

concept

Introduce children to apples as a healthy food choice and encourage healthy food habits.

A is for Apple

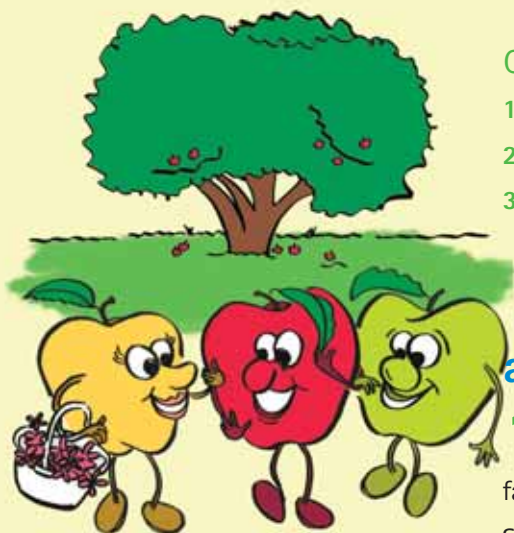


goal

1. Children will learn about the varieties of apples and why apples are a healthy food choice.

objectives

1. Children recognize apples as a healthy food choice.
2. Children learn apples belong to the fruits group of MyPlate.
3. Children recognize that there are different types of apples and that they grow on trees.



activities

1 Have the children sit in a circle or group on the floor and ask them what their favorite fruit is. Say, "Raise your hand if an apple is your favorite fruit!"

Show the children a copy of the MyPlate poster. Point to the red section on MyPlate and ask, "Do you remember learning about the fruits group of MyPlate?"

Give each child a chance to answer and say, "Very good!" Continue by saying, "The apple belongs with other fruits in the fruits group! Apples, like other fruits, are full of vitamins and minerals and they give us energy to grow strong. Apples are a very healthy food."

2 Say, "Raise your hand if you can tell me where you would find apples growing outside."

Give each child a chance to answer. If needed, prompt the children to say that apples grow outside on trees. Provide children with praise and encouragement.

MATERIALS NEEDED

- MyPlate poster (see *MyPlate* lesson plan)
- *Apples, Apples, Apples* by Nancy Elizabeth Wallace
- *My Apple Tasting Chart* (included)
- Apples: Red Delicious, Granny Smith (green), and Golden Delicious (yellow)
- "Special Apples" poem (included)
- Brown, red, and green non-toxic craft paints
- Old adult-size t-shirt or painting smock (1 for each child)
- Construction paper

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3 Have the children stand and say the following poem verse by verse after you. Enthusiastically demonstrate your motions and ask them to copy your movements.

“Way high in the apple tree
(Reach very high on tiptoes)
Two little apples were smiling at me
(With hands high in the air, shape them into two circles looking down at you)
I shook the tree as hard as I could
(Wiggle your body)
Down came those apples
(Squat down)
And M-M-M were they good!
(Stand up, rub your tummy and smile).”

Have the children repeat the poem and movements with you several times.

4 Say, “Let’s all sit down criss-cross applesauce style. I am going to read you a story!”

With great animation, read the book *Apples, Apples, Apples* by Nancy Elizabeth Wallace.

5 To start the next activity, make copies of *My Apple Tasting Chart* (included), and slice pre-washed Red Delicious, Granny Smith, and Golden Delicious apples for the children to try. Have the children wash their hands before this activity.

6 Provide each child with a slice of the following apples: Red Delicious, Granny Smith, and Golden Delicious. Make sure the children do not eat any apples until you tell them to. In addition, give each child a copy of *My Apple Tasting Chart*. Say, “Everyone pick up the slice of apple with red on it and taste it.”

Allow children time to taste the first apple slice, then say, “This is a Red Delicious apple. Did you like the taste of it?”

After the children have answered, say, “If you liked the taste then color the first happy face.”

Hold up a chart and point to the first happy face in the column next to where it says Red Delicious. Continue by saying, “If you didn’t care for this apple, color the other face.”

In this case, hold up the chart and point to the “not today” face in the Red Delicious row. Say, “It’s OK if you didn’t care for this apple today, maybe you will another day.”

In the same way as above, continue this activity with the Granny Smith and the Golden Delicious apples. Help the children complete their tasting chart if needed. During this activity, discuss the book that was read earlier. For example, say, “Do you remember all the colors of the different apples in the book *Apples, Apples, Apples*? Some of the apples were sweet and some were a little tart. Some were even a little sour but they are all so good for us.”

