



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Plum

In season:



Summer

Dakota: Kanta hu

Lakota: kǰáŋta

Preschool Lesson Plan

Objectives

Participants will:

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

Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Plums visuals
- Actual plums if possible

Handouts or Take Home Items

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

Recipe

- Plum Sauce

Cooking and Food Safety Skill Sheets

- Handwashing
- Knife Safety and Cutting Boards
- Measuring Liquid and Dry Ingredients
- Stove Top Safety
- Oven Use and Safety

Other Cooking and Food Safety Skills

- Kitchen terms – boil and simmer

Supplies for Plum Lesson

- Plum Sauce
 - » Can opener
 - » Measuring spoons
 - » Liquid measuring cup
 - » Knife
 - » Cutting board
 - » Saucepan
 - » Spoon
 - » Stove or electric burner

Notes

- Dakota and Lakota translation of the name of the produce is available at the end of this document.

Plums-original to South Dakota prior to European settlement.

- Dakota name – Kanta hu
- Lakota name – kǰáŋta

Eaten fresh from the branch or can be cooked to make a pudding or can be dried and used later to flavor meats and fish fillets. The seeds were decorated and used as dice in a variety of games.

Dakota word translation and perspective provided by a member of Hunkapti Dakota. Lakota word translated by Jeshua Estes.

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"> • It is closely related to peaches, nectarines and apricots. • It can be eaten fresh, dried, canned or as juice, jam or jelly. • It grows on every continent, except Antarctica. (Answer: Plum.) 	<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 plums.
<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> <p>What food group do you think plums belong to? (Answer: Fruit.)</p> <p>One large plum is equal to ½ cup of fruit. One cup of sliced fresh or cooked plums, 3 medium plums, or 2 large plums is equal to 1 cup of fruit from MyPlate.</p>	<ul style="list-style-type: none"> • Point to the MyPlate poster. • Call on someone who would like to answer. • Show some different sizes of plums if possible or use food models to show ½ and 1 cup for reference.
<p>Plums are a fruit that is grown on trees. The plum is a drupe fruit which means it is a fruit with a pit. It comes in a variety of sizes and colors including red, purple and yellow. The flavor of plums can range from really sweet to kind of tart. Some plum varieties are grown to be dried and still keep their sweetness. These varieties are used for prunes. Prunes are made by removing the pit and dehydrating or drying the plum.</p>	<ul style="list-style-type: none"> • Show visuals of different types of plums. • Show a visual or a food model of a prune.
<p>When buying plums, choose those that are plump and that are an even color all over. Don't purchase plums that are shriveled or that have cracks in the skin. When the plum is slightly soft at the stem end, it is ready to eat. Plums can be ripened by putting them in a paper bag and storing them at room temperature for up to three days. The fruit will not get sweeter as it softens, but it will get juicier. Ripe plums can be stored in the refrigerator for up to five days.</p>	<ul style="list-style-type: none"> • If an actual plum is available, point out the qualities to look for when purchasing plums.
<p>Be sure to wash plums before eating or cutting. To wash, rinse them under cool, running water right before eating them.</p>	
<p>Plums can also be purchased at the store in a can. When using canned plums, remember to wash the top of the can before opening.</p>	<ul style="list-style-type: none"> • Show a can of plums and point out the nutrition facts label.

What You Say:	What You Do:
<p>What are some ways that we can eat plums?</p> <p>(Answers: Fresh, sliced and added to green salads, in fruit salads, sliced and topped with yogurt and granola, blended into a smoothie, baked, poached, made into a puree or sauce for cakes or ice cream, made into jams or jellies, dried for a snack or to be put in breads or other baked goods, canned.)</p>	<ul style="list-style-type: none"> Allow discussion.
<p>Why would we want to eat plums?</p> <p>Plums add variety to our meals and snacks. They are also a good source of vitamin C.</p> <p>Vitamin C helps heal our cuts and bruises and keeps our gums healthy.</p>	
<p>Are you ready to try out a recipe using plums?</p> <p>What is the first thing we need to do before preparing a recipe?</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 Plum Sauce

Equipment List

- Can opener
- Measuring spoons
- Liquid measuring cup
- Knife
- Cutting board
- Saucepan
- Spoon
- Stove or electric burner

