



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Daily Recommendations

Fruit*

Group	Ages	Amount
Toddlers	12 to 23 months	½ to 1 cup
Children	2-3 yrs	1 to 1 ½ cups
	4-8 yrs	1 to 2 cups
Girls	9-13 yrs	1 ½ to 2 cups
	14-18 yrs	1 ½ to 2 cups
Boys	9-13 yrs	1 ½ to 2 cups
	14-18 yrs	2 to 2 ½ cups
Women	19-30 yrs	1 ½ to 2 cups
	31-59 yrs	1 ½ to 2 cups
	60+ yrs	1 ½ to 2 cups
Men	19-30 yrs	2 to 2 ½ cups
	31-59 yrs	2 to 2 ½ cups
	60+ yrs	2 cups

Dairy*

Group	Ages	Amount
Toddlers	12 to 23 months	1 ⅔ to 2 cups
Children	2-3 yrs	2 to 2 ½ cups
	4-8 yrs	2 ½ cups
Girls	9-13 yrs	3 cups
	14-18 yrs	3 cups
Boys	9-13 yrs	3 cups
	14-18 yrs	3 cups
Women	19-30 yrs	3 cups
	31-59 yrs	3 cups
	60+ yrs	3 cups
Men	19-30 yrs	3 cups
	31-59 yrs	3 cups
	60+ yrs	3 cups

Vegetable*

Group	Ages	Amount
Toddlers	12 to 23 months	⅔ to 1 cup
Children	2-3 yrs	1 to 1 ½ cups
	4-8 yrs	1 ½ to 2 ½ cups
Girls	9-13 yrs	1 ½ to 3 cups
	14-18 yrs	2 ½ to 3 cups
Boys	9-13 yrs	2 to 3 ½ cups
	14-18 yrs	2 ½ to 4 cups
Women	19-30 yrs	2 ½ to 3 cups
	31-59 yrs	2 to 3 cups
	60+ yrs	2 to 3 cups
Men	19-30 yrs	3 to 4 cups
	31-59 yrs	3 to 4 cups
	60+ yrs	2 ½ to 3 ½ cups

Protein*

Group	Ages	Amount
Toddlers	12 to 23 months	2 oz-equiv
Children	2-3 yrs	2 to 4 oz-equiv
	4-8 yrs	3 to 5 ½ oz-equiv
Girls	9-13 yrs	4 to 6 oz-equiv
	14-18 yrs	5 to 6 ½ oz-equiv
Boys	9-13 yrs	5 to 6 ½ oz-equiv
	14-18 yrs	5 ½ to 7 oz-equiv
Women	19-30 yrs	5 to 6 ½ oz-equiv
	31-59 yrs	5 to 6 oz-equiv
	60+ yrs	6 to 6 oz-equiv
Men	19-30 yrs	6 ½ to 7 oz-equiv
	31-59 yrs	6 to 7 oz-equiv
	60+ yrs	5 ½ to 6 ½ oz-equiv

*These are general recommendations by age. Find the right amount for you by getting your MyPlate Plan at myplate.gov/myplate-plan.

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Grains*

Group	Ages	Total Grains in ounce-equivalents	Whole grains in ounce-equivalents
Toddlers	12 to 23 months	1 $\frac{3}{4}$ to 3 oz-equiv	1 $\frac{1}{2}$ to 2 oz-equiv
Children	2-3 yrs	3 to 5 oz-equiv	1 $\frac{1}{2}$ to 3 oz-equiv
	4-8 yrs	4 to 6 oz-equiv	2 to 3 oz-equiv
Girls	9-13 yrs	5 to 7 oz-equiv	2 $\frac{1}{2}$ to 3 $\frac{1}{2}$ oz-equiv
	14-18 yrs	6 to 8 oz-equiv	3 to 4 oz-equiv
Boys	9-13 yrs	5 to 9 oz-equiv	3 to 4 $\frac{1}{2}$ oz-equiv
	14-18 yrs	6 to 10 oz-equiv	3 to 5 oz-equiv
Women	19-30 yrs	6 to 8 oz-equiv	3 to 4 oz-equiv
	31-59 yrs	5 to 7 oz-equiv	3 to 3 $\frac{1}{2}$ oz-equiv
	60+ yrs	5 to 7 oz-equiv	3 to 3 $\frac{1}{2}$ oz-equiv
Men	19-30 yrs	8 to 10 oz-equiv	4 to 5 oz-equiv
	31-59 yrs	7 to 10 oz-equiv	3 $\frac{1}{2}$ to 5 oz-equiv
	60+ yrs	6 to 9 oz-equiv	3 to 4 $\frac{1}{2}$ oz-equiv

