



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Pear

In season:



**Fall and
Winter**

Lakota: thaspánphestola

Preschool Lesson Plan

Objectives

Participants will:

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

Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Pear visuals
- An actual pear if possible
- A can of pears

Handouts or Take Home Items

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

Recipe

- Breakfast Pear Parfait

Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Knife Safety and Cutting Boards

Other Cooking and Food Safety Skills

- Kitchen terms - chop
- Storing pears

Supplies for Pear Lesson

- Breakfast Pear Parfait
 - » Knife
 - » Cutting board
 - » Measuring cups
 - » Bowls
 - » Spoons

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 fruit can be green, yellow or red. • It grows on trees. • They can be used like apples. <p>(Answer: Pear.)</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 pears.
<p>Half of our plate should be fruits and vegetables. Preschool-aged children should be eating 1 cup of vegetables each day.</p> <p>Kindergarteners should be eating 1 ½ cups of vegetables 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 pear is?</p> <p>(Answer: Fruit.)</p> <p>Do you know why plants need roots?</p> <p>(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>Pears are more of a bell shape. They are skinnier at the top and thicker at the bottom. Pears can have a green, yellow or red color.</p>	
<p>Have you planted a pear tree in your garden? Have you seen pears growing in a garden?</p> <p>Pears grow on trees just like apples!</p> <p>They grow from the branches of the tree, but should be picked before they get ripe.</p> <p>Pears should be picked when their skin goes from a dark green to a light yellow/green. Twist or cut the pear from the tree, don't pull them off. The pear will be ripe when it is a little soft near the stem, also known as the Neck Test.</p>	<ul style="list-style-type: none"> • Allow participants to share. • Demonstrate the Neck Test on a real pear or a food model pear.
<p>Pears can be stored on the counter or the refrigerator. They can last up to 3 weeks in the refrigerator.</p> <p>If you want to ripen pears quicker, place them in a paper bag that is loosely closed on the counter. Always make sure to be gentle with pears, they can bruise easily.</p>	

What You Say:	What You Do:
<p>How can we eat pears?</p> <p>Pears are usually eaten raw but can be cooked. Make sure to wash them before eating them. Pears can turn brown once they are cut. Dipping them in lemon, orange or pineapple juice can help prevent this.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.
<p>We can buy pears fresh or canned at the grocery store. If you get canned pears, look for ones that are in pear juice since they are lower in sugar.</p>	<ul style="list-style-type: none"> • Show a can of pears if possible.
<p>Why should we eat pears?</p> <p>Pears have antioxidants and fiber.</p> <p>Antioxidants help keep you healthy. Fiber helps keep you regular.</p>	
<p>Are you ready to use pears in a recipe?</p> <p>What is the first thing we need to do before making or eating food?</p> <p>(Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> • Review Handwashing skill sheet.

Use this page if you are going to prepare Breakfast Pear Parfait

Equipment List

- Knife
- Cutting board
- Measuring cups
- Bowls
- Spoons

What You Say:	What You Do:
<p>Today we are going to be making Breakfast Pear Parfait.</p> <p>Here are the things that we are going to use to make the salad. What food group do these things come from? (Answer: Oat circle cereal – grains, pear – fruit, low-fat yogurt – dairy.)</p> <p>Let's talk about what we are going to do to make the parfait.</p>	<ul style="list-style-type: none"> • Show MyPlate and let participants tell which food group the ingredients come from. • Read the recipe to the participants. • Talk about the steps to make the parfait.
<p>The first thing we need to do is wash the pears. Does anyone remember how we wash fruits and vegetables? (Answer: With cool, running water.)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Review Washing Fruits and Vegetables skill sheet.
<p>We will be chopping the pears with a knife on the cutting board.</p> <p>What do we want to remember about knife and cutting board safety?</p> <p>What does the cooking term "chop" mean? (Answer: To cut solids into pieces with a sharp knife.)</p>	<ul style="list-style-type: none"> • Refer to Knife Safety and Cutting Boards skill sheet. • Call on someone who would like to answer.
<p>If we did not have fresh pears, what could be substituted for them in this recipe? (Answer: Canned pears.)</p> <p>Remind participants to wash the top of cans before opening.</p>	<ul style="list-style-type: none"> • Allow answers.
<p>One medium size pear is equal to one cup of fruit from MyPlate, so each serving of this recipe is equal to ½ cup of fruit. How much canned fruit would we use in each serving? (Answer: ½ cup.)</p>	<ul style="list-style-type: none"> • Demonstrate measuring and leveling the sugar.
<p>What is the first thing we need to do before we begin the preparation of this recipe? (Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> • Refer to the Handwashing skill sheet.

