



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Lettuce

In season:



**Spring and
Summer**

Lakota: maštínčathatwote

Lesson Plan

Objectives

Participants will:

- identify lettuce as a vegetable from MyPlate.
- name 4 main types of lettuce.
- increase knowledge in the growing, selection and storage of lettuce.
- demonstrate the use of lettuce in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Lettuce Nutrition Information sheet
- Fresh lettuce leaves to demonstrate rinsing and tearing
- 1 cup measuring cup

Handouts or Take Home Items

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

Recipe Choices

- Red and Yellow Pepper Vinaigrette
- Fruity Fun Chicken Salad Cups

Cooking and Food Safety Skill Sheets

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

Other Cooking and Food Safety Skills

- Washing tops of canned goods
- Measuring small amounts of liquid ingredients

Supplies for Lettuce Lesson

- Red and Yellow Pepper Vinaigrette
 - » Cutting board
 - » Knife or chopper
 - » Measuring cups
 - » Measuring spoons
 - » Bowl
 - » Spoon
- Fruity Fun Chicken Salad Cups
 - » Can opener
 - » Strainer
 - » Cutting board
 - » Knife
 - » Measuring cups
 - » Measuring spoons
 - » Scraper
 - » Bowls

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"> Greeks believed that this vegetable made people sleepy, so it was served at the end of the meal. This is the 2nd most popular fresh vegetable following potatoes. There is really no way to preserve this vegetable – it cannot be frozen, canned, dried or pickled. The term "rabbit food", which refers to this vegetable, was first used in the 1930s. 	<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 lettuce.
<p>Lettuce is a vegetable that is in season in South Dakota from June to September. There are 4 main types of lettuce with several varieties within each type.</p> <p>The four main types are:</p> <ol style="list-style-type: none"> 1. Romaine: Romaine lettuce is the main ingredient in Caesar salads. It has a crisp texture with dark outer leaves. 2. Butterhead (includes Boston and Bibb lettuce): Butterhead has loose heads and grassy green leaves with a mild flavor. 3. Crisphead: Crisphead is the least nutritious type of lettuce. It is pale green with a cabbage like appearance. The leaves are tightly packed together. It has a mild flavor and crisp texture. 4. Looseleaf: Looseleaf lettuce has loose curly leaves that do not form heads. The leaves are joined at the stem. 	<ul style="list-style-type: none"> Show visuals of the different types of lettuce.
<p>Different vegetables come from different parts of the plant.</p> <p>Vegetables are either a root, stem, leaf, fruit, flower or seed.</p> <p>What part of the plant would lettuce be? (Answer: Leaf.)</p> <p>Do you know why plants need their leaves? (Answer: Leaves are made to catch light and they have openings that let water and air to come and go. They are the food making factories of plants.)</p>	<ul style="list-style-type: none"> Allow participants to answer the questions about lettuce. Show Parts of a Plant visual.

What You Say:	What You Do:
<p>There are also 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 have different vitamins and nutrients in them.</p> <p>Do you know what subgroup lettuce is in? (Answer: Dark green lettuce like Romaine is in the dark green subgroup. Lettuce that is pale green in color is in the other subgroup.)</p>	<ul style="list-style-type: none"> • Show the Vegetable Subgroups visual. • Call on someone to answer.
<p>MyPlate shows us how to eat healthier. If we notice, ½ of the MyPlate diagram is fruits and vegetables. Depending on your age and gender, we should be eating between 1-4 cups of vegetables a day.</p> <p>With most vegetables 1 cup counts as a 1 cup serving. Lettuce is different, 2 cups of it counts as a 1 cup serving.</p>	<ul style="list-style-type: none"> • Point to the MyPlate poster. • Show a 1 cup measuring cup.
<p>Have any of you planted lettuce in your garden?</p> <p>Lettuce is a cool weather vegetable that is planted in early spring.</p> <p>Seeds should be planted ¼-½ inch deep, 1-inch apart, in rows that are 12-18 inches apart. It is best to plant before the days get hot.</p> <p>Quality lettuce will grow rapidly if it is watered often.</p> <p>To have a continuous supply of fresh lettuce, plant more seeds 10-14 days later.</p>	<ul style="list-style-type: none"> • Allow discussion.
<p>Leaf lettuce may be cut when it is large enough to use. Cutting every other plant allows more space for the remaining plants to grow.</p>	<ul style="list-style-type: none"> • If possible, show fresh cut leaf lettuce.
<p>Lettuce should be rinsed in cold water just before serving. Pat the leaves dry with a paper towel.</p> <p>If the leaves become limp, put them in ice water for a few minutes.</p> <p>Wrap unrinsed leaves in plastic or place them in a plastic bag for storage in the refrigerator for up to 1 week.</p>	<ul style="list-style-type: none"> • Demonstrate rinsing lettuce leaves.
<p>How do we choose lettuce when purchasing it at the supermarket? (Answer: Choose crisp lettuce with deep green color. Leaves should not be wilted or show signs of rot.)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.



