



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

**In season:**



**Summer**

# Strawberry/Raspberry

**Lakota: wažúšteča**

## Lesson Plan

### Objectives

Participants will:

- identify strawberries as a fruit from MyPlate.
- increase knowledge in the growth, selection, storage and use of strawberries.
- demonstrate when and how to wash berries.
- demonstrate the use of strawberries in a recipe.

### Items Needed for the Lesson

- MyPlate poster
- Strawberry Nutrition Information sheet
- Strawberry container from grocery store
- Fresh strawberries
- Appropriate freezer storage containers

### Handouts or Take Home Items

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

### Recipe Choices

- Strawberry Banana Frozen Dessert
- Berries with Banana Cream

### Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Blender Use and Safety
- Knife Safety and Cutting Boards

### Other Cooking and Food Safety Skills

- Safely storing leftovers

### Supplies for Strawberry/Raspberry Lesson

- Strawberry Banana Frozen Dessert
  - » Blender or food processor
  - » Colander or strainer
  - » Cutting board
  - » Knife
  - » Rubber scraper
- Berries with Banana Cream
  - » Measuring cups
  - » Measuring spoons
  - » Knife
  - » Cutting board
  - » Fork
  - » Rubber scraper
  - » Bowl

### Notes

- If preparing the Strawberry Banana Frozen Dessert, freeze the bananas in advance of the class.

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"> <li>• Member of the rose family.</li> <li>• They are the first fruits to ripen in the spring.</li> <li>• California grows 83% of this fruit in the United States.</li> <li>• Originally named because the fruit was "strewn" among the leaves of the plant.</li> <li>• There is a museum in Belgium just for this fruit.</li> <li>• The only fruit with seeds on the outside.</li> </ul> <p>(Answer: Strawberry.)</p>	<ul style="list-style-type: none"> <li>• Name off each clue, allow a few guesses before moving on to the next clue.</li> <li>• After someone guesses the answer, or you tell them, show them visuals of strawberries.</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 and the dairy group is shown as a glass of milk. If we look at the plate, <math>\frac{1}{2}</math> of it is fruits and vegetables and the other <math>\frac{1}{2}</math> is grains and protein.</p> <p>What food group do strawberries 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 the food group.</li> </ul>
<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>	<ul style="list-style-type: none"> <li>• Refer to the Daily Recommendations visual for age specific servings.</li> </ul>
<p>What are some different ways that we can eat strawberries?</p> <p>(Possible answers: Fresh, in salads or pie, in fruit smoothies, mashed into a sauce for pancakes or French toast.)</p>	<ul style="list-style-type: none"> <li>• Have people name their favorite way to eat strawberries.</li> </ul>
<p>In South Dakota, strawberries are usually ready to be picked from June to August. This is also the time of year when they will usually be the best price in the grocery store.</p> <p>When purchasing strawberries by the pound, <math>1\frac{1}{2}</math> pounds is equal to 1 quart or about 4 cups of sliced strawberries.</p>	<ul style="list-style-type: none"> <li>• If possible, show a plastic strawberry container.</li> </ul>

What You Say:	What You Do:
<p>When selecting strawberries, look for bright red berries with fresh green tops or caps. Check packages of strawberries closely to ensure that there are no signs of mold. If even 1 strawberry is molded, the mold spores will have likely spread throughout the whole package.</p> <p>The flavor of strawberries depends on the variety of strawberry, the weather and the stage of ripeness when they are picked.</p>	<ul style="list-style-type: none"> <li>• If using fresh strawberries in the food prep activity, show what a bright red strawberry looks like as well as the "cap" or green top.</li> </ul>
<p>To wash strawberries, place them in a strainer or colander and rinse them under cold running water. Do not let the berries set in the water, as they will lose flavor and color. Remember not to wash them until they are going to be eaten or used.</p> <p>After washing, remove the green cap, trying not to remove any of the fruit itself.</p>	<ul style="list-style-type: none"> <li>• If possible, demonstrate the process of washing strawberries and removing the green cap.</li> </ul>
<p>Have any of you planted strawberries?</p> <p>Strawberries like well-drained soil. They also need about 1 inch of water per week during the growing season. They like full sun for at least 6 hours per day.</p> <p>Strawberries should not be planted where peppers, tomatoes, eggplants or potatoes have been grown. These plants could harbor a strawberry disease called "verticillium wilt".</p> <p>Plant strawberries in the spring as soon as the ground can be tilled. This will usually be in March or April. The plants can then get a start before the hot weather begins.</p> <p>Set the strawberry plants in the ground so the soil is just covering the top of the roots. After about a month, the starter plants called "mothers" will produce runners and new "daughter" plants.</p> <p>During the first growing season, it is a good idea to remove the flowers of the strawberry plants as they appear. This will help to produce a large crop of strawberries the following year.</p> <p>Strawberries plants should be covered with a 3-4 inch mulch in the late fall.</p>	<ul style="list-style-type: none"> <li>• Allow participants to answer and share.</li> <li>• Discuss growing strawberries.</li> </ul>