Make sure the children have their names on their charts and send the charts home with the parent letter (included).

You may choose to do this activity as a group by making one chart on a large sheet of paper in place of the individual apple tasting charts for each child. In this case, hang the chart in the front of the room and as the children taste the Red Delicious apples, say, “Raise your hand if you like the taste of this apple.”

Count the number of hands raised and record them on the large chart. The same process can be repeated for the remaining two types of apples.

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7 The next activity requires you to make copies of the "Special Apples Poem" for each child (included) and obtain 3 different non-toxic craft paints (brown, green, and red). It's recommended to have 1 bowl of each color of paint for every 3 to 4 children. You may also want to have children wear an old adult-size t-shirt or painting smock for this activity. Have the children move to an activity table and provide each child with a piece of construction paper. Once the children have their bowls of paint and construction paper they are ready to start. The children will make an apple tree by dipping different parts of their hand into paint.

Help the children paint the "pinky" side of their hand brown. Next, instruct the children to use this side of their hand to make a brown "trunk" on the construction paper.

If possible have children wash and dry their hands before the next step. If this is not possible have wet paper towels available for them to wipe their hands.

Next, instruct the children to stick their index (pointer) finger in the green paint and make "leaves" at the top of the "trunk," re-dipping their index finger in the green paint as needed. If possible have children wash and dry their hands again or use a wet paper towel to wipe their hands.

Lastly, have the children stick the tip of their pinky finger in the red paint and create "apples" throughout the leaves.

Have children wash and dry their hands. Write the children's names on their projects.

You can read the poem "Special Apples" (included) and encourage the children to recite it together with you.

After the paintings have dried, have the children paste a copy of the poem on the back of the construction paper to take home.

8 After the art activity, have the children stand and sing the following song verse by verse after you and follow your motions. Sing to the tune of "Have you Ever Seen a Lassie?"

"Have you ever seen an apple, an apple, an apple,

(Hold hand to above eyebrow as if your searching from side to side)

Have you ever seen an apple that grows on a tree?

(Bring both hands up above your head and clasp fingers for the top of a tree)

A red one, a yellow one, a green one, a gold one.

(Stretch arm over head to one side and then switch to the opposite side)

Have you ever seen an apple that grows on a tree?"

(Bring both hands up above your head and clasp fingers for the top of a tree)

Have the children repeat the song and movements with you several times.

Remember to make copies of the parent letter with the take-home activity sheet printed on the reverse side to send home with each child. The community fact sheet is also included for you to copy and display at your center or distribute as appropriate.

for children ages 4½–5

concept

Introduce children to apples as a healthy food choice and encourage healthy food habits.

A is for Apple

goal

1. Children will learn about the varieties of apples and why apples are a healthy food choice.

objectives

1. Children will learn how to recognize apples as a healthy food choice.
2. Children will locate the fruits group on MyPlate.
3. Children will learn how to construct an apple shape with craft materials.

activities

1 Have the children sit in a circle or group on the floor and ask them what their favorite fruit is. Say, "Raise your hand if an apple is your favorite fruit!"

Show the children a copy of the MyPlate poster. Point to the red section on MyPlate and ask, "Do you remember learning about the fruits group of MyPlate?"

Give each child a chance to answer and say, "Very good!"

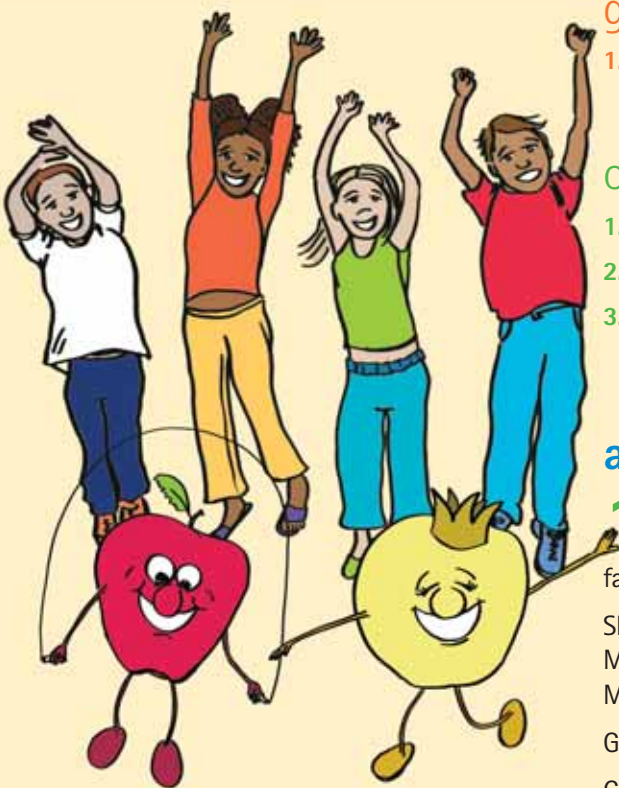
Continue by saying, "The apple belongs with other fruits in the fruits group! Apples, like other fruits, are full of vitamins and minerals and they give us energy to grow strong. Apples are a very healthy food."