= for adults or older youth

What You Say:	What You Do:
<p>When serving lettuce, tear the lettuce leaves into pieces with your hands rather than cutting with a knife. Cutting lettuce causes it to discolor.</p> <p>Be sure the leaves are dry as salad dressing will cling better. To prevent the lettuce from wilting, add the salad dressing just before serving or serve the dressing on the side.</p>	<ul style="list-style-type: none"> • Illustrate tearing lettuce leaves and if possible, show how leaves discolor after being cut.
<p>For a flavorful salad, toss lettuce with oil, vinegar and fresh or dry herbs. Adding nuts and other vegetables adds flavor and texture.</p> <p>Besides salads, lettuce can also be added to sandwiches and tacos.</p>	<ul style="list-style-type: none"> • Discuss different herb and vegetable combinations.
<p>Why would we want to eat lettuce? (Answer: Lettuce supplies a small amount of fiber. Dark green lettuce varieties supply vitamin A.)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.
<p>How do we preserve lettuce? (Answer: There is no real way to preserve lettuce. It can't be frozen, dried, canned or pickled. We want to eat it while it is fresh and crisp.)</p>	<ul style="list-style-type: none"> • Call on someone.
<p>Who is ready to make a recipe that includes fresh lettuce?</p> <p>What is the first thing we do before preparing food? (Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> • Review Handwashing skill sheet with participants.

Use this page if you are going to prepare Red and Yellow Pepper Vinaigrette

Equipment List

- Cutting board
- Knife or chopper
- Measuring cups
- Measuring spoons
- Bowl
- Spoon

What You Say:	What You Do:
Today we are going to make a Red and Yellow Pepper Vinaigrette to be used as a dressing on tossed salad greens. Let's read the recipe together.	<ul style="list-style-type: none"> • Pass out the recipe and read aloud.
What is the first thing we need to do to prepare the peppers? (Answer: Wash them under cool running water.)	<ul style="list-style-type: none"> • Allow answers. • Review Washing Fruits and Vegetables skill sheet.
The peppers can be chopped into small pieces using a knife or chopper.	<ul style="list-style-type: none"> • If using a chopper, demonstrate its use and discuss safety. If chopping with a knife, review Knife Safety and Cutting Boards skill sheet.
When measuring the liquids in measuring spoons, we want to measure over a small bowl rather than the bowl that our vinaigrette is being made in. This way if we overfill the spoon it will spill into the small bowl. This prevents adding too much of an ingredient. Which ingredients should we follow this practice with? (Answer: Red wine vinegar, oil and water.)	<ul style="list-style-type: none"> • Demonstrate measuring over a small bowl. • Call on someone who would like to answer.
How do we prepare the lettuce for a tossed salad? (Answer: Rinse the leaves with cold water, pat dry with a paper towel and then tear with hands into small pieces.)	<ul style="list-style-type: none"> • Call on someone who would like to answer.

Use this page if you are going to prepare Fruity Fun Chicken Salad Cups

Equipment List

- Can opener
- Knife
- Scraper
- Strainer
- Measuring cups
- Bowls
- Cutting board
- Measuring spoons

What You Say:	What You Do:
<p>Today we are going to be making Fruity Fun Chicken Salad Cups.</p> <p>Let's read through the recipe together before we begin.</p>	<ul style="list-style-type: none"> • Pass out the recipes and read aloud.
<p>We are going to be using some canned chicken today. What do we want to do before we open the can?</p> <p>(Answer: Rinse off the top of the can.)</p> <p>Why is rinsing the top of the can important?</p> <p>(Possible answers: There may be dirt or dust on the it from sitting on shelves in the cupboard or store. Animals or bugs may have walked across them in the warehouse.)</p> <p>We also want to wash the can opener after each use.</p>	<ul style="list-style-type: none"> • Discuss a few answers.
<p>The strawberries, spinach, green onions and lettuce all need to be washed before being prepped for this recipe.</p>	<ul style="list-style-type: none"> • Review Washing Fruits and Vegetables skill sheet.
<p>We will be dicing the strawberries, chopping the spinach and slicing the green onions using a cutting board and knife. What are some things we want to remember when using a cutting board and knife?</p>	<ul style="list-style-type: none"> • Review Knife Safety and Cutting Boards skill sheet.
<p>How many food groups are represented in this recipe?</p> <p>Let's look again at the ingredients.</p> <ol style="list-style-type: none"> 1. Chicken – protein group 2. Strawberries – fruit group 3. Spinach, green onions and lettuce – vegetable group <p>What food groups are missing?</p> <p>(Answer: Dairy and Grains.)</p> <p>What could we eat along with the Fruity Fun Chicken Salad Cups in order to have something from each of the food groups from MyPlate?</p> <p>(Possible answers: A glass of milk, some whole grain crackers.)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Discuss possible food combinations.
<p>What are some other fruits that could be substituted for the strawberries in this recipe?</p> <p>(Possible answers: Peaches, grapes, blueberries.)</p>	<ul style="list-style-type: none"> • Allow time for discussion.

