



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Beet

In season:



Summer

Lakota: p̣haŋǵí šašá

Preschool Lesson Plan

Objectives

Participants will:

- identify beets as a vegetable from MyPlate.
- increase knowledge in how beets grow, selecting beets, preparing beets.
- increase knowledge of beet greens and how to eat.
- demonstrate the use of beets in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Visuals of and/or actual beet
- Visuals of and/or actual beet greens
- 1 cup and ½ cup measuring cups
- Can of beets and jar of pickled beets
- Fork and Grater

Handouts or Take Home Items

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

Recipe Choices

- Beets with Dijon Dressing

Cooking and Food Safety Skill Sheet

- Handwashing
- Washing Fruits and Vegetables
- Oven Safety

Other Cooking and Food Safety Skills

- Safely storing leftovers
- Cooking terms- toss and roast

Supplies for Beets Lesson

- Beets with Dijon Dressing
 - » Knife
 - » Bowls
 - » Measuring spoons
 - » Roasting pan
 - » Timer
 - » Liquid measuring cup
 - » Whisk
 - » Cutting board
 - » Disposable gloves

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"> • These can be eaten raw or cooked. • They are sometimes called blood turnips. • The red coloring that comes from them can be used to make tomato paste and jams a brighter red color. • Sometimes the red coloring is used to make red colored wood pieces that are used around trees and plants. <p>(Answer: Beet.)</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 beets.
<p>How many of you have seen this before?</p> <p>My Plate shows us how to eat healthier by dividing a "plate" into parts and using different colors and sizes for each of the food groups. Orange is for grain foods, Purple is for protein foods, Green is for vegetables, Red is for fruits and the round, Blue part by the plate is for dairy foods, like milk.</p> <p>Can you see that half of the plate is fruits and vegetables?</p> <p>That is what our plate should look like on most days – half full of fruits and vegetables.</p>	<ul style="list-style-type: none"> • Point to the MyPlate poster. • Show the different parts and colors. • Point out that half of the MyPlate is fruits and vegetables.
<p>What food group do beets come from? (Answer: Vegetable – the green part on MyPlate.)</p> <p>Can anyone name some other vegetables?</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Allow students time to share. Tell them that these vegetables are also from the green section on MyPlate.
<p>Kids in preschool, like you, should be eating 1 cup of vegetables each day. Kids in kindergarten should be eating 1 ½ cups of vegetables a day.</p>	<ul style="list-style-type: none"> • Show preschool children a one cup measure. Show kindergarteners a one cup measure and a ½ cup measure. • Explain that this is how much 1 cup and 1 ½ cup are.
<p>Beets are a vegetable that grow in gardens. Seeds are planted in the ground. It takes about 60 days or two months for beets to grow from the seeds to the right size to be eaten. They should be about 1 ½ to 2 inches in diameter. If they get bigger than that, they will not be tender.</p> <p>Most beets are dark red in color, but beets can also be orange, white or pink. Have you ever grown beets in your garden?</p>	<ul style="list-style-type: none"> • Show a visual or actual beet that is 1 ½ to 2 inches in diameter. • Point out the dark red color.

