



4-H Flavorful

Hands in the Kitchen, Hearts at the Table.

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- Dutch Baby Apple Pancakes
- Autumn Fruit Salad
- Triple Berry Smoothie
- Fruit Pizza

Survey



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S-0053-09

Build Your Plate: Fruit

Eating Fruits has many health benefits. People who eat fruits and vegetables as a part of an overall diet may lower the risk for certain diseases. Fruits provide nutrients needed to maintain your health and body.

How much fruit is needed daily?

The amount of fruit you need to eat depends on your age, sex, height, weight, and physical activity. Find the right amount for you by getting your [MyPlate Plan](#).

What counts as a cup of fruit?

The following examples count as 1 cup from the Fruit Group:

- 1 cup of fresh, frozen, or canned fruit
- ½ cup of dried fruit
- 1 cup of 100% fruit juice

Food Allergies

Recipes can be adjusted to meet various food allergies and personal preferences. Each recipe in 4-H Flavorful highlights food groups from the Dietary Guidelines for Americans.

Taste Test Reflections

Share your taste test reflections for 4-H Flavorful by reporting about your experience. Reporting is easy and takes less than 5 minutes. Visit the QR code to complete a brief survey or use the following link: https://sdstateoir.sjc1.qualtrics.com/jfe/form/SV_73sUVVgMaUGIAdg

Respond to the following statements about this month's theme, activities and recipes:

- This month I learned...
- How do you plan to use what you learned?
- What did your family enjoy most about this month's activities or recipes?
- How did you support this recipe with other food groups for a complete meal?

Recipes are taste tested by South Dakota State Fair 4-H Special Foods Contestants.

Table Talk

- **What is something you want to learn how to do and why?**
- **What is something you look forward to all day?**
- **What is something that made you laugh or smile today?**
- **What is something nice you did for someone else today?**
- **Did you struggle with something today, how did you overcome it?**

Flavorful Futures

Health Jobs

- **Phlebotomist** – collect blood samples, giving transfusions, addressing patient concerns, verifying patient information, sterilization of equipment.
- **Occupational Therapy Assistant** – carry out treatment plans created by the occupational therapist, work effectively with patients of all ages, use therapeutic techniques and exercises, help clients how to be self sufficient
- **Dental Assistant** – assists dentist, sterilize equipment, schedules appointments, answer patient questions, takes x-rays.

Science Jobs

- **Fishery Biologist** – works closely with water and fish conservation, depopulation and overpopulation of fish, and work in fish hatcheries.
- **Robotics Engineer** – Designs robots for specific purposes and functions in a variety of fields.
- **Agricultural Engineer** – designs machinery to resolve ag. related issues, looks for ways to prepare land and store crops after harvest.

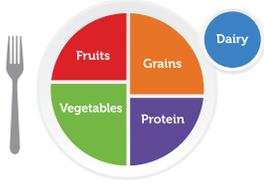
Food Jobs

- **Food Inspector** – Analyze food making sure food is safe for consumption, facilities are following sanitation and slaughter practices, food is labeled correctly, and the facility is producing products according to federal legislation.
- **Butcher** – prepares meat for consumers, cuts, trims, debones and grinds meat, packages, labels, weighs and processes meat.
- **Pastry Chef** – preparing and decorating deserts/baked goods, develops menus and new recipes, keeps inventory on ingredients, manages team.

Selling & Sharing Jobs

- **Agriculture Real Estate Agent** – work with clients looking to buy or sell rural property, advertises available properties, shows properties, completed closing paperwork.
- **Seed Salesman** – sells various types of seed, meet with clients to determine the best seed for them, promote new seed, conduct field trials, stay informed about trends and seed types.
- **Ag Insurance Agent** – evaluate risks with ag operations, customize insurance policies, assist with claims, recommend policies that best fit their clients.

Start *simple*
with **MyPlate**



Focus on Whole Fruits

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what fruits to eat, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Include fruit at breakfast

Top cereal with your favorite seasonal or frozen fruit, add bananas or chopped apples to pancakes, or mix raisins into hot oatmeal.



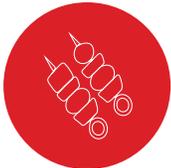
Take fruit on the go

Fruits like oranges, bananas, and apples are great portable snacks. You can also bring along a can of mandarin oranges or pineapple chunks packed in water.



Make your own trail mix

Combine one or two favorite breakfast cereals with dried cranberries and raisins. Bring for a snack in a small sealable bag or container.



