



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

In season:



Summer

Eggplant

Lakota: wagmúthoša

Preschool Lesson Plan

Objectives

Participants will:

- identify eggplants as a vegetable and the part of the plant that eggplants come from.
- increase knowledge in the selection, storage and nutritional value of an eggplant.
- demonstrate use of eggplants in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Eggplant visuals
- Actual eggplant if possible

Handouts or Take Home Items

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

Recipe

- Easy Eggplant Stir Fry

Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Knife Safety and Cutting Boards
- Measuring Liquid and Dry Ingredients
- Stove Top Safety

Other Cooking and Food Safety Skills

- Kitchen terms - drizzle and toss

Supplies for Eggplant Lesson

- Easy Eggplant Stir Fry
 - » Knife
 - » Cutting board
 - » Vegetable peeler
 - » Measuring spoons
 - » Measuring cups
 - » Skillet
 - » 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"> This vegetable originated in India. It is known as the King of Vegetables there. It is related to tomatoes and potatoes. It usually has a dark purple skin. <p>(Answer: Eggplant.)</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 eggplants.
<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.</p> <p>Kindergarteners should be eating 1 ½ cups of fruits and vegetables each, every day.</p>	<ul style="list-style-type: none"> Point to the MyPlate poster.
<p>There are five subgroups of vegetable: dark green, red and orange, beans and legumes, starchy and others. We should be eating vegetables from all of these groups because they all have different vitamins and nutrients in them.</p> <p>Do you know what subgroup eggplants are in?</p> <p>(Answer: Others.)</p>	<ul style="list-style-type: none"> Call on someone who would like to answer.
<p>Different vegetables come from different parts of the plant.</p> <p>Vegetables are either a root, stem, leaf, fruit, flower or seed.</p> <p>What part of the plant do you think an eggplant is?</p> <p>(Answer: Fruit.)</p> <p>Do you know why the fruit of a plant is important?</p> <p>(Answer: The fruit of a plant has seeds. Seeds are needed to produce new plants.)</p>	<ul style="list-style-type: none"> Show the Parts of a Plant visual. Call on someone who would like to answer.
<p>The most common type of eggplant is egg shaped and has a shiny, dark purple skin. They can weigh 1-5 pounds. Some types of eggplant are long and slender and others can be striped or have a white color.</p> <p>The inside of an eggplant is white and spongy.</p>	<ul style="list-style-type: none"> Show a visual of an eggplant or, if possible, show an actual eggplant, pointing out its shape and color.
<p>When choosing an eggplant, look for those with a bright purple color. Also make sure that they have no bruises and that they are firm and heavy for their size. Smaller eggplants tend to taste more bitter.</p> <p>To check for ripeness, hold the eggplant in your palm and press it gently with your thumb. If the eggplant makes an indent from your finger and bounces back out, it is ready to eat. If the eggplant is hard to press, it's not ripe yet. If you press and the indent does not come back, it's too ripe.</p>	<ul style="list-style-type: none"> Demonstrate how to check for a mature eggplant.

What You Say:	What You Do:
Store eggplants in the refrigerator for 1-2 days. Do not cut the eggplant before storing it or it will go bad quickly.	
<p>What do we need to do to an eggplant before using it in a recipe? (Answer: Wash it.)</p> <p>How do we wash vegetables? (Answer: Under cool running water.)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Refer to Washing Fruits and Vegetables skill sheet.
After washing, cut off the cap and stem. Eggplant can be cooked with or without the skin. Peel larger eggplants as they may have tougher skin.	
<p>Have you ever eaten an eggplant before?</p> <p>What are some ways that eggplants can be prepared?</p> <p>Eggplants can be baked, broiled, microwaved, sautéed, grilled, roasted, fried, steamed, stuffed or stewed.</p> <p>It also works great with tomatoes, garlic, onions and cheese.</p> <p>One pound of eggplant is about equal to 3 cups when diced.</p>	<ul style="list-style-type: none"> • Allow discussion.
<p>There are lots of different herbs and spices that can be used on an eggplant.</p> <p>Garlic, rosemary, oregano, marjoram, chili powder or curry powder are some that taste really yummy on eggplants.</p>	
<p>Why would we want to eat eggplants?</p> <p>Eggplants have a small amount of nutrients. They are low in calories and sodium. Eating them unpeeled provides fiber. They also contain some folate and potassium. Fiber helps keep our tummies healthy.</p>	
<p>Are you ready to try out a recipe using an eggplant?</p> <p>What is the first thing we always do before preparing food? (Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> • Review Handwashing skill sheet.

