



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Grape

In season:



**Summer
and Fall**

Dakota: *Canwi yape' (chan we ya pe')*

Lakota: *čhunwíyapehe*

Lesson Plan

Objectives

Participants will:

- identify grapes as a fruit from MyPlate.
- increase knowledge in the selection, storage and nutritional value of grapes.
- demonstrate the use of grapes in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Daily Recommendations visual
- Produce by the Pound visual
- Grape visuals or real grapes to show variety, stem, seeds and seed removal
- Freezer storage containers

Handouts or Take Home Items

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

Recipe Choices

- Magical Fruit Salad
- Grape and Cashew Salad Sandwich

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 - chop
- Safely storing leftovers
- Washing tops of canned goods

Supplies for Grapes Lesson

- Magical Fruit Salad
 - » Knife
 - » Cutting board
 - » Can opener
 - » Colander
 - » Bowl
 - » Measuring cup
 - » Liquid measuring cup
 - » Spoon
- Grape and Cashew Salad Sandwich
 - » Knives
 - » Cutting boards
 - » Measuring cups
 - » Measuring spoons
 - » Toaster
 - » Bowl
 - » Spoon

What You Say:	What You Do:
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. • This fruit is actually a form of berry. • 99% of this fruit that is used commercially is grown in California. • Viticulture is the study of this fruit. • Each person in the United States eats an average of 8 pounds of this fruit per year. (Answer: Grapes.)	• 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 Grapes.
How many of you have seen this before? 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, $\frac{1}{2}$ of it is fruits and vegetables and the other $\frac{1}{2}$ is grains and protein. What food group do grapes belong to? (Answer: Fruit.)	• Show the MyPlate poster. • Call on someone who would like to answer.
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. What are some different ways that we can eat grapes? (Possible answers: fresh as a side dish, dessert or snack, in salads and sandwich fillings, with yogurt, in smoothies, dried as raisins.)	• Refer to the Daily Recommendations visual. • Have participants name their favorite way to eat grapes.
In South Dakota, grapes are usually ready to be picked from July to August. This is often the time when they are the best price in the grocery store also.	
When figuring the cost of grapes, use the Produce by the Pound chart. To use, find the price per pound for the grapes that you are going to purchase. Place the grapes on the grocery store scale for an approximate weight. Round the weight up to the nearest pound or $\frac{1}{2}$ pound. Then estimate the cost of the grapes using the produce calculator.	• Refer to the Produce by the Pound visual. Show participants how to use it to estimate the cost of fruits and vegetables.
Grapes can be red, black, blue, green, purple, yellow, orange or pink. They can have seeds or they may be seedless. Grapes will not ripen after they have been picked and their quality and flavor will not improve after being harvested, either.	• Show visuals of different colors of grapes or if possible have a couple of samples of the different colors. Show the inside of a grape with seeds if possible.



= for adults or older youth

What You Say:	What You Do:
When selecting grapes at the grocery store, look for plump, firm, brightly colored grapes that are attached to green stems. Do not purchase grapes that are soft, shriveled, leaking, sticky or that have dry, brittle stems.	Show visuals or real examples of good quality grapes, pointing out the color of the stem.
How do you think we should store grapes? Fresh grapes should be stored unwashed in the refrigerator in a sealed container or a plastic bag. Do not store them near strong smelling foods such as onions. Clean the grapes just before serving. Rinse them under cool water and then drain. If you are going to be serving the grapes fresh, you can leave the bunch whole or cut them into smaller sections to serve. If the grapes have seeds, they can be removed as the grapes are eaten. To remove seeds before eating, cut the grapes in half and remove the seeds with the tip of the knife.	- Call on someone who would like to answer. - Demonstrate rinsing and draining grapes refer to Washing Fruits and Vegetables skill sheet. - Demonstrate how to cut the grapes into small sections. - Demonstrate removing seeds from grapes by cutting them in half and using the tip of the knife.
Grapes can be stored in the refrigerator for about 1 week. Fresh grapes can also be frozen. To freeze grapes, rinse and drain the grapes. Remove the grapes from the stem and place them on a tray or baking sheet. Place them in the freezer. When frozen, remove the grapes from the tray and place them in freezer bags or cartons, seal and put them back into the freezer. Label the bags with the date. What can frozen grapes be used for? (Possible answers: Eaten plain, used in fruit salads or as grape ice cubes in summer beverages.)	- Discuss the process of freezing grapes. - Show examples of freezer storage containers. - Call on someone who would like to answer.
Can you guess why we would want to eat grapes? (Answer: A ½ cup of grapes is a good source of Vitamin C. Vitamin C helps to heal cuts and bruises, as well as keeping your gums healthy.)	Encourage participants to answer.
Grapes are also a source of simple carbohydrates, which are commonly called sugars. Sugars provide a quick source of energy for our bodies.	
Are you ready to try out a recipe using grapes? What is the first thing that we need to do before preparing food? (Answer: Wash our hands.)	- Discuss ways to prepare grapes. - Review Handwashing skill sheet.



