



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

**In season:**



**Summer**

# Apricot

*Lakota: tháspáŋhiŋšmá čík'ala*

## Lesson Plan

### Objectives

Participants will:

- identify apricots as a fruit from MyPlate and their nutritional contribution to good health.
- increase knowledge in selection, purchase, storage and use of apricots.
- demonstrate use of apricots in a healthy recipe.
- increase knowledge on food safety and cooking skills.

### Items Needed for the Lesson

- MyPlate poster
- Measuring cups (½ cup and ¼ cup)/tennis ball
- Parts of a Plant visual
- Regional chart of in-season fruits and vegetables
- Nutrition Facts for fresh, canned, frozen and dried apricots
- Apricot recipes
- Unit Pricing visual
- Vegetable Subgroup visual

### Handouts or Take Home Items

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

### Recipe Choices

- Refreshing Apricot Smoothie
- Apricot Pitas

### Cooking and Food Safety Skill Sheets

- Blender Use and Safety
- Handwashing
- Knife Safety and Cutting Boards
- Measuring Dry and Liquid Ingredients
- Washing Fruits and Vegetables

### Other Cooking and Food Safety Skills

- Cleaning canned goods and can openers
- Safely storing leftovers

### Supplies for Apricot Lesson

- Refreshing Apricot Smoothie
  - » Can opener
  - » Measuring spoons
  - » Blender
  - » Cups for sampling
  - » \*Optional – dairy containers or food models cards of dairy foods
- Apricot Pita
  - » Knives
  - » Cutting boards
  - » Measuring cups
  - » Plates for sampling
  - » \*Optional – vegetable food model cards, apricot food model card

### Notes to help prepare for class:

- When at the store write down the prices of fresh, canned and dried apricots to discuss in the unit pricing section.
- If making the apricot smoothie, make sure to have ice and to chill the apricots beforehand
- Refreshing Apricot Smoothie – address dairy group
- Apricot Pitas – address whole grains and vegetables

| What You Say:  | What You Do:   |
|--|--|
| <p>Every class we are going to learn about a different fruit or vegetable. I am 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"> <li>• It grows on a tree.</li> <li>• It was originally from China, and was brought to North America in the 1700s.</li> <li>• It is related to cherry, peach, nectarine, plum and almond.</li> <li>• It has fuzzy skin; it is light orange, with a pit in the middle.</li> </ul> <p>(Answer: Apricot.)</p> | <ul style="list-style-type: none"> <li>• Name off each clue; allow a few guesses before moving on to the next clue.</li> </ul>   |
| <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; the dairy group is shown as a glass of milk. If we look at the plate, half of it is fruits and vegetables, the other half is grains and proteins.</p> <p>What food group do you think apricots belong to?</p> <p>(Answer: Fruit.)</p>   | <ul style="list-style-type: none"> <li>• Point to MyPlate poster</li> <li>• Call on someone to guess what food group apricots belong in.</li> </ul>                                |
| <p>The amount of fruit we need each day depends on our age and gender. You can get your recommended servings of fruit each day by consuming fresh, frozen, canned, dried or juiced fruit.</p>  | <ul style="list-style-type: none"> <li>• You can refer to the MyPlate Daily Fruit table for age specific servings.</li> <li>• If show pictures of each type of apricot.</li> </ul> |
| <p>What are different ways we can eat apricots?</p> <p>(Possible answers: Raw, added to salads, broiled, baked, sautéed with a little butter and cinnamon, used in place of anything that calls for peaches.)</p>  | <ul style="list-style-type: none"> <li>• Have people name a few different ways to eat apricots.</li> </ul>   |