Enjoy fruit as a snack

Make fruit kabobs using melon chunks, bananas, and grapes. Top with a light yogurt sauce for a fruity snack or side dish.



Add fruit at dinner

Chop up a combination of tropical or seasonal fruits to make a fruit salsa to top fish or chicken, or add fruit like grapefruit sections, apple wedges, or grapes to a tossed salad.



Keep fruit on hand

Cut up fruit and place in a bowl in the refrigerator. Put the bowl at the front of the shelf so that it's the first thing you see when you open the door.

Health Benefits of Fruits

All food and beverage choices matter. Focus on variety, amount, and nutrition.

- Eating foods such as fruits that are lower in calories per cup, instead of other higher calorie foods, may help lower overall calorie intake.
- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce the risk for heart disease, including heart attack and stroke.
- Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy. Vitamin C helps your body absorb iron more easily.
- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may protect against certain types of cancers.

Food Storage and Leftovers

When cooking at home it is not uncommon to have leftovers. It is important to be aware of food safety such as how to store leftovers.

Leftovers can be safely stored in a refrigerator for 3-4 days or a freezer for 3-4 months. Freezing food can keep it safe for much longer than 3-4 months however, the food may lose moisture, flavor and be susceptible to freezer burn.

When storing leftovers be sure to pack them or wrap them in an airtight container, doing so will help keep bacteria out and keep moisture in.

When thawing leftovers use methods such as thawing in the fridge, thawing in cold water or using the microwave oven. Thawing in the refrigerator takes the longest, but keeps food the safest, thawing in cold water requires more attention and leakproof packaging as bacteria can easily enter. Lastly thawing in the microwave is the fastest, continue to heat food until it reaches a temp of 165 degrees Fahrenheit. After thawing, food should be used within 3-4 days.

When reheating leftovers, be sure to heat until the temperature of 165 degrees Fahrenheit is reached. This can be measured with a food thermometer. Cover food while reheating to retain moisture and ensure food is heated all the way through. Covering the food and having an even layer helps ensure the food is heated evenly.

Family Engagement

Song Quiz: When it is your turn sing a few words from a song, the first player to finish the line and name the song gets a point! (Example: If you are singing the song Mary Had A Little Lamb and sing Mary had a the first person to sing little lamb wins the point).

Resources

U.S. Department of Agriculture (USDA). Careers in Agriculture and Food. <https://www.usda.gov/>

4-H. Agriculture and Food Science Projects. <https://4-h.org/parents/curriculum/agriculture/>

National FFA Organization. Agricultural Career Pathways. Retrieved from <https://www.ffa.org/>

My American Farm (American Farm Bureau Foundation for Agriculture). Ag Career Profiles. www.myamericanfarm.org

"Fruits." MyPlate U.S. Department of Agriculture, www.myplate.gov/eat-healthy/fruits.

Leftovers and Food Safety | Food Safety and Inspection Service, www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety.

Shopping List



Canned/Jar/Dried

- Chopped walnuts (½ cup)
- Dried cranberries (⅔ cup)

Produce

- Eggs (1)

Dairy

- Milk (¼ cup)
- Almond milk (1 ⅓ cups)
- Vanilla Greek Yogurt (½ cup)
- Cream cheese (8 oz.)
- Sour cream (4 oz.)
- Butter (½ cup + 3 tablespoons)

Frozen

- Ice (1 cup)
- Black berries (1 cup)
- Raspberries (1 cup)

Dry Ingredients/Seasonings

- All-purpose flour (1 ¾ cups)
- White sugar (¼ cup + 3 ½ teaspoons)
- Salt (⅛ teaspoons)
- Cinnamon (1 ⅛ teaspoons)
- Corn Starch (1 tablespoon)
- Brown sugar (2 tablespoons, packed)
- Powdered sugar (¼ cup)
- Vanilla extract (1 teaspoon)
- Lemon juice (1 ½ tablespoons)

Fruit

- Apples (3 cups chopped + 3-4 apples)
- Bananas (1 ½ cups)
- Strawberries (1 ½ cups)
- Grapes (½ cups)
- Oranges (½ cups)
- Kiwi (½ cups)
- Blueberries (½ cups)
- Apple Juice (½ cups)