= for adults or older youth

Wild Grapes

Dakota word translated and perspective provided by a member of Hunkpati Dakota.

Canwi yape' (chan we ya pe')

- Fruit is small like a pea and dark purple, usually found where cottonwood trees grow
- Can be eaten fresh and added or rubbed into meat to flavor
- Improves brain function
- Boosts immune system
- Fights fatigue and strengthens bones
- Vines made good cordage

Use this page if you are going to prepare Magical Fruit Salad

Equipment List

- Knife/cutting board
- Colander
- Measuring cup
- Spoon
- Can opener
- Bowl
- Liquid measuring cup

What You Say:	What You Do:
Today we will be making Magical Fruit Salad. Let's read through the recipe before we begin.	• Pass out the recipe and read aloud.
This recipe calls for pineapple chunks, grapes and bananas. What other fruits could be used if those were available to use? The fruits can be fresh or canned. What are some fresh fruits that could be used in this recipe? (Answer: Variety of grapes, apples, oranges, strawberries, blueberries, etc.) What are some canned fruits that we could include? (Answer: Fruit cocktail in juice, peaches etc.)	• Show the 1 cup measuring cup. • Call on someone who would like to answer.
MyPlate shows us that $\frac{1}{2}$ of our plate should be fruits and vegetables. We should be eating between 1-3 cups of fruits each day depending on our age and gender. All forms of fruit count toward this amount – fresh, frozen, canned or dried. Most frozen and canned foods are processed within hours of being picked. This preserves their flavor and nutrients. Studies show that recipes made with canned foods had about the same nutrients as those recipes made with the same ingredients that were fresh or frozen.	• Refer to the MyPlate poster.
If using fresh fruits, what do we need to do to them first? (Answer: Wash them by rinsing under cool, running water.) If using canned fruits, what is the first thing we need to do? (Answer: Wash the tops of the cans before opening. Be sure to wash the can opener after each use.)	• Call on someone who would like to answer. • Review the Washing Fruits and Vegetables skill sheet. • Demonstrate washing the tops of canned goods.
We will be chopping the fruit into bite-size pieces. What does the cooking term "chop" mean? (Answer: to cut solids into pieces with a sharp knife or other chopping device) We will be draining the canned fruit. How can we do this? (Answer: Use a colander or strainer.)	• Call on someone who would like to answer. • Review Knife Safety and Cutting Boards skill sheet.
We will be measuring milk for this recipe. Let's review how to measure a liquid ingredient.	• Refer to Measuring Liquid and Dry Ingredients skill sheet.
After the ingredients are mixed together, the salad is ready to be served. If there is leftover salad, what should we do with it? (Answer: Place leftovers in a sealed container in the refrigerator within 2 hours.)	

Use this page if you are going to prepare Grape and Cashew Salad Sandwich

Equipment List

- Knives
- Measuring cups
- Toaster
- Spoon
- Cutting boards
- Measuring spoons
- Bowl

What You Say:	What You Do:
Today we are going to be making a Grape and Cashew Salad Sandwich. Before we begin, let's read the recipe together.	• Pass out the recipes. • Read the recipe aloud.
How many food groups are represented in this recipe? Let's look at the ingredients. (Answer: 5. Fruit – grapes; Vegetable – celery, lettuce; Dairy – cottage cheese; Protein – cashews; Grain – whole grain bread.) All of the food groups are represented.	• Call on people or prompt after naming each ingredient. Point to each food group on MyPlate as you discuss.
The recipe says that the cashews should be coarsely chopped. What does the cooking term "chop" mean? (Answer: To cut solids into pieces with a sharp knife or other chopping device.) How can we chop the cashews? (Possible answers: With a knife and cutting board, with a chopper, place them in a bag and use a heavy object to break them into pieces.) We will also be chopping the celery and the parsley.	• Call on someone who would like to answer. • Review Knife Safety and Cutting Boards skill sheet.
Before we do the chopping and cutting of the grapes, celery, parsley and lettuce, what do we need to do to these ingredients? (Answer: Wash them.)	• Review Washing Fruits and Vegetables skill sheet.
If we have any sandwich filling leftover, what should we do with it? (Answer: Store in the refrigerator in a covered container within 2 hours.)	

