



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Peas

In season:



Spring

Lakota: omníča gmigmí

Lesson Plan

Objectives

Participants will:

- identify peas as a vegetable from MyPlate.
- recognize the main types of peas – garden, snap and snow.
- increase knowledge in the selection, storage and nutritional value of peas.
- demonstrate the use of peas in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Daily Recommendations visual
- 1 cup measuring cup
- Visuals of peas or real examples to show variety and how to wash and shell the peas from the pod.

Handouts or Take Home Items

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

Recipe Choices

- Sugar Snap Peas with Toasted Sesame Seeds
- Couscous with Peas and Onions

Cooking and Food Safety Skill Sheets

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

Other Cooking and Food Safety Skills

- Kitchen terms - shelling, stir-fry and sauté

Supplies for Peas Lesson

- Sugar Snap Peas with Toasted Sesame Seeds
 - » Measuring spoons
 - » Measuring cups
 - » Cutting board
 - » Knife
 - » Wok or large skillet
 - » Small bowls
 - » Spoon
- Couscous with Peas and Onions
 - » Skillet
 - » Measuring spoons
 - » Measuring cups
 - » Liquid measuring cup
 - » Cutting board
 - » Knife
 - » Spoon

| 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"> • In early times this vegetable was grown for its dry seeds. • The oldest 1 of these was found in Thailand. It was over 3,000 years old. • In the 1920s, Clarence Birdseye froze this for the first time. • Some have pods that we can eat, and some have to have the pod removed before we eat them. (Answer: Peas.) | <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 Peas. |
| <p>Peas are a member of the legume or bean family. The pods that grown on pea plants contain the peas. The thickness of the pod depends on the variety of pea that is grown.</p> <p>There are 3 main types of peas – garden peas, snap peas and snow peas.</p> <ul style="list-style-type: none"> • Garden peas are traditional green peas. The pod is removed from garden peas and only the seeds are eaten. • Snow peas have pods that are eaten with very small seeds inside. • Snap pea pods are edible like snow peas, but the pods are thicker and the seed are larger and sweeter. | <ul style="list-style-type: none"> • Show visuals of the 3 main types of peas or if possible, have actual samples of the 3 types of peas. |
| <p>Peas are a vegetable.</p> <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 have different vitamins and nutrients in them.</p> <p>Do you know what subgroup green peas are in? (Answer: Beans and peas.)</p> <p>Different vegetables come from different parts of the plant. They may be the root, stem, fruit, seed, leaf or flower. What part of the plant do you think peas are from? (Answer: Peas are actually the seeds contained in fruit – the pod is the fruit and the seeds are inside.)</p> <p>Why are seeds important parts of the plant? (Answer: They take root to grow into a new plant.)</p> | <ul style="list-style-type: none"> • Show the Vegetable Subgroups Diagram. • Show the Parts of a Plant visual. |

| What You Say: | What You Do: |
|--|--|
| <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>One cup of peas counts as 1 cup in the MyPlate vegetable group.</p> | <ul style="list-style-type: none"> • Point to the MyPlate poster. • Refer to the Daily Recommendations visual. • Show a ½ cup measure. |
| <p>Have any of you ever planted peas in a garden?</p> <p>Peas can be planted in early spring. Planting early in the spring will produce more peas than if planted later.</p> <p>Plant the seeds 1-1 ½ inches deep and about 1 inch apart.</p> <p>Pick garden peas when the pods are round. Garden peas are best when they feel rather soft. If left until they become hard, the peas will not be sweet.</p> <p>Peas should also be picked right before cooking. The sugar in the peas quickly turns to starch and they will lose their sweet flavor.</p> | <ul style="list-style-type: none"> • Allow discussion. • If possible, show a packet of pea seeds. • Demonstrate how far apart seeds should be planted. • Show a visual or real pea that is round and ready to be picked. |
| <p>When purchasing fresh peas at the store, choose firm, bright green colored pods that are not wilted or wrinkled.</p> <p>The pods of garden peas should be round and swollen.</p> <p>Snow peas should have seeds that are about the size of a watermelon seed and the pods will still be quite flat.</p> <p>Snap peas will have a thicker pod and the seeds will be bigger than those of snow peas.</p> | <ul style="list-style-type: none"> • Show the visuals or actual pods of the 3 types of peas. |
| <p>Wash garden peas by rinsing with cold water just before shelling. Does anyone know what shelling means? (Answer: Removing the seeds from the pods.)</p> <p>To shell garden peas, pinch off the end of the pod, pull the string down, open the pod and push out the peas.</p> <p>Wash snap peas and snow peas with cool water and remove the stems before eating.</p> | <ul style="list-style-type: none"> • Call on someone who would like to answer. • Demonstrate shelling the peas from the pod. • Demonstrate removing the stems from snap and/or snow peas. |
| <p>Garden variety peas can also be purchased canned and frozen. Choose low sodium varieties of canned peas when possible.</p> | <ul style="list-style-type: none"> • Show labels from frozen and canned peas. |