| What You Say:  | What You Do:   |
|--|--|
| <p>In South Dakota, apricots are usually ready to be picked late summer. This is also the time of year when you will (usually) get the best buy on fresh apricots. When choosing fresh apricots, look for plump, firm fruits, they should have a yellow/orange color. Do not choose apricots that have green or mushy spots on them.</p> <p>If apricots are ripe, they will be slightly soft. If they still need to ripen, you can leave them out on the counter or if you want them to ripen faster, put them in a brown paper bag.</p> <p>If you are not going to eat ripened apricots right away, put them in your refrigerator and eat them within 3 days.</p> <p>Make sure to wash apricots before eating or cutting. To wash, rinse under running tap water right before eating.</p> <p>If you are buying canned apricots, look for fruit packed in juice or water (try staying away from added sugars). Make sure to rinse the can lids off before opening.</p> | <ul style="list-style-type: none"> <li>• If you are using fresh apricots in your food prep show what a ripe apricot looks like.</li> <li>• Show visuals of the other forms of apricots.</li> </ul> |
| <p>Can you guess why we would want to eat apricots? (Answer: Apricots are very high in vitamin A and vitamin C. Vitamin A is important for your eyesight, immune system and bone growth. Vitamin C helps heal wounds.)</p>   | <ul style="list-style-type: none"> <li>• Have participants guess which vitamins/nutrients are in apricots.</li> <li>• Show a visual or list these nutrients on a board.</li> </ul>                 |
| <p>Have you ever heard of finding the unit price when shopping?</p> <p>Finding the unit price allows us to find the better deal by finding the cost per ounce or pound.</p> <p>If we wanted to know if buying fresh, canned or dried apricots were a better buy, we would need to find the unit price.</p>   | <ul style="list-style-type: none"> <li>• Use the Unit Price visual to help explain. If you priced canned, dried and fresh apricots at the store use those prices instead.</li> </ul>               |



= for adults or older youth

| What You Say:   | What You Do:   |
|---|--|
| <p>If using the visual: If we wanted to compare Can A to Can B, we would need to find the unit price of each item. To do this (you can use a calculator) put in the cost of Can A divided by the size of the container (if using the example it would be <math>\\$2.63 \div 30</math>). What would the unit cost be for Can A?<br/>(Answer: \$0.09 per ounce.)</p> <p>Next we need to find the unit price of Can B. Cost divided by the number of ounces (if using example: it would be <math>\\$1.51 \div 15</math>)<br/>(Answer: \$0.10.)</p> <p>So which one is the better buy?<br/>(Answer: Can A.)</p> <p>We can also compare the price of fresh fruit with the canned fruit. (See the unit pricing visual for example).</p> | <ul style="list-style-type: none"> <li>Have someone figure it out and tell you the answer.</li> </ul>  |
| <p>Are you ready to try out an apricot recipe?</p> <p>What is the first thing we always do before preparing food?<br/>(Answer: Wash hands.)</p>   | <ul style="list-style-type: none"> <li>Call on someone for the answer.</li> <li>This is a good time to go over handwashing rules.</li> </ul> |



= for adults or older youth



## Use this page if you are going to prepare the Refreshing Apricot Smoothie

### Equipment List

- Can opener
- Measuring spoons
- Blender
- Cups for sampling
- \*Optional – dairy containers or food models  
cards of dairy foods

| What You Say:  | What You Do:   |
|--|--|
| <p>Today we are going to make a Refreshing Apricot Smoothie.</p> <p>This smoothie recipe has 4 ingredients in it: apricots, low-fat yogurt, vanilla extract and ice.</p> <p>What two food groups will we have in our smoothie?<br/>(Answer: Fruit and dairy.)</p>  | <ul style="list-style-type: none"> <li>• Call on someone to answer.</li> <li>• Pass out the recipes.</li> <li>• Point to dairy group on MyPlate</li> </ul> |
| <p>We have talked about why we need to eat fruit. Why do you think we need dairy foods?<br/>(Possible answers: They have calcium, make our bones and teeth strong, etc.)</p>   | <ul style="list-style-type: none"> <li>• Have participants share answers.</li> </ul>   |
| <p>The amount of dairy foods we need each day depends on our age.</p> <p>It is best to choose low fat (either non-fat or 1% milk). Low-fat choices have the same amount of calcium and vitamins, but less fat and calories. (Children under 2 should drink whole milk.)</p>  | <ul style="list-style-type: none"> <li>• See Daily Recommendations visuals.</li> </ul>   |
| <p>To make our smoothie we will be using a blender.</p>  | <ul style="list-style-type: none"> <li>• Review Blender Use and Safety.</li> </ul>   |
| <p>We also need to make sure we rinse the apricot can before opening (and rinse the can opener after).</p> <p>Why do you think it is important to rinse cans off before opening?<br/>(Answer: There may be dirt or dust from sitting on the shelves in the store or in your cupboard, animals may have walked across them in the warehouse.)</p> | <ul style="list-style-type: none"> <li>• Discuss a few answers.</li> </ul>   |

