



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

In season:



Fall

Apples

Lakota: t̥haspán

Lesson Plan

Objectives

Participants will:

- identify apples as a fruit from MyPlate.
- increase knowledge in the selection, storage and use of apples.
- discuss the two types of fiber provided by apples.
- demonstrate the use of apples in a recipe.
- increase knowledge on food safety and cooking skills.

Items Needed for the Lesson

- MyPlate poster
- Apple Nutrition Information sheet
- 1-2 fresh apples

Handouts or Take Home Items

- Pick it! Try It! Like It! Preserve It! fact sheet

Recipe Choices

- Hurry Up Baked Apples
- Apple Slice Pancakes

Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Microwave Oven Use and Safety
- Knife Safety and Cutting Board

Other Cooking and Food Safety Skills

- Testing a griddle to see if it is hot

Supplies for Apple Lesson

- Hurry Up Baked Apples
 - » Microwave
 - » Cutting board
 - » Sharp knife
 - » Spoons
 - » Microwave safe dish
 - » Measuring spoons
 - » Small bowl
 - » Plastic wrap
 - » Serving spoon
- Apple Slice Pancakes
 - » Griddle or skillet
 - » Knife
 - » Cutting board
 - » Vegetable peeler
 - » Large mixing bowl
 - » Measuring cups and spoons
 - » Stirring spoon/rubber scraper
 - » Pancake turner

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 part of the rose family. • The average one contains 10 seeds. • They are 25% air, so they float in water, making them part of a great childhood party game. • They can be as small as a cherry or as big as a grapefruit. • The average person eats 65 of these each year. (Answer: Apple.) 	<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 apples.
<p>How many of you have seen this before?</p> <p>MyPlate shows us how to eat healthier by dividing a "plate" into 4 food groups and the dairy group is shown as a glass of milk by the plate. If we look at the plate, $\frac{1}{2}$ of it is fruits and vegetables. The other $\frac{1}{2}$ is grains and proteins.</p> <p>What food group do you think apples belong to? (Answer: Fruit.)</p> <p>The amount of fruit we need each day depends on our age and gender. You can get fruit fresh, frozen, canned, dried or as juice.</p> <p>One small (2 $\frac{1}{4}$" diameter apple, $\frac{1}{2}$ of a large (3 $\frac{1}{4}$" diameter apple, 1 cup of sliced raw apple, 1 cup of applesauce or 1 cup of 100% apple juice count as a 1 cup serving from the Fruit Group on MyPlate.</p>	<ul style="list-style-type: none"> • Point to the MyPlate poster. • Call on someone to guess the food group apples belong to. • Refer to the Daily Recommendations visual for age specific servings. • Show a small and/or large apple or apple food model and a 1 cup measuring cup to demonstrate these serving sizes.
<p>What are some ways that we can eat apples?</p>	<ul style="list-style-type: none"> • Have people name their favorite way to enjoy apples.

What You Say:	What You Do:
<p>In South Dakota, apples are in season and ready for picking from July to September. Most apple varieties can be grown farther north than many other fruits because they bloom later in the spring, minimizing damage from frost.</p> <p>Apple trees take 4-5 years to produce fruit. Apples are still picked mostly by hand.</p> <p>How do we know when an apple is ready to be picked?</p> <p style="padding-left: 40px;">When you think an apple is ready to be picked, take a bite. If it is mature, it will be crisp and juicy. The taste test is the best test.</p> <p>Remember to wash apples before eating or adding them to a recipe.</p> <p style="padding-left: 40px;">To wash, rinse well under cool running tap water.</p>	<ul style="list-style-type: none"> • Encourage discussion on growing apples. • Show apple tree visuals. • Allow discussion about ripe apples. • Review Washing Fruits and Vegetables skill sheet.
<p>When buying apples, choose those with a bright and sparkly color with smooth skin and few bruises.</p> <p>After picking and cleaning, many apples have a commercial wax applied to them. This wax is made from natural ingredients. Again, remember to wash apples by rinsing well under cool water before eating or adding to a recipe.</p> <p>After peeling or slicing an apple, the flesh may darken or turn brown. This can be prevented by dipping the apple slices in a fruit juice such as lemon, orange or pineapple juice.</p>	<ul style="list-style-type: none"> • Demonstrate how to do this. If possible, have a dipped and undipped apple slice to show the difference.
<p>Can you guess why we would want to eat apples?</p> <p style="padding-left: 40px;">Apples are a good source of vitamin C and fiber.</p> <p>Vitamin C helps our bodies fight infections and heal wounds. Apples are a source of soluble and insoluble fiber. Does anyone know the role of soluble and insoluble fiber in our body?</p> <p style="padding-left: 40px;">Soluble fiber prevents the buildup of cholesterol in the lining of the blood vessels.</p> <p style="padding-left: 40px;">Insoluble fiber provides bulk in the intestines. It holds water to clean and move wastes quickly through the digestive system.</p> <p>In order to get the benefit of fiber from apples, do not peel the apple. Two thirds of the fiber is found in the peel.</p>	<ul style="list-style-type: none"> • Have participants guess why apples are a good addition to a healthy diet. • Allow time for participants to answer.