2 Say, "Raise your hand if you can tell me where you would find apples growing outside."

Give each child a chance to answer. If needed, prompt the children to say that apples grow outside on trees. Provide children with praise and encouragement.

MATERIALS NEEDED

- MyPlate poster (see *MyPlate* lesson plan)
- Apples: Red Delicious, Granny Smith (green), and Golden Delicious (yellow)
- *Apples, Apples, Apples* by Nancy Elizabeth Wallace
- *My Apple Tasting Chart* (included)
- Paper plates (1 small dessert-size plate for each child)
- Non-toxic glue sticks
- Green and brown construction paper (¼ piece for each child)
- Non-toxic markers or crayons in yellow, red, and green



A is for Apple

3 Take one red, one green, and one yellow apple and have the children move to an area where they can be active. Explain, "We are going to play a game called Red Apple, Green Apple! I am going to tell you to move in a certain way and I only want you to do it if I am holding up the green apple. This apple means go. If I hold up the red apple that means I want you to stop. And if I hold up the yellow apple I want you to move very, very, slowly. Don't worry if you mess up, just try again!"

Once all of the children understand the rules, play the game by saying activities such as: hop on one foot, or jump up and down. Continue playing several times.

4 After the game is completed, say, "Let's all sit down criss-cross applesauce style. I am going to read you a story!"

With great animation, read the book *Apples, Apples, Apples* by Nancy Elizabeth Wallace.

5 To start the next activity, make copies of *My Apple Tasting Chart* (included), and slice pre-washed Red Delicious, Granny Smith, and Golden Delicious apples for the children to try. Have the children wash their hands before this activity.

6 Provide each child with a slice of the following apples: Red Delicious, Granny Smith, and Golden Delicious. Make sure the children do not eat any apples until you tell them to. In addition, give each child a copy of the *My Apple Tasting Chart*. Then say, "Everyone pick up the slice of apple with red on it and taste it."

Allow children time to taste the first apple slice then say, "This is a Red Delicious apple. Did you like the taste of it?"

After the children have answered, say, "If you liked the taste then color the first happy face."

Hold up a chart and point to the first happy face in the column next to where it says Red Delicious. Continue by saying, "If you didn't care for this apple, color the other face."

In this case, you should hold up the chart and point to the "not today" face in the Red Delicious row. Say, "It's OK if you didn't care for this apple today, maybe you will another day."

In the same way as above, continue this activity with the Granny Smith and Golden Delicious apples. Help the children complete their tasting chart if needed. During this activity, discuss the book that was read earlier. For example, say, "Do you remember all the colors of the different apples in the book *Apples, Apples, Apples*? Some of the apples were sweet, and some were a little tart. Some were even a little sour but they are all so good for us."

Make sure the children have their names on their charts and have the charts go home with the parent letter (included).

You may choose to do this activity as a group by making one chart on a large sheet of paper in place of the individual apple tasting charts for each child. In this case, hang the chart in the front of the room and as the children taste the Red Delicious apples, say, "Raise your hand if you like the taste of this apple."

Count the number of hands raised and record them on the large chart. The same process can be repeated for the remaining two types of apples.

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7 Before starting the art activity, arrange to have small dessert-size paper plates and the following: glue sticks; ¼ sheet of green construction paper for apple leaves; ¼ sheet of brown construction paper for the stem; and red, green, and yellow markers, or crayons, for coloring.

Have the children sit in pairs or groups at a table to do this activity. Provide each group with a glue stick, construction paper, and the markers or crayons for coloring. Provide each child with a paper plate and instruct them to color the paper plate the color of their favorite apple (red, yellow, or green).