What You Say:	What You Do:
<p>Different vegetables come from different parts of the plant. They might be the root, stem, fruit, seed, leaf or flower.</p> <p>What part of the plant do you think beets are? (Answer: The root.)</p> <p>Because beets grow under the ground, they are the root of the plant.</p> <p>Why do you think roots are important to plants?</p> <p>Roots provide support for the plant. They hold them in the ground. Roots also take in water for the plant.</p>	<ul style="list-style-type: none"> • Show the Parts of the Plant visual. • Allow discussion of roots of plants.
<p>If you haven't planted beets in your garden, have you seen them in the grocery store?</p> <p>If you are going to buy fresh beets, look for beets that have healthy looking skins and fresh leaves (if they are attached).</p> <p>Remember we said they should be 1 ½ to 2 inches in diameter. If they are bigger than that, they may not be tender.</p>	<ul style="list-style-type: none"> • If possible, show a real beet, pointing out the healthy skin, fresh leaves and the correct diameter.
<p>How do we eat beets?</p> <p>First of all, we need to wash the beets under cool running water. We want to try not to cut the skin of the beet because if we do, the color can escape and it can stain towels, cutting boards and even your skin.</p> <p>After a beet is cook and cooled, the beet skin can be rubbed off.</p>	<ul style="list-style-type: none"> • Demonstrate washing a beet.
<p>Have you ever eaten a beet?</p> <p>How did you eat it?</p> <p>How did it taste?</p> <p>Beets can be cooked in the microwave, steamed or boiled in water, roasted in the oven, grilled, pickled and even eaten raw.</p> <p>If you cook a beet, you can tell if it is done when you can poke it with a fork and the fork goes into it easily.</p> <p>If you eat beets raw, without cooking, you only need to scrub them and slice them thin or grate them with a grater.</p>	<ul style="list-style-type: none"> • Allow students to share. • Show a table fork and demonstrate how you would check for doneness. • If possible, grate a fresh beet and let the students taste a small piece.

What You Say:	What You Do:
<p>You can also buy beets already sliced and cooked. They are with the other canned vegetables in the store. They just need to be heated a little and are ready to eat.</p> <p>Beets also come pickled and are in a jar at the store. They taste sweet and can be eaten right out of the jar.</p>	<ul style="list-style-type: none"> • Show a can of beets and a jar of pickled beets.
<p>Why should we eat beets?</p> <p>Beets are a vegetable that have folate which helps to keep our heart healthy. They also have fiber that keeps our digestive system healthy.</p>	
<p>Something else cool about beets is that you can eat the green tops of the beet. These beet "greens" can be used like spinach leaves. You can rinse them really well and then add them to a salad.</p> <p>The beet greens have Vitamin A in them. Vitamin A helps to keep our eyes and skin healthy.</p>	<ul style="list-style-type: none"> • Show a visual of or actual beet greens. • Demonstrate washing the beet greens.
<p>Are you ready to taste beets?</p> <p>What is the first thing we need to do before making or eating food? (Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> • Review proper handwashing.

Use this page if you are going to prepare Beets with Dijon Dressing

Equipment List

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> • Knife • Bowls • Measuring spoons | <ul style="list-style-type: none"> • Roasting pan • Timer • Liquid measuring cup | <ul style="list-style-type: none"> • Whisk • Cutting board • Disposable gloves |
|--|---|---|

What You Say:	What You Do:
<p>Today we are going to be making Beets with Dijon Dressing.</p> <p>What is the first thing we need to do before we make or eat food? (Answer: Wash hands.)</p>	<ul style="list-style-type: none"> Go over Handwashing skill sheet.
<p>Let's read through the recipe to see what we need and what we are going to do.</p>	<ul style="list-style-type: none"> Read the recipe to the students. Show ingredients as they are read.
<p>We are going to turn the oven on first so it is hot when we have our beets ready to put in the oven.</p>	<ul style="list-style-type: none"> Review Oven Safety skill sheet.
<p>We are going to wash the beets first. We have to do this with all fresh vegetables before they are cooked or eaten.</p> <p>Remember that we need to wash beets gently so we don't break the skin. If the skin breaks, the color can escape and stain our hands, towels and cutting boards.</p>	<ul style="list-style-type: none"> Review Washing Fruits and Vegetables skill sheet.
<p>The recipe says that we will toss the beets in the bowl. Do you know what it means to "toss" a food? (Answer: To combine ingredients by lifting them over and over.)</p>	<ul style="list-style-type: none"> Call on someone who would like to answer.
<p>We are going to roast the beets. Does anyone know what it means to "roast" foods? (Answer: To cook by dry heat (without water) in the oven.)</p>	<ul style="list-style-type: none"> Call on someone who would like to answer.
<p>If we have some beets leftover after serving them for a meal, what should we do with them? (Answer: Put them in container with a cover and put them in the refrigerator.)</p>	<ul style="list-style-type: none"> Allow students to answer. Review storing leftovers.

