



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Pear

In season:



**Fall and
Winter**

Lakota: tháspánphestola

Lesson Plan

Objectives

Participants will:

- identify pears as a fruit from MyPlate, the recommended daily servings of fruit in a healthy diet and serving sizes.
- increase knowledge in the selection, storage and use of pears.
- demonstrate the use of pears in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Pear Nutrition Information sheet
- A fresh pear to show the Neck Test for ripeness
- Pear visuals
- Produce by the Pound visual
- Labels from canned pears – packed in juice and packed in heavy syrup

Handouts or Take Home Items

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

Recipe Choices

- Broiled Pears
- Breakfast Pear Parfait

Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Knife Safety and Cutting Boards
- Oven Uses and Safety

Other Cooking and Food Safety Skills

- Kitchen terms - broil and chop

Supplies for Pear Lesson

- Broiled Pears
 - » Knife
 - » Cutting board
 - » Spoons
 - » Table knife
 - » Measuring spoons
 - » Baking sheet
 - » Timer
 - » Serving utensil
 - » Oven
- Breakfast Pear Parfait
 - » Knife
 - » Cutting board
 - » Measuring cups
 - » Bowls
 - » Spoons

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"> 95% of these sold in the U.S. are grown on the West Coast - Washington, Oregon and northern California. In ancient Greece, they were used as a natural remedy for nausea. They used to be called "butter fruit" because of their soft, butter-like texture. They are 1 of the highest fiber fruits, helping you meet your daily requirement of 25-30 grams. <p>(Answer: Pear.)</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 pears.
<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. If we look at the plate, ½ of it is fruits and vegetables, the other ½ is grains and protein.</p> <p>What food group do you think pears belong to?</p> <p>(Answer: Fruit.)</p>	<ul style="list-style-type: none"> Point to the MyPlate poster. Call on someone to answer.
<p>Depending on your age and gender, we should be eating between 1-2 cups of fruits a day.</p> <p>One medium pear is equal to 1 cup of fruit from MyPlate. Pears can also be canned (look for pears packed in juice or water). A ½ cup of drained, sliced or chopped canned pears is equal to ½ cup of fruit from MyPlate.</p>	<ul style="list-style-type: none"> Show a medium-sized real or food model pear. Show a ½ cup measuring cup.
<p>Pears are a fruit which grow on trees. They come in a variety of shapes, sizes and colors which include green, yellow and red.</p> <p>If you have a pear tree, do not let the fruit ripen on the tree. Pick the pears when the skin color turns from dark green to a lighter yellow-green color. Carefully twist or cut the pear from the stems rather than pulling them off, as this can damage the fruit buds for the next year. Store the fresh pears in the refrigerator for up to 3 weeks.</p> <p>To ripen pears, place them in a loosely closed paper bag at room temperature. They are ready to eat when the fruit "gives" slightly when gentle pressure is applied near the stem end. This is called the "Neck Test". Check them daily for ripeness.</p>	<ul style="list-style-type: none"> Demonstrate the Neck Test on a real pear or a food model pear.