What You Say:	What You Do:
Today we are going to be making plum sauce. Let's read through the recipe before we begin.	<ul style="list-style-type: none"> • Read through the recipe with the participants.
<p>We will be using canned plums for this recipe.</p> <p>Remember that we can get our fruit servings using fresh, canned, frozen and dried fruits, as well as fruit juice.</p> <p>What is one thing that we should do to canned goods before opening them? (Answer: Wash the tops.)</p> <p>Why is it important to do this? (Possible answers: There may be dirt, dust or germs on them from sitting on the shelves at the store or cupboard, animals and insects may have walked across them also.)</p> <p>We should also wash the can opener after each use.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Discuss safely using a can opener.
After removing the plums from the can, we are going to be chopping them into pieces. We will use a knife and cutting board to do this step.	<ul style="list-style-type: none"> • Go over Knife Safety and Cutting Boards skill sheet.
<p>We will be measuring ½ cup of juice from the canned plums. How do we measure a liquid ingredient? (Answer: Use a liquid measuring cup and measure at eye level.)</p>	<ul style="list-style-type: none"> • Go over Measuring Liquid and Dry Ingredients skill sheet.
<p>All of the ingredients will be combined and placed in a saucepan. The mixture will come to a boil and then simmer for 30 minutes.</p> <p>What does the cooking term "boil" mean? (Answer: To heat a liquid until big bubbles are on the top.)</p> <p>What does the cooking term "simmer" mean? (Answer: To cook a liquid slowly over low heat. There will be small bubbles that start to form.)</p>	<ul style="list-style-type: none"> • Review Stove Top Safety skill sheet with participants. • Call on someone who would like to answer.
The sauce will thicken as it simmers. The sauce can be served over pork chops, chicken and meatloaf.	
Where would we store any leftover plum sauce? (Answer: In the refrigerator.)	

Visuals



Plum blossoms



Plums growing on a tree



Dried plums



Plums have a pit inside of them

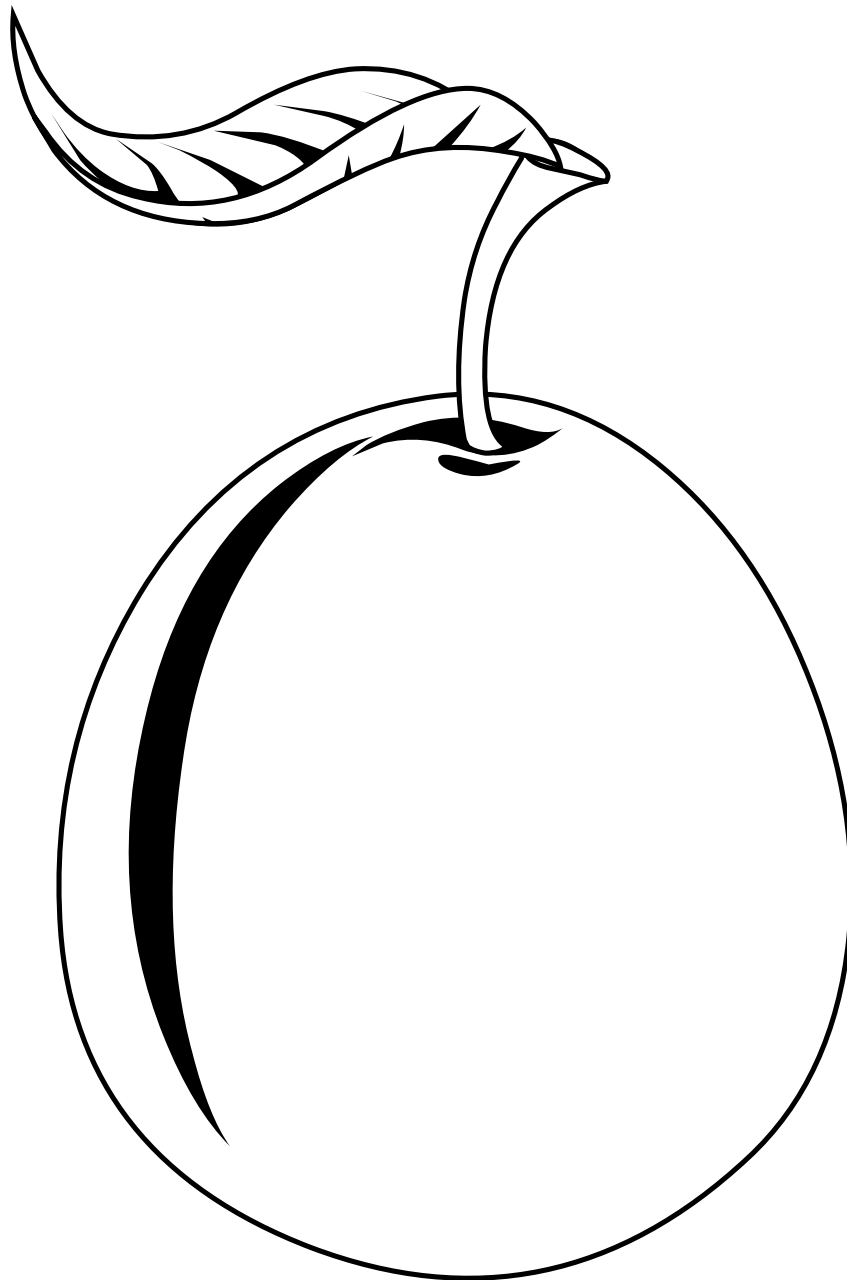
Plum Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (% Daily Value)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Plum	2 med. 132 g	61	1.8	10%	13	207	7
Plum, dried (5 Prunes)	¼ c. 43 g	102	3.0	--	0	311	2
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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Plum Sources