Visuals



Beet growing in the ground



Beetroot and greens



Yellow beets



A beet cut in half

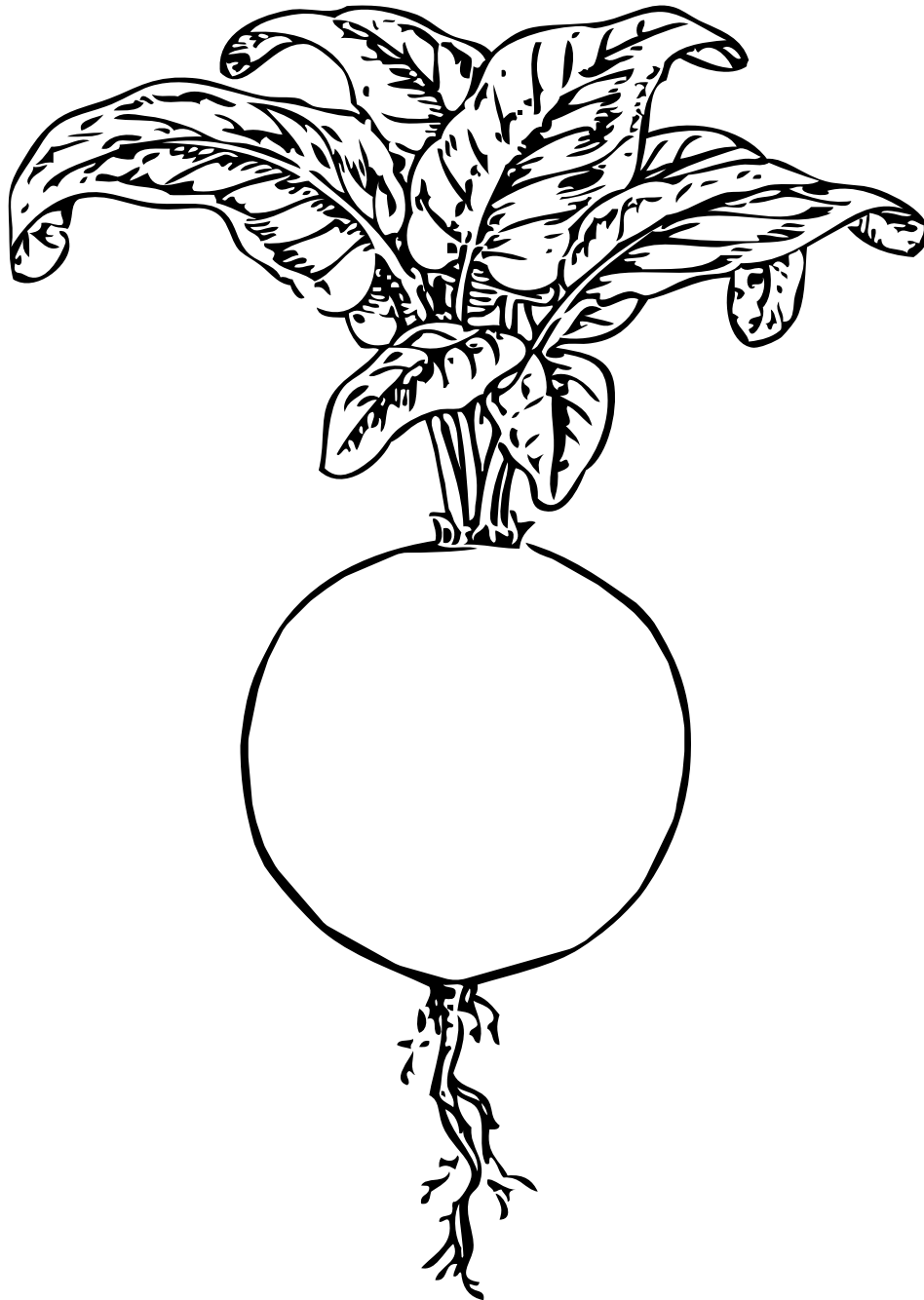
Beets Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Beets, cooked	½ cup 85 g	37	1.7	2%	3	259	68
Beet greens, cooked	½ cup 72 g	19	2.1	n/a	18	654	10
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	1-4 cup servings of vegetables 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**

BEEET



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.