= for adults or older youth

| What You Say: | What You Do: |
|--|---|
| <p>Why would we want to eat peas?</p> <p>Peas are a good source of fiber.</p> <p>Fiber helps keep our digestive system healthy. It also keeps us feeling full. Eating enough fiber may also help to keep our hearts healthy too.</p> | <ul style="list-style-type: none"> • Allow discussion. • Show the Peas Nutrition Information sheet. |
| <p>Peas are also a good source of vitamins A, C and K, folate and thiamine. Thiamine is also called vitamin B1. It helps keep the body's nerves healthy.</p> | |
| <p>What are some ways that we can eat peas?</p> <p>Add canned or frozen peas to casseroles, soups and salads.</p> <p>Serve fresh snow peas and snap peas with low-fat dip.</p> <p>Add fresh or frozen snow peas or snap peas to stir fry.</p> <p>Substitute mashed peas for ½ of the mashed avocado in guacamole to lower the fat content.</p> | <ul style="list-style-type: none"> • Call on participants that would like to answer and share. |
| <p>Are you ready to try out a recipe using peas?</p> <p>What is the first thing we always do before preparing food? (Answer: Wash our hands.)</p> | <ul style="list-style-type: none"> • Review Handwashing skill sheet. |



= for adults or older youth

Use this page if you are going to prepare Sugar Snap Peas with Toasted Sesame Seeds

Equipment List

- Measuring spoons
- Measuring cups
- Cutting board
- Knife
- Wok or large skillet
- Small bowls
- Spoon

| What You Say: | What You Do: |
|--|---|
| <p>Today we are going to be making Sugar Snap Peas with Toasted Sesame Seeds.</p> <p>Let's read through the recipe together before we begin.</p> | <ul style="list-style-type: none"> • Pass out the recipe. • Read through the recipe with participants. |
| <p>How many food groups are represented in this recipe? (Answer: 1 – vegetables, including peas and mushrooms.)</p> | <ul style="list-style-type: none"> • Call on someone who would like to answer. |
| <p>We will be stir-frying the mushrooms and peas.</p> <p>What does the cooking term "stir-fry" mean? (Answer: To quickly cook small pieces of food over high heat while stirring.)</p> | <ul style="list-style-type: none"> • Call on someone who would like to answer. |
| <p>The recipe tells us we can use either snap peas or snow peas.</p> <p>What is the difference between these 2 types of peas? (Answer: Snow peas have very small seeds inside of the flat edible pod; Snap peas have larger seeds and thicker edible pods than snow peas.)</p> | <ul style="list-style-type: none"> • Review the information from the lesson about the 3 types of peas reminding participants that the pods of the snow peas and snap peas are eaten. |
| <p>We will be washing the peas before using them in the recipe.</p> <p>How do we wash snow and snap peas? (Answer: Rinse thoroughly under cool running water.)</p> | <ul style="list-style-type: none"> • Review Washing Fruits and Vegetables skill sheet. |
| <p>The peas will be cut in 1/2 and the mushrooms will be sliced. Knives and cutting boards will be used to perform these tasks.</p> <p>What are some things we want to remember about knives and cutting boards?</p> | <ul style="list-style-type: none"> • Review Knife Safety and Cutting Boards skill sheet. |
| <p>If we do not have a wok, which is a special shaped pan used for stir-frying, we can use a large skillet.</p> | |