What You Say:	What You Do:
<p>If you are purchasing pears, they should feel firm. They will become less firm as they ripen at home.</p> <p>Always handle pears gently. They bruise easily, which can cause them to go bad quickly.</p> <p>After they are ripened, store them in the refrigerator.</p>	
<p>Make sure to wash pears before eating or cutting. To wash, rinse under running tap water right before eating.</p> <p>Just like apples and some other fruits, pears turn brown when cut and exposed to air. To prevent this, you can dip them in an acidic juice such as lemon, orange or pineapple juice. It is best to cut them as close to serving them as possible.</p>	<ul style="list-style-type: none"> • Review Washing Fruits and Vegetables skill sheet. • If possible, have samples of cut pears with and without having been dipped in an acidic juice to show the difference in color.
<p>Again, there are several varieties of pears including Bartlett, D'Anjou and Bosc. There are only slight differences in flavor and texture between the varieties. Pears are available most of the year.</p> <p>Bartlett pears are the most widely grown of all pears. They are a summer pear, harvested in early fall. They are bell shaped and are green turning to golden yellow when ripe. They are sweet, juicy and have a smooth texture.</p>	<ul style="list-style-type: none"> • Show a Bartlett pear or a visual of a Bartlett pear.
<p>When figuring the cost of pears, use the Produce by the Pound visual. To use, find the price per pound for the variety of pear that you are going to purchase. Place the pears on the grocery store scale for an approximate weight. Round the weight up to the nearest pound or ½-pound. Then estimate the cost of the pears using the produce calculator.</p>	<ul style="list-style-type: none"> • Refer to the Produce by the Pound visual. Show participants how to use it to estimate the cost of fruits and vegetables.
<p>Pears can also be purchased in the canned form. If you choose canned pears, look for pears packed in juice or water. This helps us to stay away from added sugar.</p> <p>Make sure to rinse the lid of the can off before opening.</p>	<ul style="list-style-type: none"> • Show labels from pears packed in juice and those packed in heavy syrup.

What You Say:	What You Do:
<p>What are some different ways that we can eat pears? (Possible answers: Raw, added to salads, baked, broiled and grilled, use where you would use apples.)</p> <p>Pears are great eaten raw. They can be eaten out-of-hand or sliced. They make a good, quick snack cold from the refrigerator. The cold temperature enhances their flavor. The peel is good to eat. Cloves, cinnamon, ginger or vanilla also enhance the flavor of pears.</p>	<ul style="list-style-type: none"> Have participants name some ways to eat pears.
<p>Can you guess why we would want to eat pears? (Answer: Pears are cholesterol free, sodium free, high in fiber and potassium. They also contain vitamin C.)</p> <p>Vitamin C helps cuts and bruises to heal and helps to keep our gums healthy. Fiber helps to keep our digestive system healthy.</p>	<ul style="list-style-type: none"> Encourage participants to answer.
<p>A medium-sized pear has 100 calories and 6 grams of fiber. As was stated in our ice breaker, pears are 1 of the highest fiber fruits, helping you meet your daily requirement of 25-30 grams of fiber per day for an adult.</p>	<ul style="list-style-type: none"> Refer to the Pear Nutrition Information sheet.
<p>Are you ready to try out our pear recipe?</p>	

Use this page if you are going to prepare Broiled Pears

Equipment List

- Knife
- Cutting board
- Spoons
- Table knife
- Measuring spoons
- Baking sheet
- Timer
- Serving utensil
- Oven

What You Say:	What You Do:
Today we are going to be making Broiled Pears. What is the first thing that we need to do before preparing food? (Answer: Wash our hands.)	<ul style="list-style-type: none"> • Pass out the recipe. • Refer to Handwashing skill sheet.
This recipe has only 5 ingredients: Pears, butter, brown sugar, cinnamon and fat-free yogurt. The main food group included in this recipe is the fruit group.	<ul style="list-style-type: none"> • Point to MyPlate Fruit Group.
Let's read through the recipe together.	<ul style="list-style-type: none"> • Read the recipe or have someone from the group do so.
Before we cut the pear in half, what do we want to do? (Answer: Wash the pear.)	
We will be using a knife and cutting board to cut the pear. Let's review knife and cutting board safety.	<ul style="list-style-type: none"> • Refer to the Knife Safety and Cutting Boards skill sheet.
Cinnamon will be sprinkled on the pear for flavor. What other flavors could be used to enhance the flavor of the pear? They were mentioned in the Pear Lesson. (Answer: Cloves, ginger and vanilla.)	<ul style="list-style-type: none"> • Allow participants time to remember the flavors mentioned and answer.
After baking the pear halves for 7 minutes, the recipe suggests broiling the pears for 1 minute. What does the cooking term "Broil" mean? (Answer: To cook under strong, direct heat.)	<ul style="list-style-type: none"> • Call on someone who would like to answer.