Dutch Baby Apple Pancakes

Servings: 2

Ingredients

- » ¼ cup All-purpose flour
- » 1 ½ teaspoon sugar plus 2 T.
- » 1/8 teaspoon salt
- » ¼ c. Milk
- » 1 egg lightly beaten
- » 1 tablespoon butter plus 2 tablespoons
- » 3 cup chopped and peeled apples
- » 1/8 teaspoon ground cinnamon

Directions

1. In a small bowl, whisk the flour, milk, egg, 1 ½ tsp sugar and salt until smooth.
2. Place ½ tablespoon butter into each 4-inch cast iron pie plate. Place in a 400-degree oven for 2-3 minutes or until the butter is melted.
3. Pour batter evenly into the 2 pans. Bake for 17-20 minutes or until the edges are lightly browned.
4. In a saucepan, melt 2 tablespoon butter over medium heat. Sauté the apples, cinnamon and 2 tablespoon sugar until the apples are tender.
5. Spoon into bakes pancakes. Serve immediately.

Source: Dutch Baby Apple Pancakes, Heidi Carlson, South Dakota 4-H Special Foods Recipe Book



Autumn Fruit Salad

Servings: 4

Ingredients

- » 4 oz. cream cheese, softened lightly
- » 2 tablespoon packed brown sugar
- » 1 teaspoon ground cinnamon
- » 4 oz. sour cream
- » 1 teaspoon vanilla extract
- » 3-4 crisp sweet apples chilled
- » 1 cup cold water
- » 1 tablespoon lemon juice
- » ½ cup chopped walnuts
- » 2/3 cup dried cranberries

Source: Autumn Fruit Salad, Harper Hortness, South Dakota 4-H Special Foods

Directions

1. In a mixing bowl using an electric mixer, whip together cream cheese, brown sugar, and cinnamon on high speed until light and fluffy – about 3 minutes.
2. Add sour cream and vanilla. Blend until combined. Chill until ready to serve salad.
3. In a medium bowl combine water and lemon juice. Dice apples into cubes. As you are dicing apples, put them into the lemon/water mixture.
4. Drain apples and dab off excess water with paper towels (this reduces browning).
5. Transfer apples to bowl along with about ½ of the cranberries, and the cream cheese mixture. Toss to coat apples evenly.
6. Sprinkle remaining walnuts and cranberries over top. Keep chilled and serve within an hour for best results.



Triple Berry Smoothie

Servings: 3

Ingredients

- » 1 cup banana
- » 1 cup fresh strawberries
- » 1 cup frozen black berries
- » 1 cup frozen raspberries
- » 1 1/3 cup almond milk
- » 1/2 cup vanilla Greek yogurt
- » 1 cup ice

Directions

1. Add all ingredients to blender and blend all together.

Source: Triple Berry Smoothie, Jack Kreutner, South Dakota 4-H Special Foods



Fruit Pizza

Cook Time: 11 minutes | Servings: 6

Ingredients

- » 1 cup flour
- » 1/4 cup powdered sugar
- » 1/2 cup butter
- » 1 tablespoon cornstarch
- » 1/2 cup apple juice
- » 1/4 cup sugar
- » 1/2 tablespoon lemon juice
- » 4 oz. cream cheese
- » 3 tablespoon sugar
- » 1/2 cup grapes
- » 1/2 cup oranges
- » 1/2 cup kiwi
- » 1/2 cup blueberries
- » 1/2 cup banana
- » 1/2 cup strawberries

Directions

1. Crust: Mix ingredients, spread and press into a 9x9 pan. Bake at 350 degrees for 11 minutes.
2. Glaze: Mix ingredients and microwave for 5 minutes stirring every 30 seconds.
3. Center: Mix ingredients and spread on cool crust.
4. Toppings: Place fruit toppings on cream cheese center and top with glaze and chill. Garnish.

Source: Fruit Pizza, Rayven Dutenhoffer, South Dakota 4-H Special Foods

Meal Builders

Check out the Meal Builders below for two fun examples to help plan your menu! Aim to include 4–5 food groups for a meal and 2–3 food groups for a snack. The five food groups are fruits, vegetables, grains, protein and dairy. Eating from all the food groups gives your body the fuel it needs to play, learn, and grow strong every day! On the lines below, write your favorite meal or snack ideas to build your plate!

Dutch Baby Apple Pancakes

Dutch Baby Apple Pancakes _____

Scrambled eggs _____

Sausage link _____

Milk _____

Autumn Fruit Salad

Autumn Fruit Salad _____

Cheeseburger _____

Lettuce Salad _____

Milk _____

Triple Berry Smoothie

Fruit Pizza