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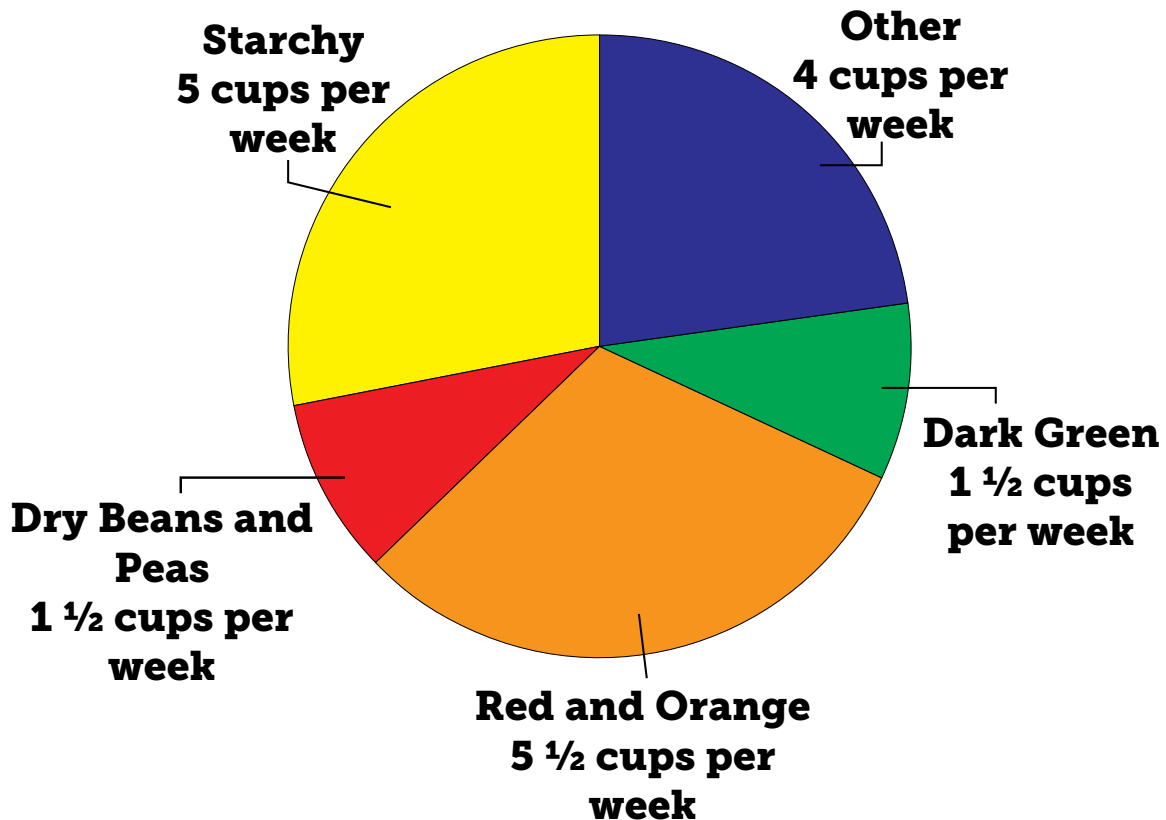
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Vegetable Subgroups



Examples of each group:

