



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Strawberry

In season:



Summer

Lakota: wažúšteča

Preschool Lesson Plan

Objectives

Participants will:

- Identify strawberries as a fruit from MyPlate.
- Increase knowledge in selecting, storage and use of strawberries.
- Demonstrate use of strawberries in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Strawberry visuals
- Fresh strawberries
- Colander/strainer
- Empty bag or container from frozen strawberries

Handouts or Take Home Items

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

Recipe

- Strawberry Yogurt Pops

Cooking and Food Safety Skill Sheets

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

Other Cooking and Food Safety Skills

- Safely storing leftovers

Supplies for Strawberry/Raspberry Lesson

- Strawberry Yogurt Pops
 - » Cutting board and knife
 - » Measuring cup
 - » Spoon
 - » Bowl
 - » Ice cube tray or paper cups
 - » Popsicle sticks or paper straws

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"> • They are the first fruits to ripen in the spring. • Originally named because the fruit is "strewn" among the leaves of the plant. • The only fruit with seeds on the outside. <p>(Answer: Strawberry.)</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 strawberries.
<p>How many of you have seen this before?</p> <p>MyPlate 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.</p> <p>We can see that half of our plate should be fruits and vegetables.</p>	<ul style="list-style-type: none"> • Point to the MyPlate poster. • Show the different colors and parts.
<p>What food group do strawberries come from?</p> <p>(Answer: Fruit.)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.
<p>Preschool-aged children should be eating 1 cup of fruit each day.</p> <p>Kindergarteners should be eating 1-1 ½ cups of fruit each day.</p>	
<p>Have you seen strawberries growing in a strawberry patch?</p> <p>What do the strawberries look like?</p>	<ul style="list-style-type: none"> • Allow participants to share what they know about strawberries.
<p>We can buy strawberries at the grocery store. They are there mainly in the spring and summer.</p> <p>When we buy strawberries, we should look to make sure they are bright red with fresh green tops. The green tops of strawberries are called "caps."</p> <p>Remember from our clues that strawberries are the only fruit with seeds on the outside. Every strawberry has about 200 seeds on the outside!</p>	<ul style="list-style-type: none"> • If possible, show a fresh strawberry and point out the "cap," the bright red color and the seeds on the outside.

What You Say:	What You Do:
<p>What do we need to do to strawberries before we eat them? (Answer: Wash them.)</p> <p>To wash strawberries, we can put them in a strainer or colander, and rinse them under cold running water. We do not want to let the strawberries stay in the water very long because they will lose their flavor and color.</p> <p>After the strawberries are washed in the cold water, we can take the cap off of the strawberry.</p> <p>Wash strawberries right before you are going to eat them or use them in a recipe.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Show a strainer and colander and demonstrate how to wash strawberries. • Demonstrate how to remove the cap.
<p>We can also buy strawberries frozen.</p>	<ul style="list-style-type: none"> • Show an empty bag or container of frozen strawberries if possible.
<p>How can we eat strawberries? (Possible answers: Fresh, in salads or pie, in fruit smoothies, in syrups or jams.)</p>	<ul style="list-style-type: none"> • Have participants name their favorite way to eat strawberries.
<p>Where do we store strawberries? (Answer: In the refrigerator.)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.
<p>What is good about eating strawberries, besides their good taste?</p> <p>Strawberries have vitamin C in them.</p> <p>Vitamin C helps cuts and bruises to heal.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.
<p>Are you ready to use strawberries in a recipe?</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 Handwashing skill sheet.

Use this page if you are going to prepare Strawberry Yogurt Pops

Equipment

- Cutting board and knife
- Spoon
- Ice cube tray or paper cups
- Measuring cup
- Bowl
- Popsicle sticks or paper straws