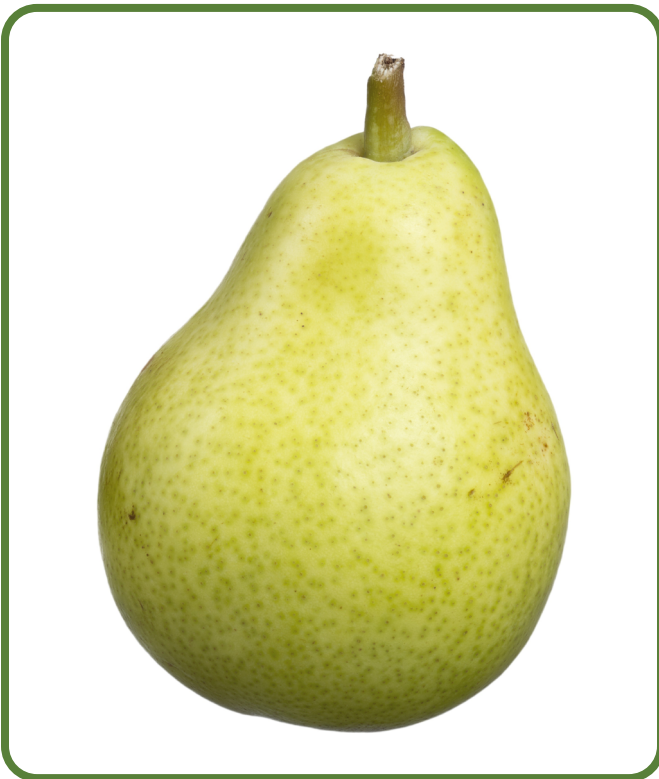
Visuals



Pear blossoms



Pears growing in an orchard



Bartlett pear



A cut pear, the seeds and core

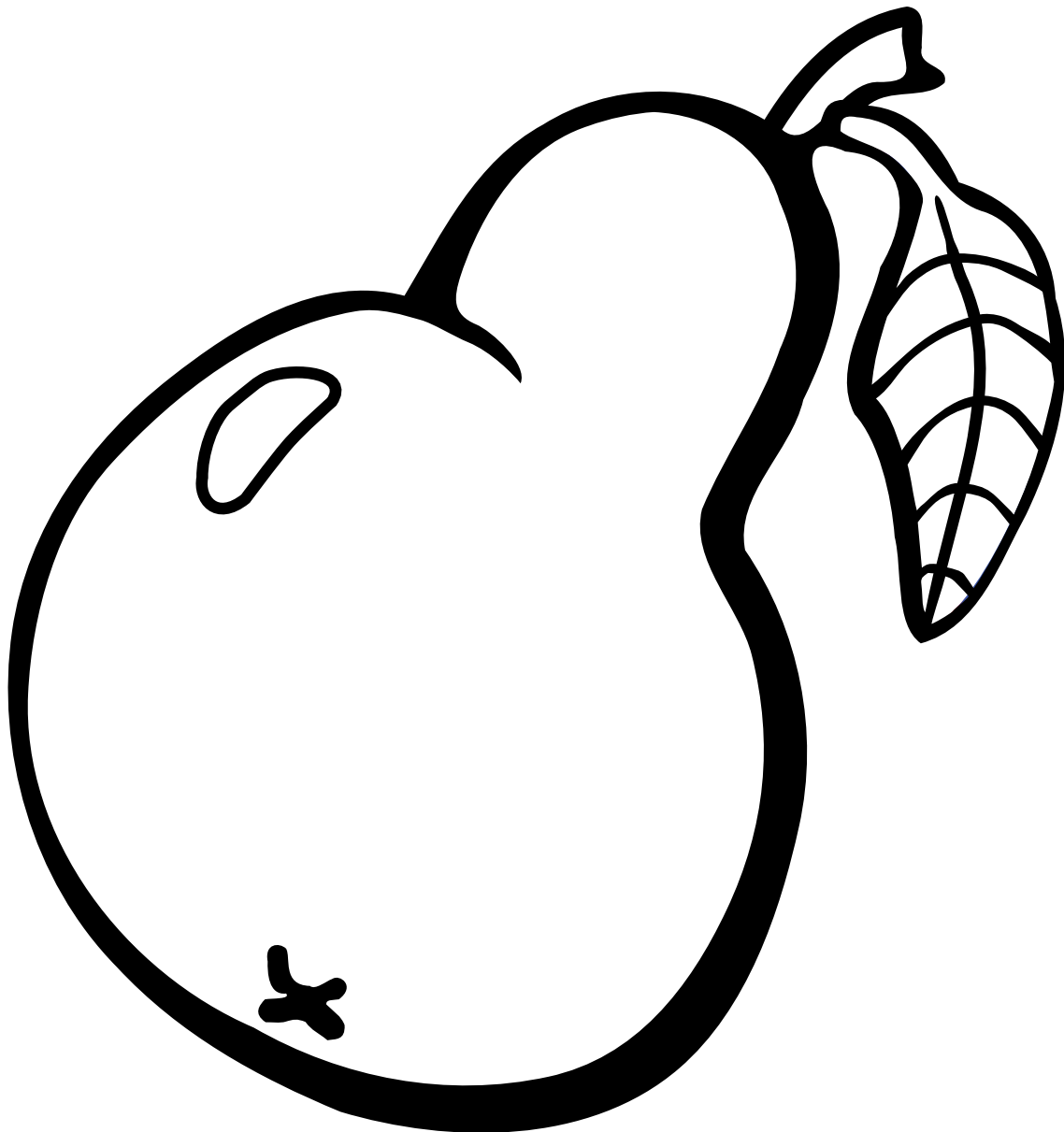
Pear Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (% Daily Value)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Pear	1 med. 166g	96	5.1	0	7	198	12
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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PEAR