Dark Green: spinach, broccoli, kale, mixed greens

Red and Orange: acorn squash, bell peppers, pumpkin, sweet potatoes, tomatoes

Beans and Peas: Black beans, chickpeas, black-eyed peas, lentils, soybeans

Starchy: corn, green peas, white potatoes, parsnips, water chestnuts

Other: zucchini, cucumber, green beans, asparagus, cabbage, mushrooms

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Produce by the Pound

Price per lb.	1 lb.	1 ½ lb.	2 lb.	2 ½ lb.	3 lb.
\$0.49	0.49	0.74	0.98	1.23	1.47
\$0.59	0.59	0.89	1.18	1.48	1.77
\$0.69	0.69	1.04	1.38	1.73	2.07
\$0.79	0.79	1.19	1.58	1.98	2.37
\$0.89	0.89	1.34	1.78	2.23	2.67
\$0.99	0.99	1.49	1.98	2.48	2.97
\$1.09	1.09	1.64	2.18	2.73	3.27
\$1.19	1.19	1.79	2.38	2.98	3.57
\$1.29	1.29	1.94	2.58	3.23	3.87
\$1.39	1.39	2.09	2.78	3.48	4.17
\$1.49	1.49	2.24	2.98	3.73	4.47
\$1.59	1.59	2.39	3.18	3.98	4.77
\$1.69	1.69	2.54	3.38	4.26	5.07
\$1.79	1.79	2.69	3.59	4.48	5.37
\$1.89	1.89	2.84	3.78	4.73	5.67
\$1.99	1.99	2.99	3.98	4.98	5.97
\$2.09	2.09	3.14	4.18	5.23	6.27
\$2.19	2.19	3.29	4.38	5.48	6.57
\$2.29	2.29	3.44	4.58	5.73	6.87
\$2.39	2.39	3.59	4.78	5.98	7.17
\$2.49	2.49	3.74	4.98	6.23	7.47
\$2.59	2.59	3.89	5.18	6.48	7.77
\$2.69	2.69	4.04	5.38	6.73	8.07
\$2.79	2.79	4.19	5.58	6.98	8.37
\$2.89	2.89	4.34	5.78	7.23	8.67
\$2.99	2.99	4.49	5.98	7.48	8.97

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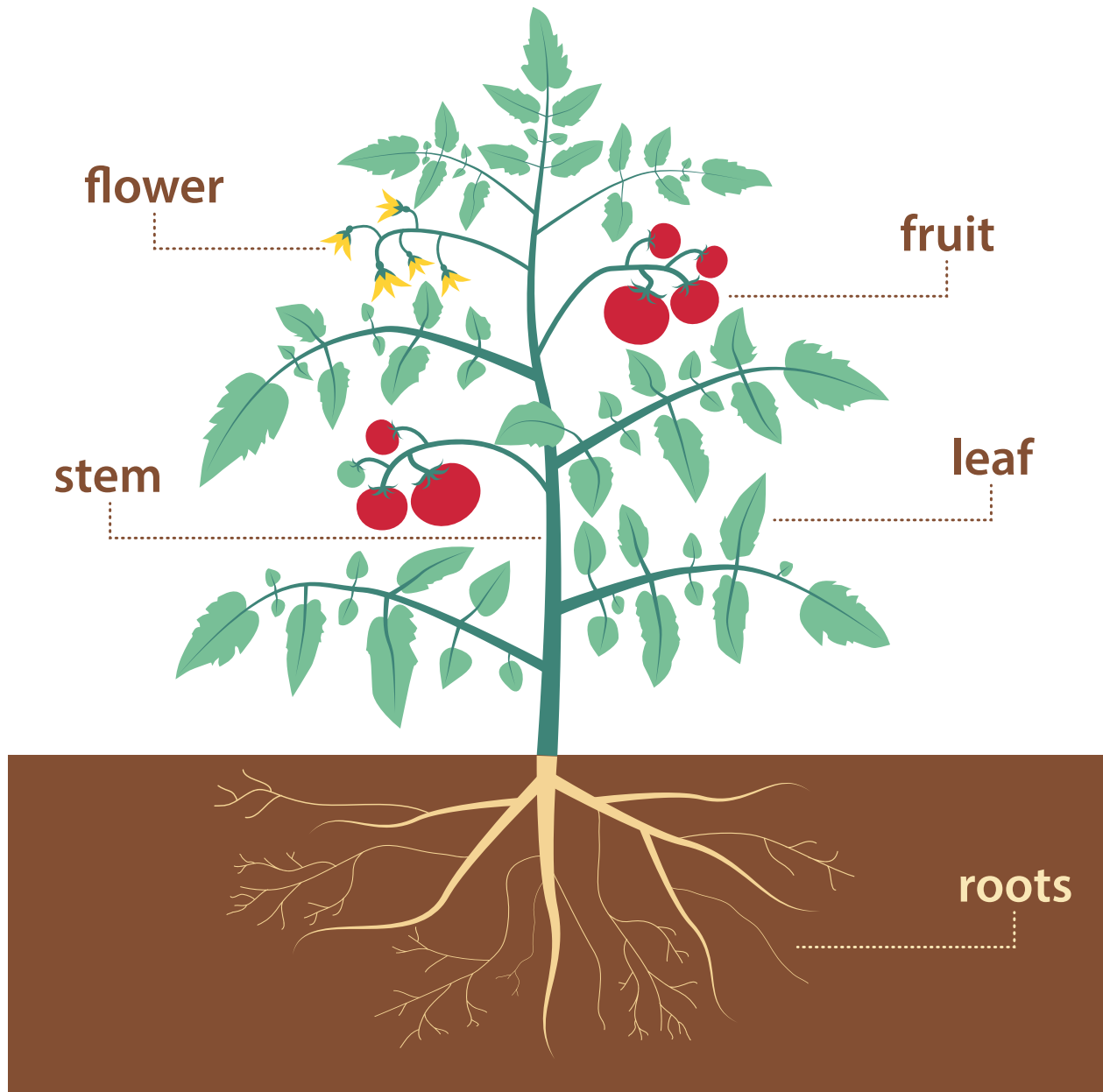
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Parts of a Plant