Use this page if you are going to prepare Easy Eggplant Stir Fry

Equipment List

- Knife
- Cutting board
- Vegetable peeler
- Measuring spoons
- Measuring cups
- Skillet
- Spoon

What You Say:	What You Do:
Today we are going to be making an eggplant stir-fry. Let's read through the recipe first.	<ul style="list-style-type: none"> • Read through the recipe.
What food group is in this recipe? (Answer: Vegetable.) Eggplant, zucchini, green pepper, onion and tomatoes are all from the vegetable group.	<ul style="list-style-type: none"> • Point to the MyPlate poster. • Call on someone who would like to answer.
What is the first thing we need to do to the vegetables before we prepare them for the recipe? (Answer: Wash them.)	<ul style="list-style-type: none"> • Allow discussion on how to wash the vegetables used in this recipe. • Refer to Washing Fruits and Vegetables skill sheet.
We will be using a knife and cutting board to prepare the vegetables. What are some things we need to remember about using knives and cutting boards?	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Refer to Knife Safety and Cutting Boards skill sheet.
The vegetables will be stir-fried in a skillet on the stove using low heat.	<ul style="list-style-type: none"> • Go over Stove Top Safety skill sheet.
The stir-fry will be served over brown rice.	

Visuals



Eggplant blossom



Eggplant growing on the plant



Specialty eggplant



Peeled eggplant slices

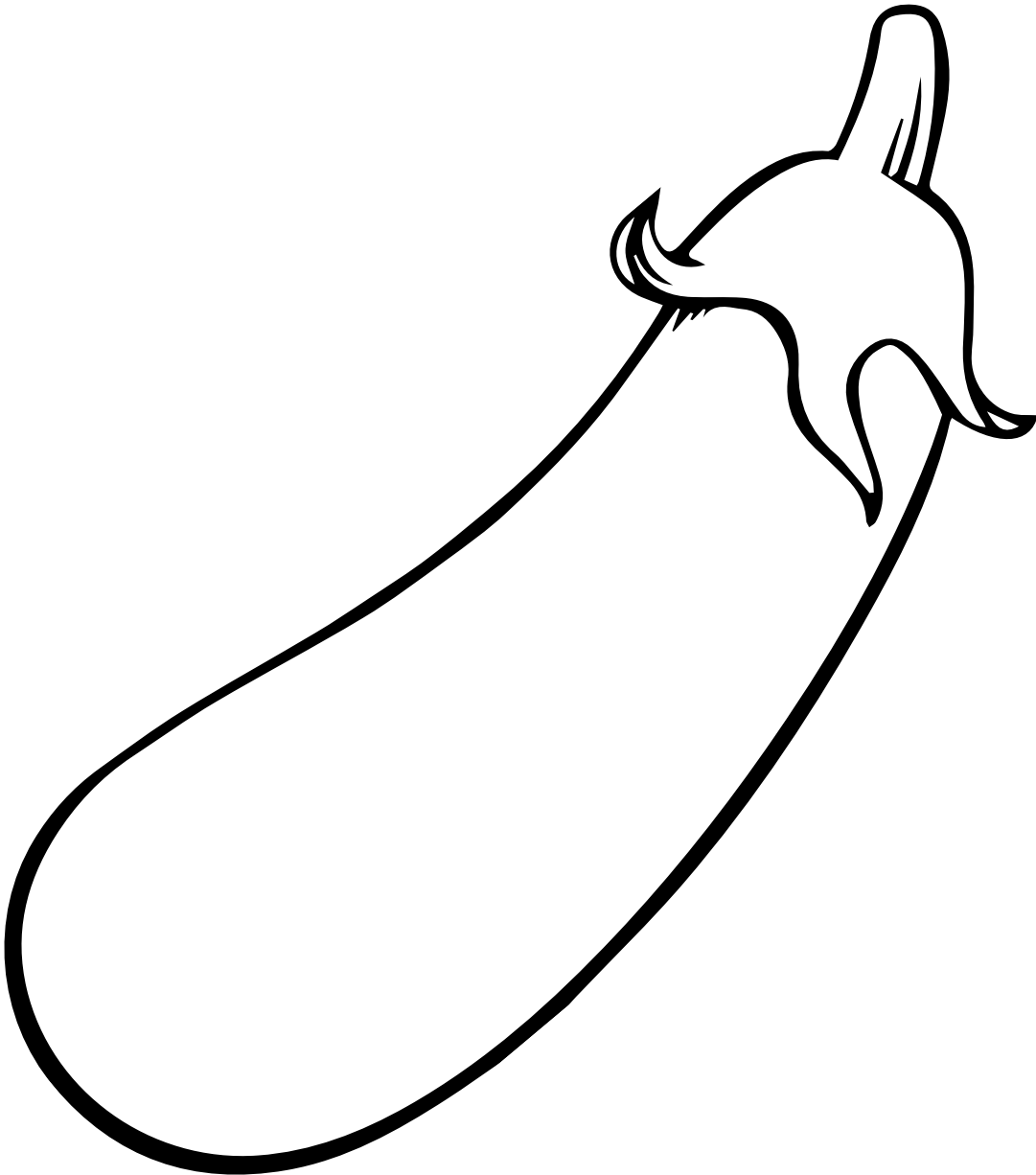
Eggplant Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Eggplant, cubed and cooked	½ cup, 50 g	17	1.2	0%	1	61	7
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)



