



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Grape

In season:



**Summer
and Fall**

Dakota: Canwi yape' (chan we ya pe')

Lakota: čhunwíyapehe

Preschool Lesson Plan

Objectives

Participants will:

- identify grapes as a fruit and the part of the plant that grapes come from.
- increase knowledge in harvesting, cleaning and use of grapes.
- demonstrate use of grapes in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant Visual
- Grapes visuals
- Actual grapes if possible

Handouts or Take Home Items

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

Recipe

- Magical Fruit Salad

Cooking and Food Safety Skill Sheets

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

Other Cooking and Food Safety Skills

- Kitchen terms - chop
- Safely storing leftovers
- Washing tops of canned goods

Supplies for Grapes Lesson

- Magical Fruit Salad
 - » Knife
 - » Cutting board
 - » Can opener
 - » Colander
 - » Bowl
 - » Measuring cup
 - » Liquid measuring cup
 - » 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"> • The majority of this fruit is grown in California. • The average American eats about 8 pounds of this fruit per year. • This fruit is actually a form of a berry. <p>(Answer: Grapes.)</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 grapes.
<p>Half of our plate should be fruits and vegetables. Preschool-aged children should be eating 1 cup of fruit each day.</p> <p>Kindergarteners should be eating 1 ½ cups of fruit a day.</p>	<ul style="list-style-type: none"> • Point to the MyPlate poster.
<p>Did you know that different vegetables come from different parts of the plant? They can be a root, stem, leaf, fruit, flower or seed.</p> <p>What part of the plant do you think a grape is? (Answer: Fruit.)</p> <p>Do you know why plants need roots? (Answer: The roots grow in the ground. Roots hold the plant in place. Roots take in water which helps the plant to grow.)</p>	<ul style="list-style-type: none"> • Show Parts of the Plant visual. • Point to the fruit. • Call on someone who would like to answer.
<p>Grapes can be red, black, blue, green, purple, yellow, orange or pink. They can have seeds or no seeds</p> <p>Grapes will not ripen after they have been picked and their quality and flavor will not improve after being harvested either.</p>	
<p>In South Dakota, grapes are usually ready to be picked from July to August. This is often the time when they are the best price in the grocery store also.</p>	
<p>When selecting grapes at the grocery store, look for plump, firm, brightly colored grapes that are attached to green stems.</p> <p>Grapes that are soft, shriveled, leaking, sticky, or that have dry, brittle stems won't be good to eat.</p>	

What You Say:	What You Do:
<p>How do you think we should store grapes?</p> <p>Fresh grapes should be stored unwashed in the refrigerator in a sealed container or a plastic bag. Do not store them near strong smelling foods, such as onions.</p> <p>Clean the grapes just before eating them. Rinse them under cool water when you want to eat them.</p> <p>If you are going to be serving fresh grapes, you can leave them on the vine or cut them up into smaller pieces.</p> <p>If the grapes have seeds, they can be removed as they are eaten or before eating them. To remove the seeds, have an adult cut the grapes in half and remove the seeds with the tip of a knife.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Demonstrate rinsing and draining grapes.
<p>Grapes can be stored in the refrigerator for about 1 week.</p> <p>Fresh grapes can be frozen as well. To freeze grapes, rinse and drain the grapes. Remove the grapes from the stem and place them on a tray or baking sheet. Place them in the freezer. When frozen, remove the grapes from the tray and place them in freezer bags or cartons, seal and put them back into the freezer. Label the bags with the date.</p> <p>What can frozen grapes be used for? (Possible answers: Eaten plain, used in fruit salads, or as grape ice cubes in summer beverages.)</p>	<ul style="list-style-type: none"> • Discuss the process of freezing grapes. • Show examples of freezer storage containers. • Call on someone who would like to answer.
<p>Can you guess why we would need to eat grapes? (Answer: One half cup of grapes is a good source of vitamin C. Vitamin C helps our cuts and bruises to heal and keeps our gums healthy.)</p>	<ul style="list-style-type: none"> • Encourage participants to answer.
<p>Are you ready to try out a recipe using grapes?</p> <p>What is the first thing we need to do before preparing food? (Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> • Review Handwashing skill sheet.

Wild Grapes

Dakota word translated and perspective provided by a member of Hunkpati Dakota.

Canwi yape' (chan we ya pe')

- Fruit is small like a pea and dark purple, usually found where cottonwood trees grow
- Eaten fresh and added or rubbed into meat to flavor
- Improves brain function
- Boost immune system
- Fight fatigue and strengthen bones
- Vines made good cordage

Use this page if you are going to prepare Magical Fruit Salad

Equipment List

- Knife
- Cutting board
- Can opener
- Colander
- Bowl
- Measuring cup
- Liquid measuring cup
- Spoon

What You Say:	What You Do:
Today we will be making Magical Fruit Salad. Let's read through the recipe before we begin.	<ul style="list-style-type: none"> • Pass out the recipe and read aloud.
We will measure 4 cups of assorted fruit including grapes. The fruits can be fresh or canned. What are some fresh fruits that could be used in this recipe? What are some canned fruits that we could include?	<ul style="list-style-type: none"> • Show the 1 cup measuring cup. • Call on someone who would like to answer.
MyPlate shows us that half our plate should be fruits and vegetables. Most frozen and canned foods are processed within hours of being picked. This preserves their flavor and nutrients.	<ul style="list-style-type: none"> • Refer to MyPlate poster.
If using fresh fruits, what do we need to do to them first? (Answer: Wash them by rinsing under cool, running water.) If using canned fruits, what is the first thing we need to do? (Answer: Wash the tops of the cans and remind participants to wash the can opener after each use.)	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Review the Washing Fruits and Vegetables skill sheet. • Demonstrate washing the tops of canned goods.
We will be chopping the fruit into bite-size pieces. What does it mean to "chop" something? (Answer: To cut solids into pieces with a sharp knife or other chopping device.) We will be draining the canned fruit. How can we do this? (Answer: Use a colander or strainer.)	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Review Knife Safety and Cutting Boards skill sheet.
We will be measuring milk for this recipe. Let's review how to measure a liquid ingredient.	<ul style="list-style-type: none"> • Refer to Measuring Liquid and Dry Ingredients skill sheet.
After the ingredients are mixed together, the salad is ready to be served. If there is leftover salad, what should we do with it? (Answer: Store it in the refrigerator.)	