What You Say:	What You Do:
Today we are going to be making Strawberry Yogurt Pops. Let's read the recipe so we know the steps.	<ul style="list-style-type: none"> Read the recipe to the students.
<p>The recipe uses strawberries and yogurt.</p> <p>What food group do the strawberries come from? (Answer: Fruit.)</p> <p>What food group does the yogurt come from? (Answer: Dairy.)</p>	<ul style="list-style-type: none"> Show the MyPlate poster and point to the Fruit and Dairy groups.
<p>What do we need to do to the strawberries before we cut them into small pieces? (Answer: Wash them.)</p>	<ul style="list-style-type: none"> Call on someone who would like to answer and review washing strawberries.
<p>We will use a cutting board and knife to cut the strawberries.</p> <p>What are some things we need to remember about using a knife? (Answer: Cut away from ourselves, use a cutting board to cut on, keep our fingers out of the way of the sharp knife, keep the knife away from the edge of the counter, if a knife falls do not try to catch it.)</p>	<ul style="list-style-type: none"> Review knife safety. Demonstrate cutting the strawberries into small pieces.
<p>We will measure 1 cup of low-fat strawberry yogurt.</p> <p>What do we need to measure the yogurt? (Answer: A measuring cup and spoon.)</p> <p>How do we measure yogurt? (Answer: Spoon it into the measuring cup, filling it to the top.)</p>	<ul style="list-style-type: none"> Call on someone who would like to answer. Demonstrate measuring the yogurt by spooning it into the proper measuring cup and filling it to the top.
<p>Next we will mix the strawberries and yogurt together using a spoon.</p> <p>We can then divide the mixture into four small paper cups or eight ice cubes. We will try to put the same amount into each.</p> <p>To make the pops easy to eat, a popsicle stick or paper straw cut into pieces will be put into the cup or ice cube.</p>	
<p>Where are we going to put the strawberry yogurt pops so that they get cold and solid? (Answer: The freezer.)</p>	<ul style="list-style-type: none"> Call on someone who would like to answer.
<p>Where do we store any pops that are leftover? (Answer: The freezer.)</p>	

Visuals



Strawberry flowers



Strawberries growing in a pot



Strawberry fields

Strawberry Nutrition Information

Fruit	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Strawberries, fresh, sliced	½ cup 83 g	27	1.7	0	49	127	20
Strawberries, frozen, whole	½ cup 75 g	26	1.6	0	31	110	13
Raspberries, fresh	½ cup 62 g	32	4.0	0	16	93	13
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)

Strawberry Yogurt Pops

Ingredients

- 1 cup low-fat strawberry yogurt
- 6 large strawberries
- 1 ice cube tray (or paper cups)

Directions

- Cut the strawberries into small pieces.
- Mix fruit and yogurt
- Divide into 4 small paper cups (or 8 ice cubes) and place in popsicle sticks (or cut paper straws)
- Freeze.
- Enjoy as a frozen treat!

Makes 4 servings.

Nutrition Information: Calories 71; Total Fat 1g; Sodium 36mg; Carbohydrates 14g; Dietary Fiber 1g; Total Sugars 13g; Added Sugars included 7g; Protein 3g

Source: myplate.gov/recipes/myplate-cnpp/strawberry-yogurt-pops

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.

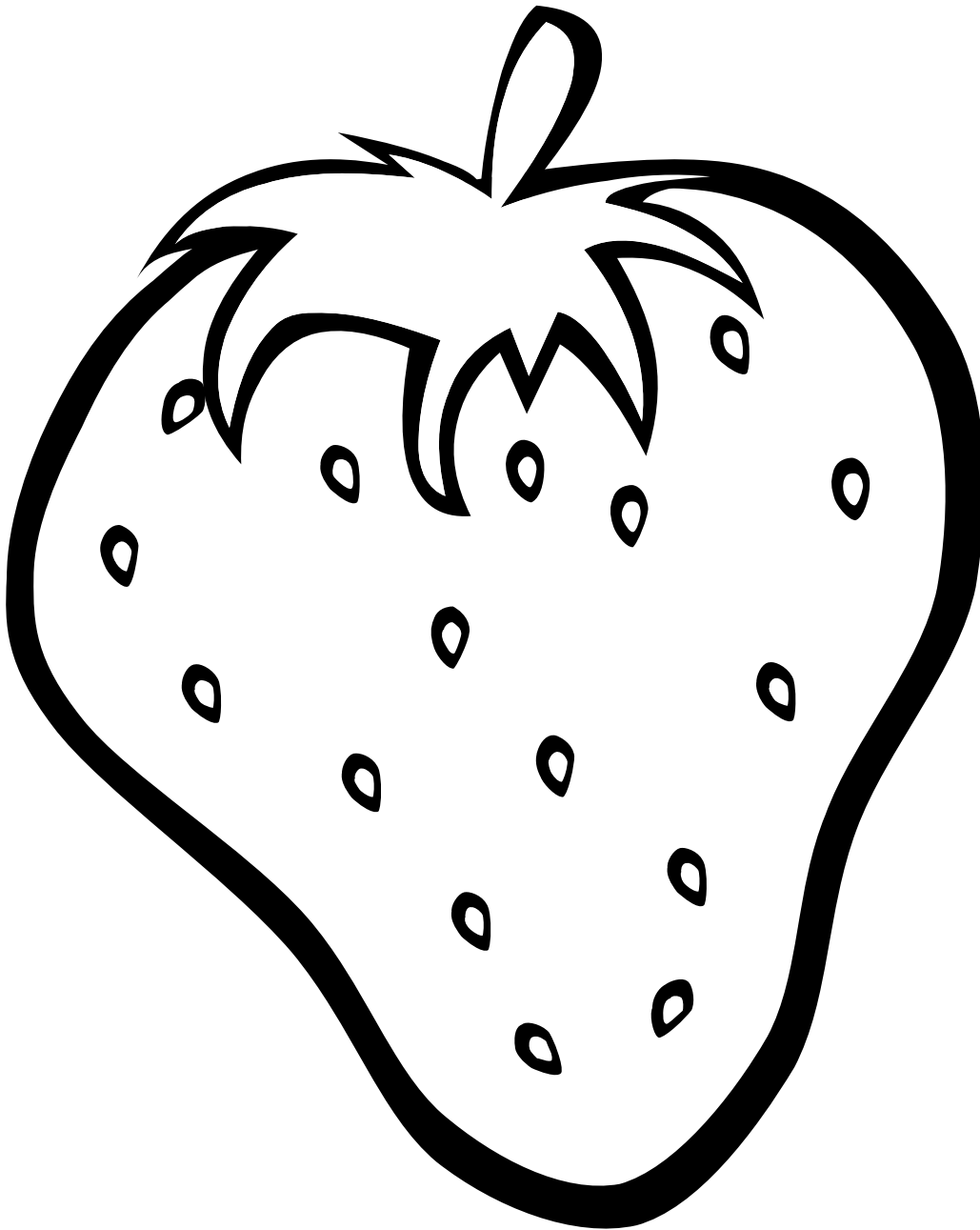
Learn more at extension.sdstate.edu.