What You Say:	What You Do:
<p>How do we store apples?</p> <p>Apples are best when refrigerated. Apples ripen 6-10 times faster when stored at room temperature than if refrigerated.</p> <p>Store apples in a plastic bag or the refrigerator drawer to keep them fresh. Check them often. One rotten apple can cause others to spoil.</p> <p>Apples can be frozen for use later. Wash, peel, core and slice the apples. Dip them in a fruit juice to prevent browning. Spread the slices in a single layer on a tray and freeze. When frozen, pack the slices in freezer containers or freezer bags. Return to the freezer.</p> <p>To make applesauce, peel and dice 4-5 apples. Add ½ cup of water and 2-3 teaspoons of cinnamon. Cook over medium high heat for about 30 minutes.</p>	<ul style="list-style-type: none"> • Call on someone to guess how to store apples.
<p>Some common apple varieties that we might find in the grocery store include:</p> <p>Braeburn – This apple variety is crisp, both sweet and tart, making it great for snacks and salads. They can also be used for baking, making applesauce and for freezing.</p> <p>Granny Smith – This green apple is crisp and tart in flavor. It is a good choice for baking and sautéing.</p> <p>Fuji – These are a crisp, sweet and firm fleshed apple, excellent for eating, baking or making into applesauce. The flavor of the Fuji apple improves during storage.</p>	<ul style="list-style-type: none"> • Show visuals of these (and other, if desired) varieties of apples.

Use this page if you are going to prepare the Hurry Up Baked Apples

Equipment List:

- Microwave
- Cutting board
- Sharp knife
- Spoons
- Microwave safe dish
- Measuring spoons
- Small bowl
- Plastic wrap
- Serving spoon

What You Say:	What You Do:
<p>Today we are going to make Hurry Up Baked Apples.</p> <p>Before we begin any food preparation, what do we need to do? (Answer: Wash our hands.)</p> <p>We want to use a variety of apple that is good for baking.</p> <p>Does anyone recall a good baking apple variety mentioned in the lesson? (Answer: Granny Smith, Braeburn or Fuji.)</p> <p>As you recall, apples are from the Fruit Group on MyPlate. Looking at the recipe, what other food group will be represented in the Hurry Up Baked Apples? (Answer: Yogurt from the dairy group.)</p> <p>Let's read through the recipe and discuss the steps to preparation.</p>	<ul style="list-style-type: none"> • Pass out the recipe. • Refer to Handwashing skill sheet. • Read the recipe aloud.
<p>We will be using a knife to cut the apple in half lengthwise and also to cut a thin slice off from the bottom of the apple. Let's review knife safety.</p> <p>We will also be using the microwave to bake the apples. Before we use the microwave, let's go over some microwave safety rules.</p>	<ul style="list-style-type: none"> • Refer to Knife Safety and Cutting Boards skill sheet. • Refer to Microwave Oven Use and Safety sheet.
<p>Who is ready to make the Hurry Up Baked Apples? Let's begin.</p>	<ul style="list-style-type: none"> • Allow time for answers.

Use this page if you are going to prepare the Apple Slice Pancakes

Equipment List:

- Griddle or skillet
- Knife
- Cutting board
- Vegetable peeler
- Large mixing bowl
- Measuring cups and spoons
- Stirring spoon/rubber scraper
- Pancake turner

What You Say:	What You Do:
<p>Today we are going to make Apple Slice Pancakes.</p> <p>Before we begin any food preparation, what do we need to do? (Answer: Wash our hands.)</p> <p>We also want to wash our hands after handling eggs and we have an egg in our recipe today.</p>	<ul style="list-style-type: none"> • Pass out the recipe. • Refer to Handwashing skill sheet.
<p>Let's read through the recipe together.</p> <p>We will peel the apple and then slice into thin slices using a sharp knife and cutting board. What are some things we need to remember when using a sharp knife?</p>	<ul style="list-style-type: none"> • Read the recipe aloud. • Refer to Knife Safety and Cutting Boards skill sheet. • Let participants answer. • Discuss safely using a vegetable peeler.
<p>We are going to be making the pancakes on a griddle or in a skillet on the stove top. How do we know when the griddle or skillet is hot? (Answer: Sprinkle a few drops of water on it. When the water droplet dances and sizzles, it is ready.)</p>	<ul style="list-style-type: none"> • Let participants answer. • If using a skillet, remind participants that this recipe can also be prepared on the stove using a skillet. Review Stove Top Safety skill sheet and review skillet safety.
<p>It is important to note that when combining the pancake ingredients, we do not want to over mix, as this will cause the pancakes to be tough. It is OK to see some small lumps in the batter.</p> <p>We can use a $\frac{1}{4}$ cup measure to pour the batter over the apple slice. This makes the task easier and also makes for even size pancakes.</p> <p>How do we know when to flip the pancakes? (Answer: When bubbles appear.)</p>	<ul style="list-style-type: none"> • Allow time for answers.
<p>We recall that apples are from the Fruit Group on MyPlate. What food group do pancakes fit in? What are some other food groups represented in the Apple Slice Pancake ingredients? (Answer: Pancakes are a grain food. The egg is from the protein group and milk is from the dairy group.)</p>	<ul style="list-style-type: none"> • Call on participants that would like to answer.