Visuals



Loose-leaf lettuce growing in the garden



Iceberg lettuce



Romaine Lettuce

Lettuce Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Lettuce, iceberg, shredded	1 cup/ 72 g	10	0.9	--	2	102	21
Lettuce, green leaf, shredded	1 cup/ 36 g	5	0.5	160%	7	70	14
Lettuce, Romaine, shredded	1 cup/ 47 g	8	1.0	--	11	116	64
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	1-4 cup servings of vegetables per day depending on age, and gender and physical activity level.	Varies according to age, gender 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)

Lettuce Sources

Recipe

- eatsmartmovemoreva.org/recipes/fruity-fun-chicken-salad-cups/

Clues

- foodreference.com/html/fllettuce.html

Information

- myplate.gov/eat-healthy/vegetables
- pickyourown.org/SDharvestcalendar.htm
- extension.illinois.edu/veggies/lettuce.cfm
- eatfresh.org/discover-foods/lettuce
- fruitsandveggies.org/

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



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Lettuce

In season:



Spring and
Summer

Lakota: maštínčathatwote

Pick it!

Darker leaves are more nutritious.

Leaves should be fresh and green. Avoid wilted, brown, rusty or slimy leaves.

Wrap fresh, unrinsed leaves in plastic wrap and store in fridge for a few days.

Cooler temperature will keep lettuce fresher longer. Iceberg stores the best.

Check package expiration dates on pre-washed bagged lettuce.

Usually eaten raw, often in salad. Varieties can be mixed.

Provides crunch in sandwiches and tacos.

Try it!

Rinse just before serving in cold water. Pat dry.

Refresh limp leaves by placing in ice water.

Tear lettuce leaves with your hands; do not cut as it browns quickly.

The mild flavor of fresh lettuce leaves pairs well with fresh or dry herbs.

Salad dressing clings best to dry leaves. Toss with dressing just before serving.



Types of Lettuce

Romaine: Long shape, light and mild taste

Crisphead: Crispy leaves, milk flavor, pale green leaves packed tightly together

Looseleaf: Loose curly leaves, light and mild flavor



Did you know...

Lutein, a naturally occurring substance in bright colored fruits and vegetables. Found in the retina of the eye. Romaine is best source of lutein.

Like it!

Red and Yellow Pepper Vinaigrette

Ingredients

- 1 small yellow bell pepper; finely chopped
- 1 small red bell pepper; finely chopped
- 4 Tablespoons red wine vinegar
- 2 Tablespoons extra-virgin olive oil (or vegetable oil)
- 2 teaspoons warm water
- Pinch sugar
- ½ teaspoon salt
- Ground black pepper to taste

Directions

1. In a medium bowl, mix all ingredients until combined.
2. Shake before serving. Will keep in a tightly covered container for 3 days.

Yields 1 cup

Nutrition Facts per Serving:
Calories 40; Fat 3.5g; Cholesterol 0mg; Sodium 150mg;
Carbohydrates 1g; Fiber 0g; Sugar 1g; Protein 0g

Lakota word translated by Jeshua Estes.

Fruity Fun Chicken Salad Cups

Ingredients

- 1-10 ounce can chicken in water; drained
- ½ cup spinach; chopped
- ½ cup strawberries; diced
- 2 ½ green onions; thinly sliced
- ¼ cup light sour cream
- 4 teaspoons yellow mustard
- 2 teaspoons dry oregano or dry dill
- ¼ teaspoon ground black pepper
- 12 small Romaine or Bibb lettuce leaves

Directions

1. In a mixing bowl, combine chicken, spinach, strawberries and green onions.
2. In a separate bowl, mix sour cream, mustard, oregano and black pepper together to make the dressing.
3. Gently fold the dressing into the chicken mixture.
4. Measure ¼ cup chicken salad into each lettuce leaf.

Yields 6 servings

Nutrition Facts per Serving:
Calories 120; Fat 4g; Cholesterol 25mg; Sodium 180mg;
Carbohydrates 10g; Fiber 4g; Sugar 4g; Protein 16g

Source: eatsmartmovemoreva.org/recipes/fruity-fun-chicken-salad-cups/

**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-0001-23

© 2024, South Dakota Board of Regents