Visuals



A vineyard in winter



Grapes growing on the vine



Grapes ready to be harvested



Grapes come in a variety of colors

Grapes Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Grapes, green (15 grapes)	½ cup, 77 g.	53	0.7	1%	8	147	2
Grape Juice, Purple, unsweetened	¾ cup, 190 g.	116	0.2	--	0	250	6
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)

Grape Sources

Recipe

- myplate.gov/recipes/myplate-cnpp/grape-and-cashew-salad-sandwich
- myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/magical-fruit-salad

Clues

- grapesfromcalifornia.com/community-outreach/grapes-in-the-classroom/

Information

- pickyourown.org/harvestcalendars.htm
- eatfresh.org/discover-foods/grapes
- fruitsandveggies.org/fruits-and-veggies/grapes/
- snap-ed.michiganfitness.org/
- montana.edu/extension/buyeatlivebetter/main_documents/factsheets/msu_extension_food_fact_sheets/GrapeFFS.pdf
- extension.usu.edu/

Cooking terms

- reallifegoodfood.umn.edu/kitchen-skills-and-tips/cooking-terms-glossary

Dakota translation and historical use

- Member of Hunkpati Dakota

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

Grape

In season:



Summer
and Fall

Dakota: Canwi yape' (chan we ya pe')

Lakota: čhunwíyapehe

Pick it!

Table grapes come in black, blue, golden, red, green, purple and white colors, and can have seeds or be seedless.

Grapes are also grown for making wine, and each type of wine comes from a specific variety of grapes.

Select grapes that are plump, firm and still attached to the stem.

Avoid any grapes that are shriveled or sticky.

Can be stored in the fridge for 1 week.

Try it!

Cut stem to separate grapes from bunch, then wash thoroughly.

Grapes are great snacks, and can be added into salads with both fruits and vegetables.

Grapes can be canned as jams/jellies, made into wines/juices or dried as raisins.

Freeze grapes and run under lukewarm water to peel.

Types of Grapes

Table: Eaten raw or processed into jams/jellies. Varieties include: Red Globe and Concord.

Wine: Grown just for use in wine making. Cold hardy varieties include: Frontenac and Marquette.

Raisins: Dried grape, dark or golden colored, sweet due to high sugar content.



Did you know...

Grapes are rich in health-protecting antioxidants, found mainly in the skin, antioxidants reduce or neutralize free radicals that damage cells.

Like it!

Magical Fruit Salad

Ingredients

- 1 -20 ounce can pineapple chunks, juice packed
- 1 cup grapes, seedless (red or green)
- 2 bananas
- 1-3.25 oz package instant pudding; lemon or vanilla, sugar free or low-fat
- 1 $\frac{3}{4}$ cups cold milk; non-fat or low-fat

Directions

1. Drain the juice from the pineapple and put the chunks in a large bowl.
2. Rinse and drain the grapes, add to the pineapple.
3. Peel and cut banana into bite-sized pieces; add to bowl.
4. Pour milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix.
5. Let the mixture stand for 5 minutes and serve.
6. Refrigerate leftovers within 2 hours.

Yields 12 servings.

Nutrition Facts per Serving:

Total Calories 97; Total Fat 0g, Saturated Fat 0g; Cholesterol 1mg; Sodium 131mg; Carbohydrates 23g, Dietary Fiber 1g, Total Sugars 20g, Added Sugars included 7g; Protein 2g

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/magical-fruit-salad

Grape and Cashew Salad Sandwich

Ingredients

- $\frac{3}{4}$ cup dry roasted cashews; unsalted, coarsely chopped
- 1 cup low-fat cottage cheese
- 1 $\frac{1}{2}$ cup red grapes; quartered
- 1 celery stalk; chopped
- Ground black pepper to taste
- 2 Tablespoons fresh parsley; chopped
- 8 lettuce leaves
- 8 slices whole-grain bread

Directions

1. In a medium bowl, mix cottage cheese, grapes, celery, cashews, parsley and ground black pepper.
2. Toast bread.
3. Spread $\frac{1}{4}$ salad mix on 4 of the toasted bread slices.
4. Add 2 lettuce leaves to each sandwich; top with 2nd bread slice.

Yields 4 servings.

Nutrition Facts per Serving:

Calories 380; Fat 16g, Saturated Fat 4g; Cholesterol 5mg; Sodium 430mg; Carbs 45g; Fiber 6g; Sugars 16g, Added Sugars included 3g; Protein 19g

Source: myplate.gov/recipes/myplate-cnpp/grape-and-cashew-salad-sandwich

Dakota Perspective (Wild Grapes)

Dakota: Canwi yape' (chan we ya pe')

Usually found where cottonwood trees grow. Fruit is small like a pea and dark purple in color. Eaten fresh and added to or rubbed into meat to flavor it. The vines make good cordage. The fruit is believed to improve brain function, boost immune system, fight fatigue and strengthen bones.

Translation and information provided by a member of Hunkpati Dakota. Lakota word translated by Jeshua Estes.

**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-0001-19

© 2024, South Dakota Board of Regents