Use this page if you are going to prepare Couscous with Peas and Onions

Equipment List

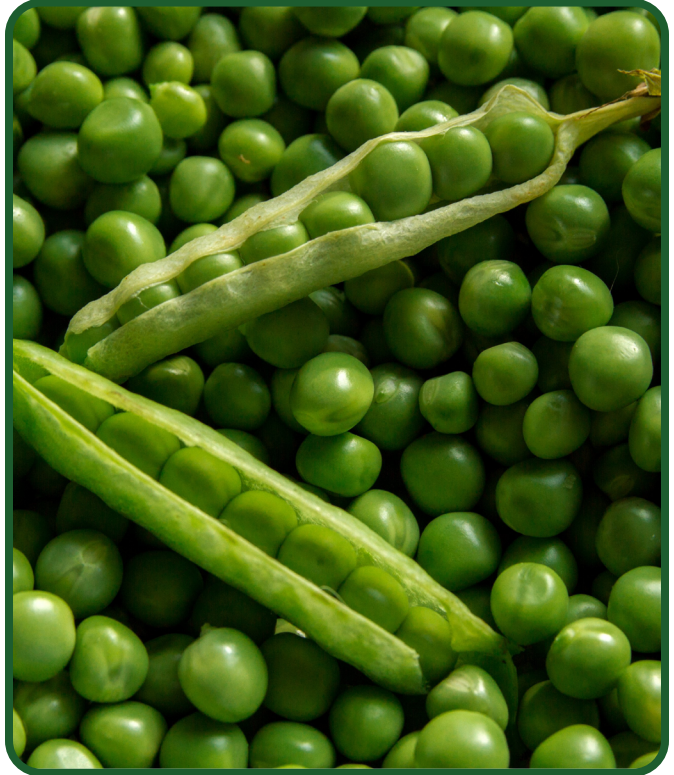
- Skillet
- Measuring spoons
- Measuring cups
- Liquid measuring cup
- Cutting board
- Knife
- Spoon

| What You Say: | What You Do: |
|---|--|
| <p>Today we will be making Couscous with Peas and Onions.</p> <p>Let's read through the recipe together before we begin.</p> | <ul style="list-style-type: none"> • Pass out recipes. • Read through the steps with participants. |
| <p>The first thing that we will do is finely chop the onion.</p> <p>We will be using a knife and cutting board to cut the onion. What things do we need to keep in mind when using knives and cutting boards?</p> | <ul style="list-style-type: none"> • Review Knife Safety and Cutting Boards skill sheet. |
| <p>Next we will combine the onions and oil in the skillet and sauté them until lightly browned. What does the cooking term "sauté" mean?</p> <p>(Answer: To cook and brown food in a small amount of fat.)</p> | <ul style="list-style-type: none"> • Call on someone who would like to answer. |
| <p>After the onions are sautéed, we will add the peas, sage, water, couscous and if desired, the salt.</p> <p>We are going to be using frozen peas.</p> <p>What are some advantages of using frozen vegetables in recipes?</p> <p>(Possible answers: Can take out what is needed and put rest back in the freezer, no added ingredients in frozen vegetables, available year-round; may cost less than fresh, etc.)</p> | <ul style="list-style-type: none"> • Allow time for discussion. |
| <p>We are going to be measuring a liquid ingredient (water). What are some things we need to remember about measuring liquids?</p> | <ul style="list-style-type: none"> • Review Measuring Liquid and Dry Ingredients skill sheet. |
| <p>The couscous will be added along with the peas, sage and water.</p> <p>What is couscous?</p> <p>(Answer: Couscous is a grain product made from whole wheat flour. It is considered to be a healthy alternative to some pastas. It takes on the flavor of what it is cooked with.)</p> | <ul style="list-style-type: none"> • Call on someone who would like to answer. |