© 2024, South Dakota Board of Regents

Beet Sources

Information

- pickyourown.org
- extension.illinois.edu/veggies
- msuextension.org

Recipe

- eatfresh.org

Cooking terms

- reallifegoodfood.umn.edu/kitchen-skills-and-tips/cooking-terms-glossary

Lakota translation

- Translated by Jeshua Estes

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.

© 2024, South Dakota Board of Regents

S-0001-06



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Beet

In season:



Summer



Lakota: p̣haŋǵí šašá

Pick it!

Beets are usually round with a 1 to 2 ½ inch diameter and deep burgundy color with edible green to burgundy leaves.

Select beets that are smooth, hard, rounded and free of cuts and bruises. Discard overgrown or woody beets.

Trim the greens (leaves) to about 1 inch when storing the root; refrigerate for several weeks. Store the greens separately.

"Thinnings" are beets that are pulled before fully mature and can be eaten raw and whole in salads.



Try it!

Can be eaten raw, baked, steamed, roasted or pickled as a condiment.

Raw or steamed beets are good in salads; medium/large-sized beets are better cooked.

Choose beets similar in size for even cooking.

Peel beets after cooking while wearing disposable gloves to avoid staining your skin.

Beet greens can be used like spinach.



Types of Beets

Red table: Most common

Chioggia: Candy red outside with banded red/white inside and sweet, mellow flavor

Golden: Orange skin with golden yellow inside, sweet mild flavor



Did you know...

Folate and folic acid help protect against heart attack, stroke and the formation of neural tube defects. The nutrient can be found in beets and leafy green vegetables.

Like it!

Beets with Dijon Dressing

Ingredients

- 3 pounds beets
- 4 Tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 Tablespoon Dijon mustard (or yellow prepared mustard)
- ¼ cup orange juice
- 1 teaspoon sugar
- 1 Tablespoon red wine vinegar
- 1 Tablespoon rosemary, chopped

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Wash, trim and dry beets leaving ½ inch stem and root intact.
3. Put beets in a bowl and add 1 Tablespoon olive oil, the salt and pepper. Toss contents of bowl with clean hands.
4. Arrange beets in a single layer roasting pan. Roast in oven for 45 minutes or until tender.
5. Remove pan and allow to cool.
6. Make dressing while cooling. Whisk mustard, orange juice, sugar and vinegar together. Whisk in 3 Tablespoons of olive oil and the rosemary.
7. Rub skin off beets and cut into quarters.
8. Combine with dressing and let sit for 30 minutes.

Yields 6 servings

Nutrition Facts per Serving:
Calories 200, fat 10g, cholesterol 0mg, carbohydrates 25g Fiber 5, sugar 20g, Protein 4g

Red Beet and Apple Salad

Ingredients

- 1 large or 2 small red beet(s)
- 4 apples
- 1 Tablespoon lemon juice
- 1 Tablespoon honey

Directions

1. Wash the beet and peel if desired. (If peeled, the beet will taste less earthy.)
2. Grate the beet and apples into a large bowl.
3. For the dressing, mix the lemon juice, honey and salt.
4. Pour the dressing over the mixture of beet and apples. Mix well.
5. Serve chilled.

Yields 8 servings

Nutrition Facts per Serving:
Calories 55, fat 0g, Cholesterol 0mg, Carbohydrates 15g, Fiber 2.5, Sugar 12.5g includes added sugars 2g, Protein 0.5g

Lakota word translated by Jeshua Estes

**Find more recipes
and videos at
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.

S-0001-06

© 2024, South Dakota Board of Regents