Recipe

- californiaprunes.org/recipes/

Clues

- mobile-cuisine.com/did-you-know/plum-fun-facts/

Information

- extension2.missouri.edu/
- fruitsandveggies.org/fruits-and-veggies/plum/
- myplate.gov/eat-healthy/fruits
- snaped.fns.usda.gov/seasonal-produce-guide/plums
- extension.umaine.edu/publications/4265e/
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- idph.iowa.gov

Dakota translation and perspective

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Lakota translation

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Plum

In season:



Summer

Dakota: *Kanta hu*

Lakota: *kǰáŋta*

Pick it!

Plums come in many colors and varieties.

If the flesh is beginning to soften when gentle pressure is applied, it is ready to eat. If not, allow it to ripen for a day or more at room temperature, checking for ripeness daily.

Ripe plums can be stored in the refrigerator for a few days until eaten.



Try it!

Fresh plums are often eaten fresh as snacks and are great raw. The plum is also attractive in salad or fresh fruit parfaits.

They may be baked, poached (cooked in a liquid) or added as a puree for sauce for desserts.

Plums and plum sauce help to naturally sweeten and give more flavor to meats; it pairs especially well with pork.



Types of Plum

European and Japanese: Common for eating and drying into prunes, have purple or blueish skin, yellow to blue flesh

Cold hardy hybrids: Developed for Northern states

Prune: Type of dried European plum, made by removing pit and dehydrating plums



Did you know...

Potassium helps balance the body to make muscles contract, control blood pressure and heartbeat. Fruits and vegetables are good sources of potassium.

Like it!

Plum Sauce

Ingredients

- 12 ounces canned plums in heavy syrup
- ½ cup reserved juice from canned plums
- 3 Tablespoons white vinegar
- 1 teaspoon brown sugar
- A pinch of ground ginger
- 3 Tablespoons water

Directions

1. Remove plums from the syrup, cut in ½, remove pits and chop into pieces.
2. Combine plums and all remaining ingredients in a small saucepan. Bring to a boil, then reduce heat and simmer for about 30 minutes, stirring occasionally.
3. Plums will fall apart and sauce will start to get thick.
4. Serve over pork chops, chicken breast or even meatloaf.
5. This recipe makes 5-6 servings, and leftovers may be refrigerated.

Yields 6 servings

Nutrition Facts per Serving:
Calories 70g; fat 0g; Cholesterol 0mg; Sodium 10mg;
Carbohydrates 18g; Sugar 14g; Fiber 1g; Protein 0g

Dakota Perspective (Plum)

Dakota: Kanta hu Lakota: kǰáŋta

Eaten fresh from the branch or can be cooked to make a pudding or can be dried and used later to flavor meats and fish fillets. The seeds were decorated and used as dice in a variety of games.

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Plum Oat Bars

Ingredients

- Nonstick cooking spray
- 2 cups old-fashioned oats
- ½ cup dried plums, chopped
- ½ cup walnuts, chopped (optional)
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- ¾ cup packed brown sugar (or ¾ cup regular sugar)
- ⅓ cup margarine

Directions

1. Preheat oven to 350 degrees F.
2. In a large bowl, combine oats, plums, cinnamon and salt. If using walnuts, add those as well. Set aside.
3. In a medium saucepan, combine brown sugar and margarine. Cook over medium heat until melted, stirring constantly.
4. Pour sugar mixture over oat mixture, stirring until all the ingredients are coated.
5. Press firmly and evenly in a greased 9x9 baking pan.
6. Bake for 20-25 minutes or until the edges are golden brown.
7. Cut into the bars when they are still hot. Cool completely in pan, then re-cut and remove bars with a spatula.

Bars can be wrapped with plastic wrap or sealed in a plastic bag.

Yields 12 bars

Nutrition Facts per Serving:
Calories 172g; fat 8g; Cholesterol n/a; Sodium 231mg;
Carbohydrates 24g; Sugar 14g; Fiber n/a; Protein 3g

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