

FARM TO PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET

Apples



September 2009

Read Aloud Books and Activities

Week 1 Theme: Apples and How they Grow

Week 2 Theme: Apple Blossoms

Week 3 Theme: Colorful Apples

Week 4 Theme: Wind and the Apples



HARVEST OF THE MONTH ACTIVITIES

Apples Week 1

All About Apples

Objectives:

- Students will describe where apples come from, which season they are ready for picking, and how the farmer grows the apples.
- Students will identify apples as a healthy choice for a snack.
- Have students taste a variety of apples in the **Food Experience**.

Supplies:

Fresh Fruit and Vegetable Photo Cards

Food experience ingredients: 2 apples each of several different varieties (e.g. golden delicious, red delicious, granny smith and fugi) for 20 taste tests

Directions:

1. Show children the **apple photo card** and tell them we are going to talk about and eat apples this month.
2. Describe where apples come from (they grow from seeds into a tree, and the farmer picks the apples from the tree), which season apples are ready to pick (in the fall, when there are cooler temperatures), and how the farmer grows apples.
3. Have the children identify that apples are a healthy choice for a snack. Explain that apples make a healthy snack because they help clean your teeth, they give you energy to play and help you grow strong.
4. Talk to the children about the different ways to eat apples as a snack (sliced, whole, with peanut butter or yogurt, in a fruit salad, dried, etc.).
5. Have the "Apple Tasting" **Food Experience**. See the Week 1 recipe for the taste test. Discuss the different varieties of apples they are eating. See the sheet on "Conducting An In-Class Taste Test" to see pointers on what to ask the children and how to encourage them.

HARVEST OF THE MONTH ACTIVITIES

Apples Week 2

Apple Blossoms

Book: I Am An Apple by Jean Marzollo

Objectives:

- Students will describe the cycle of how an apple grows.
- Students will count five petals on an apple blossom.
- Students will identify at least 1 food made from apples.
- Students will draw apple blossoms.

Supplies:

Crayons

White paper

Directions:

1. Read I am an Apple by Jean Marzollo and discuss the story.
2. Using the last page (with the picture of how an apple grows) have the children describe how an apple grows from a seed to an apple.
3. Show the children the page that states 'I have five petals,' 'I am beautiful.' Have them read it with you, repeating after you. Have the children count the petals on the blossoms. Show them the page with the apple seeds. Have them read it with you and count the seeds in the apple. Explain that there is the same number of seeds as petals.
4. Show the children the page that states 'Applesauce is made from apples. What else is made from apples?' Have the children talk about different healthy foods made from apples and write them on the board (Example: apple sauce, apple butter, apple cider, baked apples, apple muffins, etc.).
5. Tell the children that they are going to make a branch of an apple tree with apple blossoms. Using crayons, draw a branch from an apple tree. Then draw blossoms with five petals. Encourage the children to count the petals on each blossom.

HARVEST OF THE MONTH ACTIVITIES

Apples Week 3

Colorful Apples

Objectives:

- Students will identify different colored apple varieties.
- Students will describe other healthy foods that are the same color as apples (red, yellow, and green).
- Students will create a collage with healthy foods that are the color of apples.
- Students will learn the season in which apples grow and where fresh and local apples can be purchased.

Supplies:

Chart paper

Crayons

Fresh Fruit and Vegetable Photo Cards

Glue

Magazines

Markers

Newspapers

Scissors

White paper

Directions:

1. Have the children identify colors and varieties of apples (red, yellow, green). Have them help you name the varieties. Some common varieties include red delicious (red), gala (red), fuji (yellow, green, orange), golden delicious (yellow), granny smith (green).
2. Have the children identify any healthy foods that are the same color as apples. From the **photo cards**, you can show them a combination of any of the red, yellow, or green foods listed below. For each item, show them a **Fresh Fruit and Vegetable photo card**. Talk about other foods they may not have identified. For example: **Red- Bell Peppers, cherries, tomatoes. Yellow-banana, lemon, pineapple. Green: Asparagus, Lettuce, peas.**
3. Review what makes a food healthy (e.g. gives you energy to play, helps you grow strong and isn't high in sugar, salt or fat.)
4. Have the children draw an apple and color it red, yellow, or green (whichever they like best). Then have them find pictures of healthy foods and things from newspapers and magazines to glue around their apple that are the same color.
5. Discuss with the children what season apples grow in (Fall). Talk about where fresh picked apples can be purchased (farmer's markets, farms, farm stands, apple orchard, supermarket).

HARVEST OF THE MONTH ACTIVITIES

Apples Week 4

Wind and the Apples

Book: The Seasons of Arnold's Apple Tree by Gail Gibbons

Objectives:

- Students will review what they have learned in the prior weeks about apples.
- Students will describe the changes in an apple tree throughout the seasons.
- Students will recite an apple poem.