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Pear Sources

Recipe

- site.extension.uga.edu/walkgeorgia/recipe-breakfast-pear-parfait/

Information

- ohioline.osu.edu/factsheet/HYG-5526
- lancaster.unl.edu/harvesting-and-storing-pears
- treefruit.wsu.edu/web-article/pear-varieties
- extension.wsu.edu/maritimefruit/tree-fruit/pears/

Lakota translation

- Translated by Jeshua Estes

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In season:



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Lakota: tháspánphestola

Pick it!

Choose firm pears with no soft spots and let the pears ripen at home.

Check near the stem daily for ripeness; when the pear yields to gentle pressure, it is ready.

If desired, pears can be stored in a paper bag at room temperature to shorten ripening time.

Once ripe, the pear can be stored in the refrigerator until eaten.

Try it!

Pears make a great snack right off the counter but can also be used much like apples.

Sliced pears are often used to liven up salads, as a side to sandwiches and as a topping on cereals.

Pears are great baked into cobblers, but also provide great flavor in fruit salsas.

Try sandwiching the fruit slices between graham crackers and peanut butter.

They are tasty glazed, sautéed, poached and pickled, too.

Types of Pear

Bartlett: Most common, ripens from bright green to yellow

D'Anjou: Mild-sweet, multi-use, ripens to creamy green sometimes with red shades

Bosc: Large, long neck, multi-use, ripen to greenish yellow with cinnamon-colored tint



Did you know...

Fiber is provided by the skin and pulp of fruits and vegetables. Fiber prevents constipation, helps maintain weight, and lowers risk of diabetes and heart disease.

Like it!

Broiled Pears

Ingredients

- Pears (1 pear = 2 servings)

For each pear half:

- ¼ to ½ teaspoon warmed or softened butter
- ½ to 1 teaspoon brown sugar
- Sprinkle of cinnamon
- Dollop of fat-free vanilla yogurt

Directions

1. Cut pears in half. Using a spoon, scoop the core out of the pear halves.
2. Using a spoon or butter knife, spread a small amount of butter on the pear flesh.
3. Top the butter with the brown sugar using more or less as desired.
4. Bake the pear halves on a baking sheet at 350 degrees F for 7 minutes. Then, if desired, turn on the broiler and let the pear tops caramelize for one more minute.
5. Remove from the pan and top with a dollop of fat-free vanilla yogurt.

Yields 2 servings

Nutrition Facts per Serving:

Calories 90; Fat 1.5g; Cholesterol 5mg; Sodium 10mg;
Carbohydrates 19g; Sugar 14g; Fiber 3g; Protein 1g

Breakfast Pear Parfait

Ingredients

- 2 cups oat circle cereal
- 1 pear, chopped
- 1 cup low-fat yogurt

Directions

1. Put 1 cup oat circle cereal into 2 small bowls.
2. Add ½ of the chopped pears on top of the cereal.
3. Top each bowl with ½ cup of low-fat yogurt.

Yields 2 servings

Nutrition Facts per Serving:

Calories 460; Fat 12g; Cholesterol 10mg; Sodium 270mg;
Carbohydrates 86g; Sugar 51g; Fiber 12g; Protein 10g

Lakota word translated by Jeshua Estes.

**Find more recipes
and videos at
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