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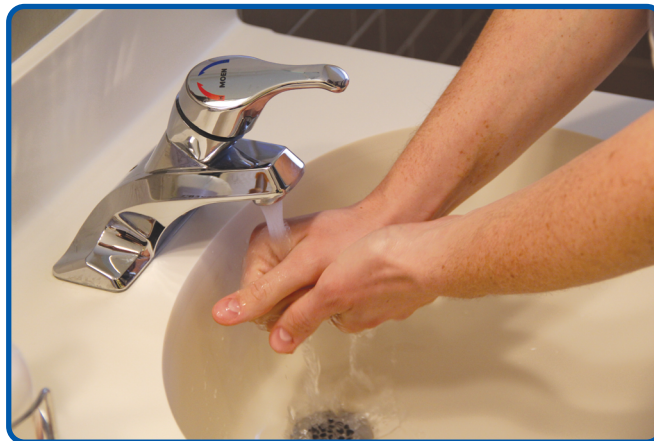


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Handwashing

Washing hands often helps kill harmful bacteria. We need to wash our hands before starting work in the kitchen and prior to handling food. To wash properly, follow these steps:

1. Wet hands well with warm water.
2. Add soap.
3. Scrub hands, wrists, fingernails and between fingers for at least 20 seconds. To measure 20 seconds, sing the Happy Birthday song twice OR sing the ABC song.
4. Rinse hands thoroughly.
5. Dry hands with a clean paper towel.
6. Use the paper towel to turn the water off.
7. Discard the paper towel.



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Blender Use and Safety

1. Place container on the base making sure that it feels firm or locked. Then plug the base in.
2. Add liquids to the blender first.
3. Before adding fruits and vegetables to the blender, cut them into pieces about 1 inch in size.
4. Do not fill the blender more than $\frac{2}{3}$ full.
5. Put the lid on the blender container before turning the blender on. Place one hand on the lid of the blender during operation.
6. Turn the blender on and off several times to avoid over blending.
7. A rubber spatula works well to scrape the sides of the blender, but do not use it when the blender is running.
8. Use both hands to twist or lift the container from the base.
9. To clean the blender container, fill it about $\frac{2}{3}$ full of warm water, add a drop of liquid dish soap and turn the blender on and off several times. Then rinse the blender well with warm water.
10. Unplug the base and wipe clean with a damp cloth. Do not immerse the base in water.





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Stove Top Safety

1. Choose a pan and burner that are similar in size.
2. Turn the pan handles in. If they are turned out, they can be pulled and/or knocked over.
3. Keep oven mitts, cloth and paper away from the burners.
4. Steam can burn just like hot liquid or a hot burner. Lift the lid away from you when removing it from a pan of hot or boiling liquid, so you don't get burned with the steam.
5. Never leave the stove unattended when cooking.
6. Remember to turn the stove off when you're finished using it.



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Knife Safety

1. Always cut away from you and use a cutting board.
2. Keep knife blades sharp and clean.
3. Keep the knife handle clean.
4. Never place knives in the dish water, as they can injure the person washing dishes.
5. When wiping a knife blade, point the cutting edge away from your hand.
6. Do not lay knives close to the edge of the counter.
7. If a knife falls, do not try to catch it.
8. When done using them, return clean knives back to their proper storage areas.