Visuals



Apple Blossoms



Apple Orchard



**The carpals (seed pockets)
in the apple**



Fresh and Dried Apples

Apple Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Apples	1 med. 138	72	3.3	2%	6	148	4
Apple Juice	$\frac{3}{4}$ cup 186	87	0.2	n/a	2	221	0
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	RDA (depending on age) ranges from 300-900 mg	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

Apple Sources

Apple Recipes

- extension.sdstate.edu/growing-together-south-dakota
- myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-slice-pancakes

Apple clues

- extension.illinois.edu/fruit-trees/apples

Apple information

- snaped.fns.usda.gov/seasonal-produce-guide/apples

Cooking terms

- eatgathergo.org/eat/cooking/cooking-basics-tips/

Cooking glossary

- d.lib.msu.edu/fa/glossary

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-0001-01



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



Fall

Apples

Lakota: tháspán

Pick it!

There are about 2,500 varieties of apples with varying degrees of crispness and sweetness.

Look for smooth skin with bright coloring and no bruises or soft spots.

Keep apples in a bag in the refrigerator or in the drawer to help them last longer.

As apples ripen, they can cause other fruits and vegetables nearby to ripen, so check them often.



Try it!

Wash before eating. Use raw as a snack, sliced in a salad or cooked as applesauce. Bake into apple crisp or dried into apple chips.

Unsweetened applesauce with sweet apples: peel, core, and chop 4 apples. Simmer in a saucepan with $\frac{1}{4}$ cup water and one lemon slice for 10 minutes. Stir often. Crush when soft. Add cinnamon and nutmeg.



Types of Apples

Gala: A favorite for fresh eating, baking, salads and making applesauce. Heart shaped, yellow-orange with red striping.

Granny Smith: Great fresh, baked and sautéed. A tart taste with a bright green peel with a pink blush.

Red Delicious: Excellent fresh, sweet mild flavor, skin can be tough. Tall conical shape with bright red coloring.



Did you know...

Fiber found in skin and pulp of fruits and vegetables can prevent constipation, help maintain weight and lower risk of diabetes and heart disease.

Like it!

Hurry Up Baked Apples

Ingredients

- 2 medium-size tart apples (Granny Smith, Braeburn, Cortland, Jonathan, Fuji)
- 1 teaspoon brown sugar, packed
- ¼ teaspoon ground cinnamon
- 2 Tablespoons oatmeal
- 2 Tablespoons raisins, chopped walnuts, or other nuts
- 6 ounces low-fat vanilla yogurt

Directions

1. Cut apples in half lengthwise. Remove cores and hollow out a space 1 inch or more.
2. Arrange apple halves, cut sides facing up, in a microwavable dish.
3. Combine sugar, cinnamon, oatmeal, raisins and nuts. Fill each apple half.
4. Cover with plastic wrap. Fold back one edge ¼ inch to vent steam. Microwave 3 to 3 ½ minutes, or until apple can be cut easily.
5. Remove and let sit a few minutes. Spoon yogurt over the top.

Yields 4 servings

Nutrition Facts per Serving:
Calories 120; Fat 2g; Cholesterol 5mg; Sodium 30mg;
Carbs 26g; Fiber 3g; Sugars 20g; Protein 4g

Sources: extension.sdstate.edu/growing-together-south-dakota

Apple Slice Pancakes

Ingredients

- 1 apple (Granny Smith)
- 1 ¼ cups pancake mix (any type)
- ½ teaspoon cinnamon
- 1 large egg
- 2 teaspoons canola oil
- 1 cup low-fat milk

Directions

1. Lightly coat griddle or skillet with cooking spray and heat over medium heat.
2. Peel, core and thinly slice apples into rings.
3. In a large mixing bowl, combine ingredients for pancake batter. Stir until ingredients are evenly moist (small lumps are okay. Over mixing makes pancakes tough).
4. For each pancake, place apple ring on griddle and pour about ¼ cup batter over apple ring, starting in the center, covering the apple. Cook until bubbles appear. Flip pancake and cook other side until lightly brown.

Yields 2 servings

Nutrition Facts per Serving:
Total Calories 182; Total Fat 4g, Saturated Fat 1g;
Cholesterol N/A; Sodium 382 mg; Carbohydrates 31g,
Dietary Fiber 2g, Total Sugars 11g, Added Sugars included
3g; Protein 6g

Sources: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-slice-pancakes

**Find more recipes
and videos at
extension.sdstate.edu**