### Notes to help prepare for class:

- When at the store write down the prices of fresh, canned, and dried apricots to discuss in the unit pricing section.
- If making the apricot smoothie, make sure to have ice and to chill the apricots beforehand

## Use this page if you are going to prepare the Apricot Pitas

### Equipment List

- Knives
- Cutting boards
- Measuring cups
- Plates for sampling
- \*Optional – vegetable food model cards, apricot food model card

| What You Say:   | What You Do:   |
|---|--|
| <p>Today we are going to make Apricot Pitas.</p> <p>How many food groups do we have in this recipe?</p> <p>Lets look through the ingredients:<br/> pita bread (Answer: Grains.)<br/> cottage cheese (Answer: Dairy.)<br/> apricots (Answer: Fruit.)<br/> cucumber (Answer: Vegetable.)<br/> bell pepper (Answer: Vegetable.)</p> <p>So we have 4 food groups in this recipe, which food group is missing?<br/> (Answer: Protein.)</p> <p>If we wanted to add protein to our meal, what could we add?<br/> (Answer: Vary.)</p> | <ul style="list-style-type: none"> <li>• Pass out the recipes.</li> <li>• Call on people or prompt after naming out each ingredient; point to each food group you discuss.</li> <li>• Call on people.</li> </ul> |
| <p>If we look at MyPlate, half our plate is fruits and vegetables. We should be eating 1-3 cups of fruit and 1-4 cups of vegetables each day depending on our age group and gender.</p>   | <ul style="list-style-type: none"> <li>• Refer to the Daily Recommendations visuals</li> </ul>   |
| <p>There are 5 subgroups of vegetables: dark green, red and orange, beans and peas, starchy and others. We need to make sure we are eating vegetables from each of these groups because each has different vitamins and nutrients in them.</p>  | <ul style="list-style-type: none"> <li>• Show Vegetable Subgroup visual and talk about vegetables in the different groups.</li> </ul>  |
| <p>Today we are going to have cucumber and red or green sweet bell pepper in our recipe. What subgroup(s) do they belong in?<br/> (Answer: Cucumber, green pepper – Other; Red bell pepper – red/orange.)</p>   | <ul style="list-style-type: none"> <li>• Call on people</li> </ul>   |
| <p>We will be slicing the apricots, cucumber and bell pepper today, let's go over some knife safety rules and then we will prepare the recipe.</p>  | <ul style="list-style-type: none"> <li>• Go over Knife Safety and Cutting Boards safety and skill sheet.</li> </ul>  |

## Visuals



**Apricot tree**



**Fresh apricots**



**Dried apricots**



**Canned apricots**

## Apricot Nutrition Information

| Type  | Serving Size/Weight in grams                       | Calories                                   | Fiber (g)                                   | Vitamin A (International Units)                   | Vitamin C (mg)                              | Potassium (mg)                                    | Folate (mcg)                                    |
|---|--|--|---|---|---|---|---|
| <b>Fresh Apricots</b>   | 2 Medium/<br>70 g                                  | 34   | 1.4   | 1348  | 7   | 181   | 6   |
| <b>Apricots Canned in Juice</b>   | ½ cup<br>122 g                                     | 59   | 2   | 2063  | 6   | 201   | 2   |
| <b>Dried Apricots</b>   | ¼ cup<br>33 g<br>(equals ½ cup serving size fruit) | 78   | 2.4   | 1171  | 0   | 378   | 3   |
| <b>Daily Recommendations</b><br><b>RDA=Recommended daily allowance</b><br><b>AI=Adequate intake</b> | 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) |



# Apricot Resources

## Refreshing Apricot Smoothie

- [myplate.gov/search?keyword=apricot](https://myplate.gov/search?keyword=apricot)