© 2024, South Dakota Board of Regents



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

STRAWBERRY



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

Strawberry Sources

Recipe

- myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/berries-banana-cream

Information

- pickyourown.org
- extension.illinois.edu

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-0001-36



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



Summer

Strawberry/Raspberry

Lakota: wažúšteča

Pick it!

Handle gently since they easily bruise.

Avoid moldy or wrinkled berries.

Raspberries should be dry, firm, well shaped and deep red or golden.

Strawberries should be shiny and bright red.



Try it!

Eat fresh within a week or freeze on a lined pan and place into containers after frozen.

Wash, drain and dry just before eating.

Eat fresh in fruit salad or pie or in fruit smoothies.

Add to a salad, salad dressing, pie or in fruit smoothies.

Mash into a sauce to use on pancakes or French toast.



About Strawberries/Raspberries

Raspberries: Same berry family as blueberries, blackberries, boysenberries. Gold, red, purple or black; summer- or fall-bearing.

Strawberries: Strawberries are not a "true" berry. June- or ever-bearing, producing fruit all summer.



Did you know...

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

Like it!

Strawberry Banana Frozen Dessert

Ingredients

- 4 frozen bananas
- $\frac{3}{4}$ -1 pound strawberries

Directions

1. Remove banana peels, break bananas into chunks and freeze overnight.
2. While preparing strawberries, let frozen banana chunks sit out to warm slightly. Wash, hull and slice or chop strawberries.
3. Place frozen bananas into a food processor or blender and blend until bananas create a creamy texture.
4. Remove banana puree and fold in strawberries.

Serve immediately. Leftovers may be frozen, but will become solid so re-blend for best texture.

Yields 4 servings

Nutrition Facts per Serving:
Calories 140; Fat 0g; Sodium 0mg; Carbohydrates 35g;
Fiber 5g; Sugars 21g

Sources: extension.illinois.edu/strawberries/history.cfm

Berries with Banana Cream

Ingredients

- $\frac{1}{3}$ cup low-fat, plain yogurt
- $\frac{1}{2}$ ripe banana
- $\frac{1}{2}$ ounce fruit juice (orange works well)
- 2 cups strawberries, sliced
- 1 teaspoon honey
- Dash cinnamon

Directions

1. Combine yogurt, banana and juice in a bowl and mash with a fork until mostly smooth.
2. Wash and slice berries.
3. Scoop banana cream into a dish and top with berries. Finish with a drizzle of honey and a sprinkle of cinnamon.

Yields 2 servings

Nutrition Facts per Serving:
Total Calories 60; Total Fat 1, Saturated Fat 0g;
Cholesterol 1mg; Sodium 15 mg; Carbohydrates 13g,
Dietary Fiber 2g, Total Sugars 9g, Added Sugars included
1g; Protein 2g

Sources: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/berries-banana-cream

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-0001-36

© 2024, South Dakota Board of Regents