

NAME: _____

Aligned to the following standards:
CS.01; FFA.PL-A; FFA.PL-E; FFA.PG-J; FFA.CS-N; AG1; AGC02.02; CCSS.ELA.RI.9-10.2;
CCSS.ELA.RI.9-10.4; CCSS.ELA.SL.9-10.2; CCSS.ELA.WHST.9.10.4; MP1; MP5; MP6;
CRP.02; CRP.04; CRP.05; CRP.06; CRP.08

Prunes

DIRECTIONS:

Read over and answer the questions below while you watch the video "John Zuppan – SAE – Prune Orchard," available at <https://vimeo.com/289989630>.

Identify three tasks John needs to complete for his SAE. Record one item on each of the lines of this task list.

☒	_____
☐	_____
☐	_____



Which of the following was John's biggest challenge?

- a. Learning to complete the necessary tasks needed to maintain the orchard
- b. Deciding what variety of trees to plant
- c. Time management
- d. Communication skills

What did John participate in through class and FFA that has helped to better equip him to be successful in his chosen SAE?

DIRECTIONS:

Using the California Dried Plums website, <https://www.californiadriedplums.org/about-prunes-and-dried-plums/history>, develop a timeline with pictures to represent the dried plum's development. (Hint: There should be a minimum of 9 points.) Include a picture for each moment on your timeline.



Trivia!

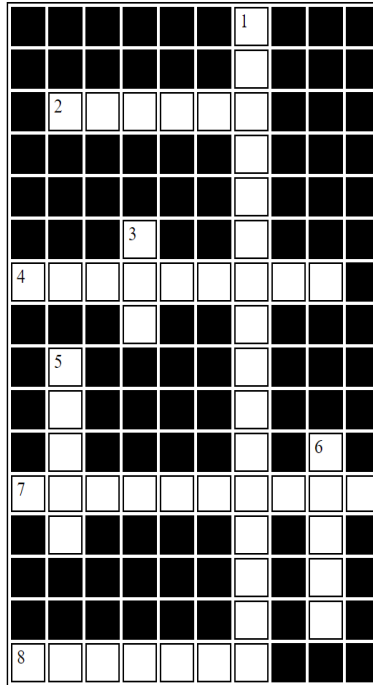
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DIRECTIONS:

Using the California Dried Prunes FAQs, <https://www.californiadriedplums.org/about-prunes-and-dried-plums/faq>, complete the following crossword puzzle.

Dried Plum Trivia



Across

2. In what month does the harvest of prunes typically occur?
4. Prunes are commonly eaten because they serve as a great _____ aid.
7. The majority, 99%, of prunes are grown in this state.
8. The most common way to eat prunes it right out of the _____.

Down

1. This is the only preservative used in prunes.
3. Are dried plums the same as prunes?
5. Prune plums have very high _____ which allows them to be fermented.
6. Prunes contain a soluble and insoluble form of _____, making them a great digestive aid.

Why do you think many consumers are unfamiliar with prunes and their production?



What would be a way to help consumers have a better understanding of prunes?

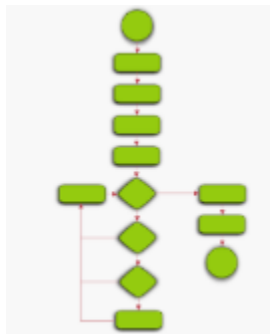
Production

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CCSS.ELA.RI.9-10.4; CCSS.ELA.SL.9-10.2; CCSS.ELA.WHST.9.10.4; MP1; MP5; MP6;
CRP.02; CRP.04; CRP.05; CRP.06; CRP.08

DIRECTIONS:

Using the information available at <https://www.californiadriedplums.org/about-prunes-and-dried-plums/growing-and-harvesting>, develop a flow chart using pictures and minimal words that depicts the prune production process. See the example below of what a flow chart can look like.



Prunes and Nutrition

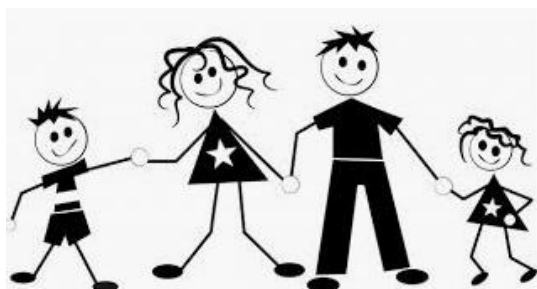
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DIRECTIONS:

Now that we have a better understanding of prunes and their production, let's look at the benefits to you as a consumer. Complete the following activities below to learn about how prunes can fit into your diet each day to make a healthier you. Use the following website to assist you in completing the activities: <https://www.californiadriedplums.org/nutrition>.

What would a dietitian say about the health benefits of prune consumption?



What would your family say about the health benefits of prune consumption?

Now that better understand the nutrition and health benefits, what would you tell someone about the health benefits of prunes?



Using AqExplorer.ffa.org, determine two career focus areas in which a person in the prune production industry could have a career. Write them on the lines below and include a short description of why you selected that focus area.

1. _____ -

2. _____ -

Prunes Every Day

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DIRECTIONS:

Using what you now know about prunes, let's take a look at how we can incorporate prunes into our daily diet. Utilizing the two infographics provided, take a recipe you currently love and rewrite the recipe to incorporate prunes.



Culinary Goodness for Healthy Bones

Creative cuisine featuring prunes is exploding on menus across the country, and for good reason. Prunes can be used in all types of recipes and have the added benefit of supporting healthy bones. Not sure how to incorporate this small but mighty ingredient? Nutrition consultant and California Dried Plum Spokesperson, **Leslie Bonci, MPH, RD, CSSD, LDN** shares recipes that bring to life the amazing versatility of California prunes. Try them out – your taste buds and bones will thank you.

1. SAUCES

Use prunes in sauces to give your recipe a boost of natural sweetness and improved texture.

Prune Purée

<http://www.californiadriedplums.org/recipes/dried-plum-purée>



2. TOPPINGS

Incorporate prunes as a topping to enhance flavor and balance sweetness and acidity in dishes.

Edamame a Different Way

<http://www.californiadriedplums.org/recipes/edamame-a-different-way>



3. ENTREES

Develop more richness and moisture in entrees by incorporating prunes which help meats retain juiciness.

Chicken Thigh Cutlets Stuffed with Olive-and-Dried-Plum Tapenade

<http://www.californiadriedplums.org/recipes/chicken-thigh-cutlets-stuffed-with-olive-and-dried-plum-tapenade>



4. DESSERTS

Turn to prunes as a fat substitute in cakes, cookies and muffins, among other treats, to help reduce calories and enhance flavors.

Plumkins

<http://www.californiadriedplums.org/recipes/california-dried-plumkins>



5. QUICK AND EASY

Adding chopped prunes easily sneaks in some of your nutritional needs with a dose of yumminess.

Right Bites

<http://www.californiadriedplums.org/recipes/rbe-bites>



Redesigned Recipe Incorporating Prunes

Recipe:

Ingredients:

Directions:

Original

Reduce

Replace



Oil

½ cup oil →



¼ cup oil + ¼ cup dried plum purée



Dried Plum Purée



Butter

1 stick butter → ½ stick butter + ½ cup dried plum purée



Dried Plum Purée

Original Recipe

Recipe:

Ingredients:

Directions:

What other types of substitutions can be made in common recipes to make them healthier?