## SD Harvest Calendar

- [pickyourown.org/SDharvestcalendar.htm](https://pickyourown.org/SDharvestcalendar.htm)

## How to store

- [fruitsandveggies.org/](https://fruitsandveggies.org/)

## How long to store

- [foodsafety.gov/keep-food-safe/foodkeeper-app](https://foodsafety.gov/keep-food-safe/foodkeeper-app)

## Cooking Glossary

- [eatright.org/food/food-preparation/cooking-tips/culinary-lingo](https://eatright.org/food/food-preparation/cooking-tips/culinary-lingo)

## Fruit and Vegetable Nutrition Facts Chart

- [macalester\\_ftp.sidearmsports.com/custompages/Deno\\_Videos/nutrition/fruit\\_and\\_vegetable\\_chart.pdf](https://macalester_ftp.sidearmsports.com/custompages/Deno_Videos/nutrition/fruit_and_vegetable_chart.pdf)

## Daily Nutrition Goals

- [health.gov/dietaryguidelines/2015/guidelines/appendix-7/](https://health.gov/dietaryguidelines/2015/guidelines/appendix-7/)

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION



In season:



Summer

# Apricot

*Lakota: tháspánhiŋšmá čík'ala*

## Pick it!

Choose plump, firm apricots with uniform yellow/orange color and no green or mush spots.

Apricots will ripen at room temperature, but placing apricots in a paper bag will speed ripening.

Ripe apricots will be slightly soft and can be eaten at any time.

If not eaten right away, ripe apricots can be stored in the refrigerator for a few days.



## Try it!

Ripe apricots are great sliced and eaten raw.

Substitute in any recipe that calls for peaches.

Slice apricots in salads to add sweetness.

Broil or bake, halve fruit, remove pit, bake until tender when pierced with fork, top with cinnamon-sugar or low-fat yogurt.

For a sweet treat, sauté in a nonstick skillet with butter and cinnamon.



## Types of Apricots

**Moorpark:** Juicy, sweet tasting fruit, good flesh, dried, canned, large, oval shaped fruit, light yellow-orange skin

**Tilton:** Leading commercial variety for drying and canning, small, medium fruit, golden yellow skin and dark red blush



## Did you know...

Apricots are very high in vitamin A and vitamin C. Vitamin A is important for your eyesight, immune system and bone growth. Vitamin C helps heal wounds.



**Like it!**

## Apricot Pitas

### Ingredients

- 1 piece of whole wheat pita bread
- ½ cup low-fat or nonfat cottage cheese
- 2 apricots, with seeds removed and thinly sliced
- 4 thin slices of cucumber
- 4 thin slices of red or green sweet bell peppers

### Directions

1. Cut pita bread in half. Open the “pocket.”
2. Fill each pita half with ¼ cup cottage cheese.
3. Top cottage cheese with slices of apricots, cucumber and sweet bell pepper.
4. Serve immediately as a snack or as a cold side dish.

Yields 2 servings

Nutrition Facts per Serving:

Calories 110; Fat 2g; Cholesterol 10mg; Sodium 320mg;  
Carbohydrates 16g; Fiber 2g; Sugar 6g; Protein 9g

## Refreshing Apricot Smoothie

### Ingredients

- 1 (15 ounce) can apricot halves (chilled)
- 1 cup low-fat plain or vanilla yogurt
- ⅛ teaspoon vanilla extract (2-3 drops to taste)
- 6 ice cubes

### Directions

1. Combine all ingredients in blender.
2. Cover and blend on high until smooth.
3. Add more ice cubes for a thicker smoothie.

Yields 2 servings

Nutrition Facts per Serving:

Calories 260; Fat 2g; Cholesterol 5mg; Sodium 90mg;  
Carbohydrates 60g; Fiber 6g; Sugar 41g; Protein 8g;  
Calcium 245mg

Sources: [myplate.gov/search?keyword=apricot](https://myplate.gov/search?keyword=apricot)

*Lakota word translated by Jeshua Estes*

**Find more recipes  
and videos at  
[extension.sdstate.edu](https://extension.sdstate.edu)**

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