What You Say:	What You Do:
<p>Strawberries can be frozen for use in smoothies and sauces.</p> <p>To freeze, wash, drain and dry the strawberries. Place them on a lined pan and place in freezer. When frozen, place them in freezer bags or containers for future use.</p>	<ul style="list-style-type: none"> <li>Discuss types of freezer containers to use when storing frozen strawberries.</li> </ul>
<p>Why would we want to eat strawberries?</p> <p>Not only are strawberries the only fruit with their seeds on the outside, but each strawberry regardless of size has on average 200 seeds. This, along with being heart-shaped, makes strawberries fun to eat!</p> <p>Strawberries are a nutritious snack that are high in vitamin C. Ounce per ounce, strawberries have more vitamin C than citrus fruits. According to the American Cancer Society, foods rich in vitamin C may lower the risks of some types of cancer.</p>	<ul style="list-style-type: none"> <li>Show the Strawberries Nutrition Information visual.</li> </ul>
<p>Are you ready to try strawberries out in a recipe?</p> <p>What is the first thing that we need to do before preparing food?</p> <p>(Answer: Wash hands.)</p>	<ul style="list-style-type: none"> <li>This is a good time to review the Handwashing skill sheet.</li> </ul>

Note: If making the Strawberry Banana Frozen Dessert, the bananas will need to be frozen in advance.



## Use this page if you are going to prepare Strawberry Banana Frozen Dessert

### Equipment

- Blender or food processor
- Colander or strainer
- Cutting board
- Knife
- Rubber scraper

What You Say:	What You Do:
<p>Today we are going to be making the Strawberry Banana Frozen Dessert.</p> <p>We are going to be using 2 fruits: strawberries and bananas. These are also the only 2 ingredients needed.</p> <p>Let's read the directions to make this dessert.</p> <p>The bananas in this recipe are to be frozen and this step has been done in advance. They were washed, the peels removed, broken into chunks and frozen for several hours or overnight.</p>	<ul style="list-style-type: none"> <li>Demonstrate the process of preparing the bananas for freezing.</li> </ul>
<p>We will be washing, removing the caps and slicing the strawberries. During this time the bananas will be out of the freezer to warm up slightly.</p>	<ul style="list-style-type: none"> <li>Call on people to tell how to wash and remove the caps from the strawberries.</li> <li>Review Washing Fruits and Vegetables skill sheet.</li> </ul>
<p>The bananas will then be placed in the blender and blended until they resemble ice cream.</p>	<ul style="list-style-type: none"> <li>Refer to Blender Use and Safety skill sheet.</li> </ul>
<p>After the bananas have been blended, remove them from the blender and fold in the sliced strawberries. Does anyone know what the term "fold" means?</p> <p>(Answer: To incorporate 1 substance into another, done by cutting down through the mixture with a spoon, going across the bottom of the bowl, then up and over close to the surface. The process is repeated until the ingredients are thoroughly blended.)</p>	<ul style="list-style-type: none"> <li>Call on someone who would like to tell what "fold" means in cooking terms.</li> </ul>
<p>As we talked about earlier, when we look at MyPlate, <math>\frac{1}{2}</math> of our plate should be fruits and vegetables. We should be eating between 1-2 cups of fruits per day depending on our age and gender. One serving of the Strawberry Banana Frozen Dessert helps us to reach that daily goal.</p>	

## Use this page if you are going to prepare the Berries with Banana Cream

### Equipment

- Measuring cups
- Measuring spoons
- Knife
- Cutting board
- Fork
- Rubber scraper
- Bowl