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EGGPLANT



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Eggplant Sources

Recipe

- myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/easy-eggplant-stir-fry

Clues

- easyscienceforkids.com/eggplant/

Other

- myplate.gov/eat-healthy/vegetables
- fruitsandveggies.org/fruits-and-veggies/eggplant/
- snaped.fns.usda.gov/seasonal-produce-guide/eggplant
- eatfresh.org/discover-foods/eggplants
- extension.umaine.edu/publications/4307e
- extension.illinois.edu/sites/default/files/blog_handout_-_eggplant.pdf

Lakota translation

- Translated by Jeshua Estes

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In season:



Summer

Eggplant

Lakota: *wagmúthoša*

Pick it!

Related to tomatoes and peppers.

Eggplants weigh about 1-5 pounds and are oval or elongated.

Usually dark purple-colored skin and white, spongy flesh.

Mature when flesh bounces back when pressed; hard to press is not mature yet; retaining dent is too mature.

Look for an oval-shaped dimple near the blossom end.

Refrigerate in plastic for 1-2 days.

Cook with or without the skin; peeling is desirable for large eggplant. Use only a stainless steel knife.



Try it!

Can be baked, broiled, microwaved, sautéed, grilled or stewed. It is not eaten raw.

Salting the eggplant is done to remove bitterness. Cut up eggplant, sprinkle with salt, let it drain, rinse with cool water and pat dry.

Milk flavor is enhanced by adding spices such as garlic or foods such as tomato, onion or cheese.

Undercooked eggplant will have a chewy texture.



Types of Eggplant

Standard Oval: Glossy, purple/black skin, bulb-shaped, most common variety

Japanese/Oriental: Long, slender fruit with delicate skin, often more delicate flavor

Specialty: Includes striped, all white or small purple fruits



Did you know...

Fiber is found in the skin and pulp of fruits and vegetables. Dietary fiber can be either soluble or insoluble. Fiber prevents constipation and lowers risk of diabetes and heart disease.

Like it!

Herbed Baby Eggplant

Ingredients

- 3 pounds small oriental-type eggplants
- 3 teaspoons salt
- 2 teaspoons garlic; finely chopped
- ½ cup olive oil
- ⅓ cup red wine vinegar
- Black pepper
- ½ cup fresh basil leaves; shredded or 1 teaspoon dried basil

Directions

1. Wash eggplants, remove caps and cut into quarters or halves.
2. Sprinkle salt over eggplant and let drain for 30 minutes.
3. Preheat oven to 400° Fahrenheit.
4. Rinse salt off eggplant, pat dry and cut into pieces.
5. Place pieces on baking sheet in a single layer.
6. Mix the garlic and oil.
7. Drizzle garlic/oil mixture over eggplant.
8. Bake 30 minutes or until eggplants are brown and tender.
9. Let cool slightly.
10. Rinse basil leaves, chop finely. Or measure dried basil.
11. Put eggplants into a large bowl and drizzle with vinegar.
12. Add the basil and toss.

Yields 6 servings.

Nutrition Facts per Serving:
Calories 230; Fat 19g; Cholesterol 0mg; Sodium 1160mg;
Carbohydrates 14g; Sugar 3g; Fiber 8g; Protein 3g

Easy Eggplant Stir Fry

Ingredients

- 2 eggplants; peeled and cubed
- 1 zucchini; thinly sliced
- 1 cup green bell pepper; cut into strips
- 2 onions; sliced
- 3 Tablespoons low-fat Italian dressing
- 2 cups cherry tomatoes
- 2 cups brown rice; cooked

Directions

1. Place eggplant, zucchini, green bell pepper and salad dressing into a skillet.
2. Stir lightly to combine and cook over low heat, until tender.
3. Stir in cherry tomatoes and cook for 3-5 minutes.
4. Serve over cooked brown rice.

Yields 4 servings.

Nutrition Facts per Serving:
Total Calories 238; Total Fat 3g, Saturated Fat 0g;
Cholesterol 0mg; Sodium 115mg; Carbohydrates
51g, Dietary Fiber 13g, Total Sugars 17g, Added Sugars
included 1g; Protein 7g

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/easy-eggplant-stir-fry

Lakota word translated by Jeshua Estes

**Find more recipes
and videos at
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