Supplies:

Crayons

White paper

Directions:

1. Read The Season's of Arnold's Apple Tree by Gail Gibbons and discuss the story.
2. Review with the children why apples are a healthy snack (e.g. they help clean your teeth, they give you energy to play and help you grow strong).
3. Review with the children different ways apples can be eaten (sliced, whole, with peanut butter or yogurt, in a fruit salad, dried, etc.)
4. Review with the children the different colors of the apples (red, green, yellow).
5. Using the pictures in the book, have the children describe the changes in the apple tree throughout the seasons. Have them identify the season with the pictures of the apple trees in the book.
6. Explain that the weather is what makes the tree change. For example, wind makes the leaves and blossoms fall off. Recite the poem 'Wind and the Apples' (see below).
7. Have the children draw an apple tree and recite the poem after you.

Wind and the Apples

Five red apples hanging on a tree
The juiciest apples you ever did see!
The wind came past and gave an angry frown
And one little apple came tumbling down.
Four red apples, etc.

Food Experience Calendar

Week 1

Apple Tasting

Optional

Apple Juice and Apple Sauce
Tasting

Optional

Apple Rainbow Fruit Cup

Optional

Apple Yogurt Trifle

FOOD EXPERIENCE RECIPES

Week 1

Apple Tasting

- 2 Golden Delicious Apples
- 2 Red Delicious Apples
- 2 Fuji Apples
- 2 Granny Smith Apples

Directions:

1. Wash all apples well. Cut each apple in half and show the children what the fruit looks like on the outside and inside.
2. Slice each apple into 20 slices and place on separate plates. Show the children the different varieties, noting colors, size, and how/where they grow.
3. Taste the different varieties and have each child share which was his/her favorite variety.

Makes 20 Taste Tests

Other Materials

Use 4 plates for the apples and small plates or napkins/paper towels for each child.

Developed by Merced County Office of Education Nutrition Network

Optional

Applesauce and Apple Juice Tasting

- 1 cup 100% apple juice
- 8 Fuji or Golden Delicious Apples (cubed, no skin, and seeded)
- 1 ½ tablespoons honey
- 1 small container of Cinnamon
- 1 jar of no sugar added applesauce

Directions:

1. Make sure apples seeds are removed before making the applesauce.
2. Pour apple juice, apples, and honey into a blender or food processor. Blend to desired consistency.
3. Sprinkle with cinnamon if desired. Makes 20 taste tests (1/4 cup each)
4. Discuss how apples can be made into many different foods (apple pie, apple muffins, dried apples, apple cider, etc.) Have they made any apple foods at home? Have they bought them in the store? Provide students with 2 Tablespoons of store bought applesauce to compare to the home made.
5. Have children taste the homemade apple sauce and store-bought apple sauce and compare the two. Do they like to eat apples or apple sauce?
6. Have the children taste the juice (approximately one ounce each.) Do they like to drink apple juice or eat apples?

Makes 20 Taste Tests

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Other Materials

- Blender or food processor
- 20 plastic cups
- 20 plastic spoons

Optional

Apple Rainbow Fruit Cup

2 Red Delicious Apples, sliced into bite size pieces
2 small cans of Mandarin orange slices, drained
2 Yellow Delicious Apples, sliced into bite size pieces
2 Granny Smith Apples, sliced into bite size pieces
1 pint fresh blueberries
Small clear plastic cups (4oz cups)
One large clear plastic bowl

Directions:

1. Wash all fruit.
2. Slice all fruit, except blueberries into bite-size pieces.
3. Place one small slice of each apple and orange slice on the student's plate, have the students cut up their own pieces of apple and orange on their plate.
4. Layer fruit in a large plastic bowl until a rainbow of colors has been formed with the apple, oranges and blueberries.
5. Once the bowl has been completely layered, use a large spoon to place a scoop into each 4oz cup.
6. Have each student place the fruit he/she has cut up into his/her plastic cup.
7. Taste.

Makes 20 Taste Tests

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Other Materials

20 plates or napkins/paper towels
20 plastic knives
20 plastic cups
Large clean plastic bowl
Optional: 20 plastic spoons

Optional

Apple Yogurt Trifle

3 Granny Smith Apples (cored and finely chopped)
6 (8 ounce) containers of low-fat cherry yogurt
2 ½ cups Grape-Nuts cereal
24 small paper cups

Directions:

1. Evenly divide 3 of the yogurt containers and half of the chopped apple pieces among the cups to provide each student with a taste.
2. Add two tablespoons of Grape-Nuts to each cup. Top evenly with layers of remaining yogurt, chopped apple and a sprinkle of Grape-Nuts. Refrigerate at least 15-20 minutes before tasting to allow cereal to soften.

Makes 24 tastes (1/4 cup each)

Other Materials:

24 paper cups
24 plastic spoons

Recipe adapted from Harvest of the Month Cycle 1 September Newsletter