Cutting Boards

1. Choose a cutting board with a smooth, hard surface.
2. Replace your cutting board when it has lots of grooves and scratches.
3. Do not chop fruits, vegetables or other ready-to-eat foods on a cutting board that was used for meat, unless you wash it first. If possible, use a different board for meats than you use for ready-to-eat foods.
4. Scrub cutting boards with hot, soapy water after each use.
5. Dishwashers are good cleaners if the cutting board is dishwasher safe – thin plastic and wooden cutting boards may be damaged in the dishwasher.
6. Make sure cutting boards are completely dry before putting them away.

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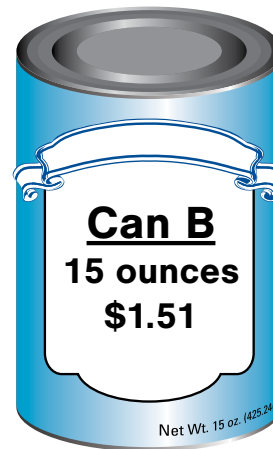
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Unit Pricing

Which is the Better Buy?



To find the unit price divide the cost by the size of the container.

Can A = $\$2.63 \div 30$ (ounces) = _____

Can B = $\$1.51 \div 15$ (ounces) = _____



Unit pricing to compare fresh with canned

Fresh fruits and vegetables are usually priced per pound. The store will have their price per pound, if you want to know how much you're paying, you'll have to weigh it out.

Example:

If we wanted to buy 1 pound of apricots that would be \$3.00. If we want to compare the fresh price with the canned we have to figure out how many ounces are in a pound (16) and do our math from there.

Cost per pound = $\$3.00 \div 16 = \0.19 per ounce

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Measuring Liquid and Dry Ingredients

To measure liquids:

- Use a liquid measuring cup for liquid ingredients such as milk, oil or water.
- Fill the liquid measuring cup to the appropriate line.
- Place the liquid measuring cup on a flat surface such as the table or countertop.
- Check the measured amount at eye level, adding or removing some of the liquid until the correct amount is level with the quantity line.



To measure dry ingredients:

- Use a dry measuring cup for larger amounts of dry ingredients such as flour or sugar.
- Spoon the dry ingredient into the measuring cup.
- Run the flat edge of a table knife across the top to level off
- Use measuring spoons for small amounts of dry ingredients. Fill and level off with the straight edge of a table knife.



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Oven Use and Safety

- Position oven racks before preheating the oven.
- Give your oven time to preheat to the proper temperature before placing the food to be cooked in the oven.
- Bake items on a rack placed in the middle of the oven for more even cooking.
- Keep a close eye on food cooking inside an oven.
- Use potholders or oven mitts when handling hot pots, pans or baking sheets. Do not use a dish towel for a potholder.
- Place hot dishes on a hot pad or cooling rack after taking them from the oven so they do not burn counter or table tops.
- If there is an oven fire, turn the oven off and keep the oven door closed. Call for emergency help.



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Healthy Cooking Substitutions

Original Ingredient:	Healthy Substitution:
1 cup sugar or brown sugar	1/2 cup sugar or brown sugar
1 cup butter	1/2 cup butter PLUS
	1/2 cup applesauce, pureed pumpkin/ sweet potato, mashed bananas, pureed beans OR
	1/4 cup nonfat plain yogurt
1 cup oil	1 cup applesauce, pureed pumpkin or sweet potato, mashed bananas, pureed beans
1 cup oil	3/4 cup nonfat plain yogurt
1 cup white flour	1/2 cup white flour PLUS
	1/2 cup whole wheat flour
1 cup whole milk	1 cup skim, 1%, or 2% milk



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Microwave Oven Use and Safety

- Do not run a microwave oven empty.
- Only use cookware that is labeled safe for microwave use. Do not use plastic storage containers, such as margarine or whipped topping containers, in the microwave.
- Do not use metal or foil in the microwave.
- Cover foods with a lid or plastic wrap to hold in moisture and to provide even heating. Do not let the plastic wrap touch the food that is being microwaved.
- Stir or rotate food halfway through the cooking time for even cooking and to eliminate cold spots.
- In order to finish cooking, let food stand for a few minutes after being removed from the microwave.