Visuals



A vineyard in winter



Grapes growing on the vine



Grapes ready to be harvested



Grapes come in a variety of colors

Grapes Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Grapes, green (15 grapes)	½ cup, 77 g.	53	0.7	1%	8	147	2
Grape Juice, Purple, unsweetened	¾ cup, 190 g.	116	0.2	--	0	250	6
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	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)



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GRAPES



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

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Grape Sources

Recipe

- myplate.gov/recipes/myplate-cnpp/grape-and-cashew-salad-sandwich
- myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/magical-fruit-salad

Clues

- grapesfromcalifornia.com/community-outreach/grapes-in-the-classroom/

Information

- pickyourown.org/harvestcalendars.htm
- eatfresh.org/discover-foods/grapes
- fruitsandveggies.org/fruits-and-veggies/grapes/
- snap-ed.michiganfitness.org/
- montana.edu/extension/buyeatlivebetter/main_documents/factsheets/msu_extension_food_fact_sheets/GrapeFFS.pdf
- extension.usu.edu/

Cooking terms

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

Dakota translation and historical use

- Member of Hunkpati Dakota

Lakota translation

- Translated by Jeshua Estes

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Dakota: Canwi yape' (chan we ya pe')

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Pick it!

Table grapes come in black, blue, golden, red, green, purple and white colors, and can have seeds or be seedless.

Grapes are also grown for making wine, and each type of wine comes from a specific variety of grapes.

Select grapes that are plump, firm and still attached to the stem.

Avoid any grapes that are shriveled or sticky.

Can be stored in the fridge for 1 week.

Try it!

Cut stem to separate grapes from bunch, then wash thoroughly.

Grapes are great snacks, and can be added into salads with both fruits and vegetables.

Grapes can be canned as jams/jellies, made into wines/juices or dried as raisins.

Freeze grapes and run under lukewarm water to peel.

Types of Grapes

Table: Eaten raw or processed into jams/jellies. Varieties include: Red Globe and Concord.

Wine: Grown just for use in wine making. Cold hardy varieties include: Frontenac and Marquette.

Raisins: Dried grape, dark or golden colored, sweet due to high sugar content.



Did you know...

Grapes are rich in health-protecting antioxidants, found mainly in the skin, antioxidants reduce or neutralize free radicals that damage cells.

Like it!

Magical Fruit Salad

Ingredients

- 1 -20 ounce can pineapple chunks, juice packed
- 1 cup grapes, seedless (red or green)
- 2 bananas
- 1-3.25 oz package instant pudding; lemon or vanilla, sugar free or low-fat
- 1 $\frac{3}{4}$ cups cold milk; non-fat or low-fat

Directions

1. Drain the juice from the pineapple and put the chunks in a large bowl.
2. Rinse and drain the grapes, add to the pineapple.
3. Peel and cut banana into bite-sized pieces; add to bowl.
4. Pour milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix.
5. Let the mixture stand for 5 minutes and serve.
6. Refrigerate leftovers within 2 hours.

Yields 12 servings.

Nutrition Facts per Serving:

Total Calories 97; Total Fat 0g, Saturated Fat 0g; Cholesterol 1mg; Sodium 131mg; Carbohydrates 23g, Dietary Fiber 1g, Total Sugars 20g, Added Sugars included 7g; Protein 2g

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/magical-fruit-salad

Grape and Cashew Salad Sandwich

Ingredients

- $\frac{3}{4}$ cup dry roasted cashews; unsalted, coarsely chopped
- 1 cup low-fat cottage cheese
- 1 $\frac{1}{2}$ cup red grapes; quartered
- 1 celery stalk; chopped
- Ground black pepper to taste
- 2 Tablespoons fresh parsley; chopped
- 8 lettuce leaves
- 8 slices whole-grain bread

Directions

1. In a medium bowl, mix cottage cheese, grapes, celery, cashews, parsley and ground black pepper.
2. Toast bread.
3. Spread $\frac{1}{4}$ salad mix on 4 of the toasted bread slices.
4. Add 2 lettuce leaves to each sandwich; top with 2nd bread slice.

Yields 4 servings.

Nutrition Facts per Serving:

Calories 380; Fat 16g, Saturated Fat 4g; Cholesterol 5mg; Sodium 430mg; Carbs 45g; Fiber 6g; Sugars 16g, Added Sugars included 3g; Protein 19g

Source: myplate.gov/recipes/myplate-cnpp/grape-and-cashew-salad-sandwich

Dakota Perspective (Wild Grapes)

Dakota: Canwi yape' (chan we ya pe')

Usually found where cottonwood trees grow. Fruit is small like a pea and dark purple in color. Eaten fresh and added to or rubbed into meat to flavor it. The vines make good cordage. The fruit is believed to improve brain function, boost immune system, fight fatigue and strengthen bones.

Translation and information provided by a member of Hunkpati Dakota. Lakota word translated by Jeshua Estes.

**Find more recipes
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