What You Say:	What You Do:
<p>Today we are going to be making Berries With Banana Cream.</p> <p>Let's look at the ingredients.</p> <p>What 2 fruits will we be using in our recipe today? (Answer: Strawberries and bananas.)</p>	<ul style="list-style-type: none"> <li>• Call on someone to answer.</li> </ul>
<p>As we talked about earlier, when we look at MyPlate, ½ of our plate should be fruits and vegetables. We should be eating 1-2 cups of fruits per day, depending on our age and gender.</p> <p>This fun and easy recipe can help us to reach that daily goal.</p>	<ul style="list-style-type: none"> <li>• Refer to MyPlate poster.</li> <li>• Reference the Daily Recommendations visual for age and gender specific recommendations.</li> </ul>
<p>We will be mashing the banana, a small amount of juice and yogurt with a fork until it is almost smooth.</p>	<ul style="list-style-type: none"> <li>• Demonstrate how this process is done.</li> </ul>
<p>We will wash and remove the caps from the strawberries and then slice them.</p>	<ul style="list-style-type: none"> <li>• Discuss how to wash berries and how to remove the green caps.</li> <li>• Review Washing Fruits and Vegetables skill sheet.</li> </ul>
<p>Let's read through the entire recipe and then begin.</p>	

## Visuals



**Strawberry flowers**



**Strawberries growing in a pot**



**Strawberry fields**



**Raspberries growing on a bush**

## Strawberry Nutrition Information

Fruit	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
<b>Strawberries, fresh, sliced</b>	½ cup 83 g	27	1.7	0	49	127	20
<b>Strawberries, frozen, whole</b>	½ cup 75 g	26	1.6	0	31	110	13
<b>Raspberries, fresh</b>	½ cup 62 g	32	4.0	0	16	93	13
<b>Daily Recommendations</b> <b>RDA=Recommended daily allowance</b> <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)

# Strawberry/Raspberry Sources

## Recipe

- [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/berries-banana-cream](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/berries-banana-cream)

## Information

- [pickyourown.org](https://pickyourown.org)
- [extension.illinois.edu](https://extension.illinois.edu)

## Lakota translation

- Translated by Jeshua Estes

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

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UNIVERSITY EXTENSION

In season:



Summer

# Strawberry/Raspberry

*Lakota: wažúšteča*

## Pick it!

Handle gently since they easily bruise.

Avoid moldy or wrinkled berries.

Raspberries should be dry, firm, well shaped and deep red or golden.

Strawberries should be shiny and bright red.



## Try it!

Eat fresh within a week or freeze on a lined pan and place into containers after frozen.

Wash, drain and dry just before eating.

Eat fresh in fruit salad or pie or in fruit smoothies.

Add to a salad, salad dressing, pie or in fruit smoothies.

Mash into a sauce to use on pancakes or French toast.



## About Strawberries/Raspberries

**Raspberries:** Same berry family as blueberries, blackberries, boysenberries. Gold, red, purple or black; summer- or fall-bearing.

**Strawberries:** Strawberries are not a "true" berry. June- or ever-bearing, producing fruit all summer.



## Did you know...

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



**Like it!**

## **Strawberry Banana Frozen Dessert**

### **Ingredients**

- 4 frozen bananas
- $\frac{3}{4}$ -1 pound strawberries

### **Directions**

1. Remove banana peels, break bananas into chunks and freeze overnight.
2. While preparing strawberries, let frozen banana chunks sit out to warm slightly. Wash, hull and slice or chop strawberries.
3. Place frozen bananas into a food processor or blender and blend until bananas create a creamy texture.
4. Remove banana puree and fold in strawberries.

Serve immediately. Leftovers may be frozen, but will become solid so re-blend for best texture.

Yields 4 servings

Nutrition Facts per Serving:  
Calories 140; Fat 0g; Sodium 0mg; Carbohydrates 35g;  
Fiber 5g; Sugars 21g

Sources: [extension.illinois.edu/strawberries/history.cfm](https://extension.illinois.edu/strawberries/history.cfm)

## **Berries with Banana Cream**

### **Ingredients**

- $\frac{1}{3}$  cup low-fat, plain yogurt
- $\frac{1}{2}$  ripe banana
- $\frac{1}{2}$  ounce fruit juice (orange works well)
- 2 cups strawberries, sliced
- 1 teaspoon honey
- Dash cinnamon

### **Directions**

1. Combine yogurt, banana and juice in a bowl and mash with a fork until mostly smooth.
2. Wash and slice berries.
3. Scoop banana cream into a dish and top with berries. Finish with a drizzle of honey and a sprinkle of cinnamon.

Yields 2 servings

Nutrition Facts per Serving:  
Total Calories 60; Total Fat 1, Saturated Fat 0g;  
Cholesterol 1mg; Sodium 15 mg; Carbohydrates 13g,  
Dietary Fiber 2g, Total Sugars 9g, Added Sugars included  
1g; Protein 2g

Sources: [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/berries-banana-cream](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/berries-banana-cream)

*Lakota word translated by Jeshua Estes*

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