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Washing Fruits and Vegetables

- Start with clean hands. Wash hands for 20 seconds with soap and water before and after preparing fresh produce.
- All fruits and vegetables should be washed before eating. This includes produce purchased from the grocery store, farmer's market, or produce grown at home.
- Wash fruits and vegetables under cool running water just before eating, cutting or cooking.
- Even produce that is going to be peeled before eating needs to be washed first.
- Scrub firm produce, such as melons, cucumbers and carrots with a clean produce brush.
- After washing, dry the produce with a clean cloth or paper towel, this may remove even more bacteria that may be present.
- Cut away any bruised or damaged areas before preparing or eating. Produce that is moldy or that looks rotten should be thrown away.



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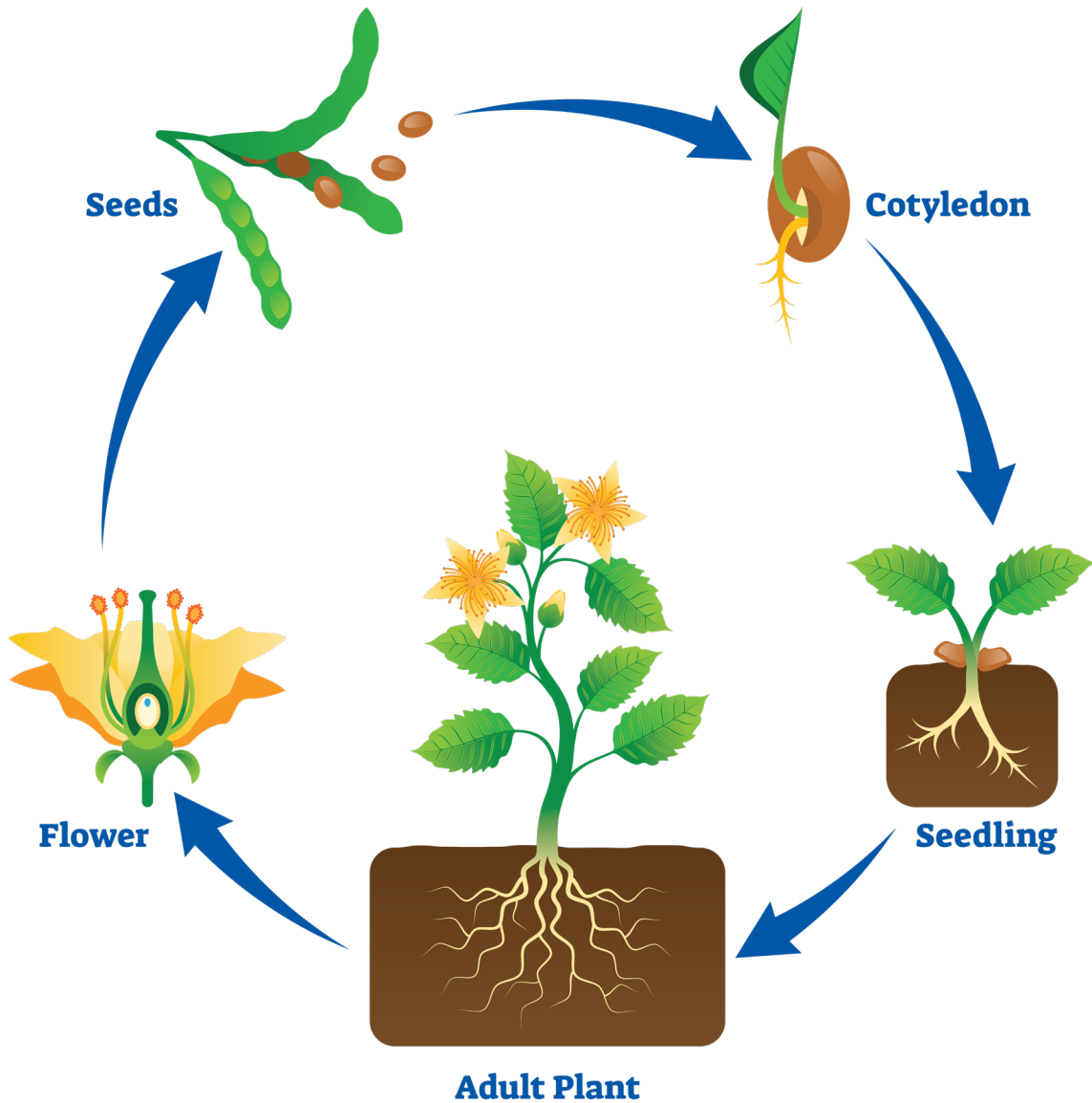
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Plant Life Cycle



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