



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

In season:



Summer

# Apricot

*Lakota: tháspánhiŋšmá čík'ala*

## Preschool Lesson Plan

### Objectives

Participants will:

- identify apricots as a fruit from MyPlate and their nutritional contribution to good health.
- increase knowledge in selection, purchase, storage and use of apricots.
- demonstrate use of apricots in a healthy recipe.

### Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Apricot visuals
- Actual apricot if possible

### Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet
- Coloring Sheet

### Recipe Choices

- Refreshing Apricot Smoothie

### Cooking and Food Safety Skill Sheets

- Blender Use and Safety
- Handwashing
- Knife Safety and Cutting Boards
- Measuring Dry and Liquid Ingredients
- Washing Fruits and Vegetables

### Other Cooking and Food Safety Skills

- Cleaning canned goods and can openers
- Safely storing leftovers

### Supplies for Apricot Lesson

- Refreshing Apricot Smoothie
  - » Can opener
  - » Measuring spoons
  - » Blender
  - » Cups for sampling
  - » \*Optional – dairy containers or food models cards of dairy foods

### Notes

- Refreshing Apricot Smoothie – address dairy group

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"> <li>• It grows on a tree.</li> <li>• It was originally from China, and was brought to North America in the 1700s.</li> <li>• It is related to the cherry, peach, nectarine, plum and almond.</li> <li>• It has a fuzzy skin; it is light orange, with a pit in the middle.</li> </ul> <p>(Answer: Apricot.)</p>	<ul style="list-style-type: none"> <li>• Name off each clue, allow a few guesses before moving on to the next clue.</li> <li>• After someone guesses the answer, or you tell them, show them visuals of an apricot.</li> </ul>
<p>Half of our plate should be fruits and vegetables. Preschool-aged children should be eating 1 cup of fruits and vegetables each, every day. Kindergarteners should be eating 1 ½ cups of fruits and vegetables each, every day.</p> <p>What food group do you think apricots belong to? (Answer: Fruit.)</p> <p>The amount of fruit we need each day depends on our age and gender. You can eat fruit as fresh, frozen, canned, dried or as juice.</p>	<ul style="list-style-type: none"> <li>• Point to the MyPlate poster.</li> </ul>
<p>What are the different ways we can eat apricots? (Possible answers: Raw, added to salads, broiled, baked, sautéed with a little butter and cinnamon, used in place of anything that calls for peaches.)</p>	<ul style="list-style-type: none"> <li>• Have people name a few different ways to eat apricots.</li> </ul>

What You Say:	What You Do:
<p>In South Dakota, apricots are usually ready to be picked late summer. This is also the time of year when you will (usually) get the best buy on fresh apricots. When choosing fresh apricots, look for plump, firm fruits; they should have a yellow/orange color. Do not choose apricots that have green or mushy spots on them.</p> <p>If apricots are ripe, they will be slightly soft. If they still need to ripen, you can leave them out on the counter or if you want them to ripen faster, put them in a brown paper bag.</p> <p>If you are not going to eat ripened apricots right away, put them in your refrigerator and eat them within three days.</p> <p>Make sure to wash apricots before eating or cutting. To wash, rinse under running tap water right before eating.</p> <p>If you are buying canned apricots, look for fruit packed in juice or water (try staying away from added sugars). Make sure to rinse the can lids off before opening.</p>	<ul style="list-style-type: none"> <li>• If you are using fresh apricots in your food prep, show what a ripe apricot looks like.</li> <li>• Show visuals of the other forms of apricots.</li> </ul>
<p>Can you guess why we would want to eat apricots? (Answer: apricots are very high in vitamin A and vitamin C. Vitamin A helps keep your eyes and immune system healthy and helps our bones grow big and strong. Vitamin C helps heal our cuts and bruises.)</p>	<ul style="list-style-type: none"> <li>• Have participants guess which vitamins/nutrients are in apricots.</li> </ul>
<p>Are you ready to try out an apricot recipe?</p> <p>What is the first thing we always do before preparing food? (Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> <li>• Call on someone for the answer.</li> <li>• Review the handwashing guide.</li> </ul>

## Use this page if you are going to prepare Refreshing Apricot Smoothie

### Equipment List

- Can opener
- Measuring spoons
- Blender
- Cups for sampling
- \*Optional – dairy containers or food model cards of dairy foods

What You Say:	What You Do:
<p>Today we are going to be making a refreshing apricot smoothie.</p> <p>This smoothie recipe has four ingredients in it: apricots, low-fat yogurt, vanilla extract and ice.</p> <p>What two food groups will we have in our smoothie? (Answer: Fruit and dairy.)</p>	<ul style="list-style-type: none"> <li>• Call on someone who would like to answer.</li> <li>• Read through the recipe with the participants.</li> </ul>
<p>We have talked about why we need to eat fruit. Why do you think we need dairy foods? (Possible answers: They have calcium, make our bones and teeth strong, etc.)</p>	<ul style="list-style-type: none"> <li>• Call on someone who would like to answer.</li> </ul>
<p>The amount of dairy foods we need each day depends on our age.</p> <p>It is best to choose low fat (either non-fat or 1% milk). Low-fat choices have the same amount of calcium and vitamins, but less fat and calories. (Children under 2 should drink whole milk.)</p>	
<p>To make our smoothie we will be using the blender.</p>	<ul style="list-style-type: none"> <li>• Review Blender Use and Safety.</li> </ul>
<p>We also need to make sure we rinse the apricot can before opening (and rinse the can opener after).</p> <p>Why do you think it is important to rinse cans off before opening? (Answer: There may be dirt or dust from sitting on the shelves in the store or in your cupboard; also animals may have walked across them in the warehouse.)</p>	<ul style="list-style-type: none"> <li>• Discuss a few answers.</li> </ul>

