Fork
- Rubber Scraper
- Bowl

What You Say:	What You Do:
<p>Today we are going to be making Berries With Banana Cream.</p> <p>Let's look at the ingredients.</p> <p>What two fruits will be using in our recipe today? (Answer: Strawberries and Banana)</p>	<p>Call on someone to answer.</p>
<p>As we talked about earlier, when we look at MyPlate, half of our plate should be fruits and vegetables. We should be eating 1-2 cups of fruits per day depending on our age and gender.</p> <p>This fun and easy recipe can help us to reach that daily goal.</p>	<p>Refer to MyPlate and the daily fruit for age and gender specific recommendations.</p>
<p>We will be mashing the banana, small amount of juice and yogurt with a fork until it is almost smooth.</p>	<p>Demonstrate how this process is done.</p>
<p>We will wash and remove the caps from the strawberries and then slice them.</p>	<p>Discuss how to wash berries and how to remove the green caps</p>
<p>Let's read through the entire recipe and then begin.</p>	

Visuals



Strawberry flowers



Strawberries growing in a pot.



Strawberry fields



Raspberries growing on a bush.

Strawberry Nutrition Information

Fruit	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Strawberries, fresh, sliced	½ cup 83 g	27	1.7	0	49	127	20
Strawberries, frozen, whole	½ cup 75 g	26	1.6	0	31	110	13
Raspberries, fresh	½ cup 62 g	32	4.0	0	16	93	13
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.



Using a Blender

1. Place container on the base making sure that it feels firm or locked. Then plug the base in.
2. Add liquids to the blender first.
3. Before adding fruits and vegetables to the blender, cut them into pieces about 1 inch in size.
4. Do not fill the blender more than 2/3 full.
5. Put the lid on the blender container before turning the blender on. Place one hand on the lid of the blender during operation.
6. Turn the blender on and off several times to avoid over blending.
7. A rubber spatula works well when blending to scrape the sides of the blender, but do not use it when the blender is running.
8. Use both hands to twist or lift the container from the base.
9. To clean the blender container, fill it about 2/3 full of warm water, add a drop of liquid dish soap and turn the blender on and off several times. Then rinse the blender well with warm water.
10. Unplug the base and wipe clean with a damp cloth. Do not immerse the base in water



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.

References:

- <http://pickyourown.org>
- <https://extension.illinois.edu>
- **Strawberry Recipe:** <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/berries-banana-cream>
- Lakota translation by Jeshua Estes