Say, "Let's make the stem for our apple. Watch me tear a small (pencil-size) piece of the brown paper for the stem. Now it's your turn."

Instruct the children to glue the stem on top of their apple. Then say, "Now we will be making the leaves for our apples so watch me tear a few pieces of green paper and see how I make the leaves for my apple!"

Demonstrate how to make the leaves and then glue them on top of the apple next to the stem. Assist the children as needed. Have the children write their names on the backs of their apples, and then hang the apples up for everyone to see.

Remember to make copies of the parent letter with the take-home activity sheet printed on the reverse side to send home with each child. The community fact sheet is also included for you to copy and display at your center or distribute as appropriate.

additional activities for either age group

Apple Stamping Activity

MATERIALS NEEDED

- Cutting knife for teacher
- Several red, green, and yellow apples
- Old adult-size t-shirt or painting smock (1 for each child)
- Small paper plates
- Red, green, and yellow non-toxic paint
- Light-colored construction paper

Cut several red, green, and yellow apples in half. Cut some apples from top to bottom, and some apples from side to side—cut enough for each child to have both types.

Before putting paint out, ensure that each child wears an old adult-size t-shirt or painting smock to cover up clothes.

- For every 3 children provide plates of red, green and yellow paint.
- Have the children dip apple pieces into corresponding paint color and stamp designs on construction paper.

Applesauce Recipe

Make applesauce in class with the children. Have children assist with these tasks—except for peeling and dicing the apples.

- 8–10 medium apples, peeled and diced
- 1 cup sugar
- ½ cup water
- Sprinkle of cinnamon
- Peel and dice 8–10 medium apples.
- Combine apples and ½ cup water in a large slow cooker.
- Cover and cook on low for 4 hours.
- Add 1 cup of sugar and cook on low for another 30 minutes.
- Before serving, sprinkle with cinnamon.

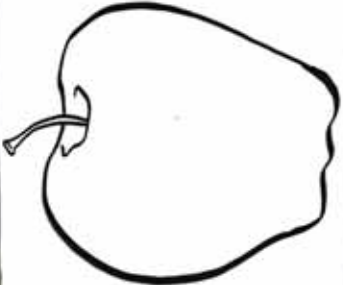


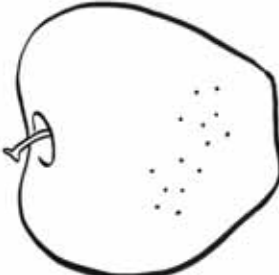


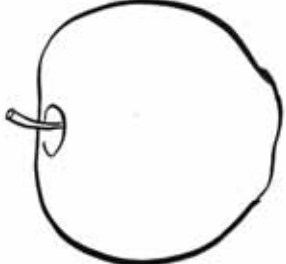


Number of Portions: 11

Size of portion: 4 ounces

Meal Pattern contribution: ½ cup of fruit/vegetable

PLEASE NOTE: Apples will be slightly chunky. Puree in blender if smooth applesauce is preferred.

Apple Tasting Chart for: _____ (your name)

| Types of apples I tried today. | Apples I liked. | Not today. |
|--|--|---|
|  <p>Red Delicious</p> |  |  |
|  <p>Yellow Golden Delicious</p> |  |  |
|  <p>Green Granny Smith</p> |  |  |

Apples Poem



Special Apples

These are special apples,
Hanging on this tree,
I made them with my fingerprints,
They are part of me!



Special Apples

These are special apples,
Hanging on this tree,
I made them with my fingerprints,
They are part of me!

Dear Parent:

Your child has been learning about apples as a healthy food choice in our lesson, *A is for Apple*.

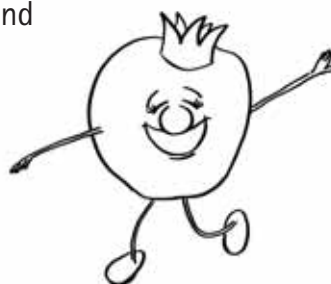
Did you know that apples help fight some types of cancers, help reduce cholesterol and promote healthy lungs? Researchers are finding more and more reasons to eat an "apple a day."

There are many types of apples on the market today, but most people have only tried one or two of the more popular varieties. Your child participated in an apple tasting activity and tried Red Delicious, Green Granny Smith, and Yellow Golden Delicious apples. Ask your child about this and look at their apple tasting chart!