Use this page if you are going to prepare Breakfast Pear Parfait

Equipment List

- Knife
- Cutting board
- Measuring cups
- Bowls
- Spoons

What You Say:	What You Do:
<p>Today we are going to make a Breakfast Pear Parfait.</p> <p>How many food groups do we have in this recipe?</p> <p>Let's look through the ingredients:</p> <p style="padding-left: 40px;">Oat circle cereal – Grains</p> <p style="padding-left: 40px;">Pear – Fruit</p> <p style="padding-left: 40px;">Low-fat yogurt – Dairy</p> <p>We have 3 food groups in this recipe. Which 2 are missing?</p> <p style="padding-left: 40px;">(Answer: Vegetables and protein.)</p>	<ul style="list-style-type: none"> • Pass out the recipes. • Call on people or prompt after naming each ingredient. Point to each food group you discuss. • Allow participants to answer.
<p>If we look at MyPlate, $\frac{1}{2}$ of our plate is fruits and vegetables. We should be eating between 1-2 cups of fruit per day depending on our age and gender.</p>	<ul style="list-style-type: none"> • Refer to the Daily Recommendations visual for specific recommendations.
<p>We will be chopping the pears with a knife on a cutting board.</p> <p>What do we want to remember about knife and cutting board safety?</p> <p>What does the cooking term "chop" mean?</p> <p style="padding-left: 40px;">(Answer: To cut solids into pieces with a sharp knife.)</p>	<ul style="list-style-type: none"> • Refer to Knife Safety and Cutting Boards skill sheet. • Call on someone who would like to answer.
<p>Before we chop the pear, what needs to be done?</p> <p style="padding-left: 40px;">(Answer: The pear needs to be washed under cool running water.)</p>	<ul style="list-style-type: none"> • Allow answers.
<p>If we did not have fresh pears, what could be substituted for them in this recipe?</p> <p style="padding-left: 40px;">(Answer: Canned pears.)</p> <p>Remind participants to wash the top of cans before opening.</p>	<ul style="list-style-type: none"> • Allow answers.
<p>One medium-sized pear is equal to 1 cup of fruit from MyPlate, so each serving of this recipe is equal to $\frac{1}{2}$ cup of fruit. How much canned fruit would we use in each serving?</p> <p style="padding-left: 40px;">(Answer: $\frac{1}{2}$ cup.)</p>	
<p>What is the first thing we need to do before we begin the preparation of this recipe?</p> <p style="padding-left: 40px;">(Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> • Refer to the Handwashing skill sheet.