Visuals



Garden peas growing on the plant



Garden peas



Snow peas



A sugar snap pea plant

Peas Nutrition Information

| Type | Serving Size/Weight in grams | Calories | Fiber (g) | Vitamin A (% Daily Value) | Vitamin C (mg) | Potassium (mg) | Folate (mcg) |
|---|--|--|---|---|---|---|---|
| Garden Peas, cooked | ½ cup 80 g. | 67 | 4.4 g | 10% | 11 mg | 217 mg | 50 |
| Snow Peas | ½ cup | 34 | 1.4 g | -- | 38 mg | 192 mg | -- |
| Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake | 1-4 cups servings of vegetables per day depending on age, gender and activity level. | 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) |

Peas Sources

Recipe

- myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/couscous-peas-and-onions

Clues

- tonsoffacts.com/28-fun-and-interesting-facts-about-peas/

Information

- extension.illinois.edu/blogs/simply-nutritious-quick-and-delicious/2019-04-05-pass-peas-please
- eatfresh.org/discover-foods/fresh-peas-beans
- fruitsandveggies.org/fruits-and-veggies/peas
- michigannutritionnetwork.org
- extension.usu.edu/boxelder/food-preparation
- healthbenefitstimes.com/couscous

Lakota translation

- Translated by Jeshua Estes

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SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



Spring



Peas

Lakota: omníča gmigmí

Pick it!

Peas are a member of the legume or bean family.

Pea plants develop pods that enclose fleshy seeds. Pod thickness depends on variety.

Fresh green peas should be refrigerated to keep their sugar from turning to starch, making them less sweet.

Store in the refrigerator in a plastic bag for 2-3 days. Eat them as soon as possible.



Try it!

Rinse and shell green peas in large pods right before cooking. Pull the string from the pod, open the pod, push out the peas.

Peas can be eaten fresh or cooked by steaming, sautéing or stir-frying.

Trim the stem from snow peas prior to cooking.

For snap peas, remove the string and stem prior to eating.

Wash before eating or cooking.

All cooking methods should be done quickly, to retain as many nutrients as possible.



Types of Peas

Garden: Smooth starchy seeds in pods that are removed before eating, may be dried.

Snap peas: Pods low in fiber, snap pods and eat with peas inside.

Snow peas: Flat, tender pods, great in stir-fry.



Did you know...

Niacin also known as Vitamin B3, helps the digestion system, skin and nerves. May be especially helpful for maintaining correct cholesterol levels.

Like it!

Sugar Snap Peas with Toasted Sesame Seeds

Ingredients

- 1 Tablespoon peanut oil
- 3 mushrooms; sliced (about ½ cup)
- 2 cups sugar snap peas or snow peas; washed and halved
- 1 teaspoon low sodium soy sauce
- 1-2 Tablespoon(s) toasted sesame seeds

Directions

1. Heat oil in wok or large skillet using medium-high heat.
2. Add mushrooms and stir-fry them until they are light brown.
3. Add peas and stir-fry them until they are crisp-tender, about 2 minutes.
4. Add the soy sauce, stir. Cover and cook 1 more minute.
5. Sprinkle with toasted sesame seeds and serve.

Yields 4 servings

Nutrition Facts per Serving:
Calories 90; Fat 6g; Cholesterol 0mg; Sodium 115mg;
Carbohydrates 8g; Fiber 2g; Sugar 3g; Protein 3g

Couscous with Peas and Onions

Ingredients

- 1 cup onion; finely chopped
- ½ teaspoon ground sage
- 1 teaspoon olive oil
- 1 ⅓ cup water
- 1 cup frozen green peas
- 1 cup couscous
- ½ teaspoon salt, optional

Directions

1. Combine oil and onions in a heavy skillet.
2. Sauté for 5-10 minutes until lightly browned.
3. Add the peas, sage, water, couscous and salt, if desired.
4. Cover and cook on low for about 5 minutes or until peas are tender but still bright green. All the water should be absorbed. Fluff with a fork.

Yields 4 servings

Nutrition Facts per Serving:
Total Calories 205; Total Fat 1g, Saturated Fat 0g;
Cholesterol 0mg; Sodium 40mg; Carbohydrates 50g,
Dietary Fiber 5g, Total Sugars 4g, Added Sugars included
0g; Protein 8g

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/couscous-peas-and-onions

Lakota word translated by Jeshua Estes.

**Find more recipes
and videos at
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