### Notes to help prepare for class:

- If making the apricot smoothie, make sure to have ice and to chill the apricots beforehand



## Visuals



**Apricot tree**



**Fresh apricots**



**Dried apricots**



**Canned apricots**

## Apricot Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
<b>Fresh Apricots</b>	2 Medium/ 70 g	34	1.4	1348	7	181	6
<b>Apricots Canned in Juice</b>	½ cup 122 g	59	2	2063	6	201	2
<b>Dried Apricots</b>	¼ cup 33 g (equals ½ cup serving size fruit)	78	2.4	1171	0	378	3
<b>Daily Recommendations</b> <b>RDA=Recommended daily allowance</b> <b>AI=Adequate intake</b>	1-3 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 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# APRICOT



This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Learn more at [extension.sdstate.edu](https://extension.sdstate.edu).

© 2024, South Dakota Board of Regents

# Apricot Sources

## Refreshing Apricot Smoothie

- [myplate.gov/search?keyword=apricot](https://myplate.gov/search?keyword=apricot)

## South Dakota Harvest Calendar

- [pickyourown.org/SDharvestcalendar.htm](https://pickyourown.org/SDharvestcalendar.htm)

## How to store

- [fruitsandveggies.org/](https://fruitsandveggies.org/)

## How long to store

- [foodsafety.gov/keep-food-safe/foodkeeper-app](https://foodsafety.gov/keep-food-safe/foodkeeper-app)

## Cooking Glossary

- [eatright.org/food/food-preparation/cooking-tips/culinary-lingo](https://eatright.org/food/food-preparation/cooking-tips/culinary-lingo)

## Fruit and Vegetable Nutrition Facts Chart

- [macalester\\_ftp.sidearmsports.com/custompages/Deno\\_Videos/nutrition/fruit\\_and\\_vegetable\\_chart.pdf](https://macalester_ftp.sidearmsports.com/custompages/Deno_Videos/nutrition/fruit_and_vegetable_chart.pdf)

## Daily Nutrition Goals

- [health.gov/dietaryguidelines/2015/guidelines/appendix-7/](https://health.gov/dietaryguidelines/2015/guidelines/appendix-7/)

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Learn more at [extension.sdstate.edu](https://extension.sdstate.edu).

© 2024, South Dakota Board of Regents

S-0001-02





SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION



In season:



Summer

# Apricot

*Lakota: tháspáŋhiŋšmá čík'ala*

## Pick it!

Choose plump, firm apricots with uniform yellow/orange color and no green or mush spots.

Apricots will ripen at room temperature, but placing apricots in a paper bag will speed ripening.

Ripe apricots will be slightly soft and can be eaten at any time.

If not eaten right away, ripe apricots can be stored in the refrigerator for a few days.



## Try it!

Ripe apricots are great sliced and eaten raw.

Substitute in any recipe that calls for peaches.

Slice apricots in salads to add sweetness.

Broil or bake, halve fruit, remove pit, bake until tender when pierced with fork, top with cinnamon-sugar or low-fat yogurt.

For a sweet treat, sauté in a nonstick skillet with butter and cinnamon.



## Types of Apricots

**Moorpark:** Juicy, sweet tasting fruit, good flesh, dried, canned, large, oval shaped fruit, light yellow-orange skin

**Tilton:** Leading commercial variety for drying and canning, small, medium fruit, golden yellow skin and dark red blush



## Did you know...

Apricots are very high in vitamin A and vitamin C. Vitamin A is important for your eyesight, immune system and bone growth. Vitamin C helps heal wounds.



**Like it!**

## Apricot Pitas

### Ingredients

- 1 piece of whole wheat pita bread
- ½ cup low-fat or nonfat cottage cheese
- 2 apricots, with seeds removed and thinly sliced
- 4 thin slices of cucumber
- 4 thin slices of red or green sweet bell peppers

### Directions

1. Cut pita bread in half. Open the “pocket.”
2. Fill each pita half with ¼ cup cottage cheese.
3. Top cottage cheese with slices of apricots, cucumber and sweet bell pepper.
4. Serve immediately as a snack or as a cold side dish.

Yields 2 servings

Nutrition Facts per Serving:  
Calories 110; Fat 2g; Cholesterol 10mg; Sodium 320mg;  
Carbohydrates 16g; Fiber 2g; Sugar 6g; Protein 9g

## Refreshing Apricot Smoothie

### Ingredients

- 1 (15 ounce) can apricot halves (chilled)
- 1 cup low-fat plain or vanilla yogurt
- ⅛ teaspoon vanilla extract (2-3 drops to taste)
- 6 ice cubes

### Directions

1. Combine all ingredients in blender.
2. Cover and blend on high until smooth.
3. Add more ice cubes for a thicker smoothie.

Yields 2 servings

Nutrition Facts per Serving:  
Calories 260; Fat 2g; Cholesterol 5mg; Sodium 90mg;  
Carbohydrates 60g; Fiber 6g; Sugar 41g; Protein 8g;  
Calcium 245mg

Sources: [myplate.gov/search?keyword=apricot](https://myplate.gov/search?keyword=apricot)

*Lakota word translated by Jeshua Estes*

**Find more recipes  
and videos at  
[extension.sdstate.edu](https://extension.sdstate.edu)**

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at [extension.sdstate.edu](https://extension.sdstate.edu).

S-0001-02

© 2024, South Dakota Board of Regents