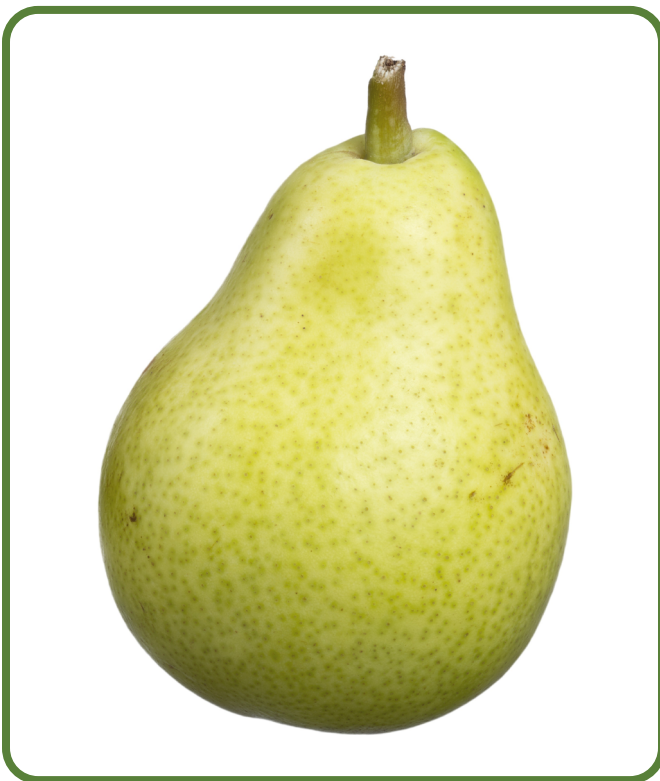
Visuals



Pear blossoms



Pears growing in an orchard



Bartlett pear



A cut pear, the seeds and core

Pear Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (% Daily Value)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Pear	1 med. 166g	96	5.1	0	7	198	12
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)

Pear Sources

Recipe

- site.extension.uga.edu/walkgeorgia/recipe-breakfast-pear-parfait/

Information

- ohioline.osu.edu/factsheet/HYG-5526
- lancaster.unl.edu/harvesting-and-storing-pears
- treefruit.wsu.edu/web-article/pear-varieties
- extension.wsu.edu/maritimefruit/tree-fruit/pears/

Lakota translation

- Translated by Jeshua Estes

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SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Pear

In season:



Fall and
Winter

Lakota: tháspánphestola

Pick it!

Choose firm pears with no soft spots and let the pears ripen at home.

Check near the stem daily for ripeness; when the pear yields to gentle pressure, it is ready.

If desired, pears can be stored in a paper bag at room temperature to shorten ripening time.

Once ripe, the pear can be stored in the refrigerator until eaten.



Try it!

Pears make a great snack right off the counter but can also be used much like apples.

Sliced pears are often used to liven up salads, as a side to sandwiches and as a topping on cereals.

Pears are great baked into cobblers, but also provide great flavor in fruit salsas.

Try sandwiching the fruit slices between graham crackers and peanut butter.

They are tasty glazed, sautéed, poached and pickled, too.



Types of Pear

Bartlett: Most common, ripens from bright green to yellow

D'Anjou: Mild-sweet, multi-use, ripens to creamy green sometimes with red shades

Bosc: Large, long neck, multi-use, ripen to greenish yellow with cinnamon-colored tint



Did you know...

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

Like it!

Broiled Pears

Ingredients

- Pears (1 pear = 2 servings)

For each pear half:

- ¼ to ½ teaspoon warmed or softened butter
- ½ to 1 teaspoon brown sugar
- Sprinkle of cinnamon
- Dollop of fat-free vanilla yogurt

Directions

1. Cut pears in half. Using a spoon, scoop the core out of the pear halves.
2. Using a spoon or butter knife, spread a small amount of butter on the pear flesh.
3. Top the butter with the brown sugar using more or less as desired.
4. Bake the pear halves on a baking sheet at 350 degrees F for 7 minutes. Then, if desired, turn on the broiler and let the pear tops caramelize for one more minute.
5. Remove from the pan and top with a dollop of fat-free vanilla yogurt.

Yields 2 servings

Nutrition Facts per Serving:

Calories 90; Fat 1.5g; Cholesterol 5mg; Sodium 10mg;
Carbohydrates 19g; Sugar 14g; Fiber 3g; Protein 1g

Breakfast Pear Parfait

Ingredients

- 2 cups oat circle cereal
- 1 pear, chopped
- 1 cup low-fat yogurt

Directions

1. Put 1 cup oat circle cereal into 2 small bowls.
2. Add ½ of the chopped pears on top of the cereal.
3. Top each bowl with ½ cup of low-fat yogurt.

Yields 2 servings

Nutrition Facts per Serving:

Calories 460; Fat 12g; Cholesterol 10mg; Sodium 270mg;
Carbohydrates 86g; Sugar 51g; Fiber 12g; Protein 10g

Lakota word translated by Jeshua Estes.

**Find more recipes
and videos at
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