Apples can be sweet or tart, smooth, crisp or crunchy, depending on the one you choose. There is an apple to suit almost everyone's taste, so why not try some different varieties? Your children learn from watching you. Eat fruits and veggies and your kids will too.

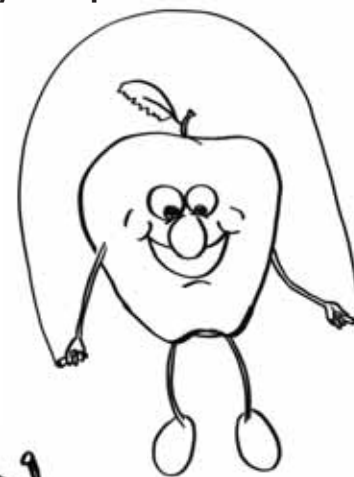
Turn the page to help your child color the apple to look like their favorite tasting one, and help your child learn the sign language sign for apple.

Sincerely,



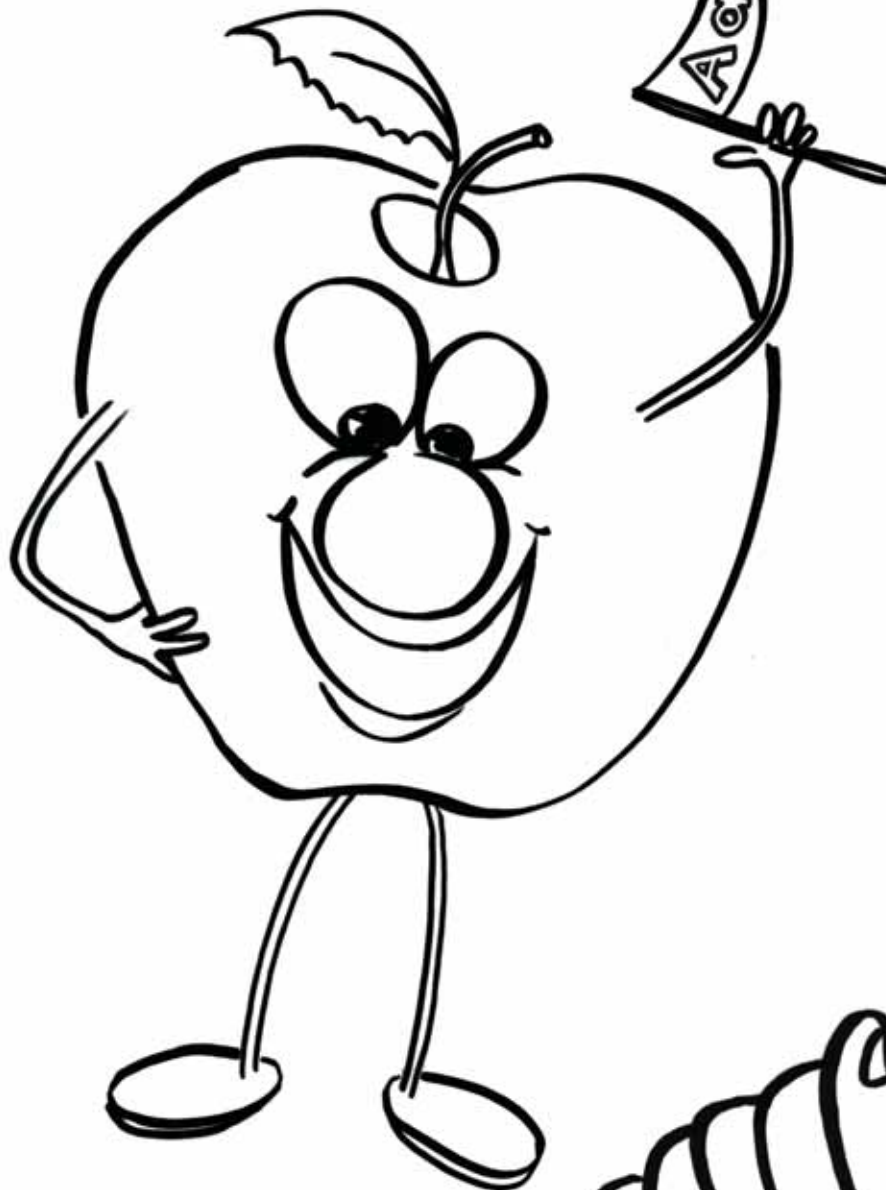
Apples are:

- Delicious
- Easy to carry for snacking
- Low in calories
- A natural mouth refresher
- Fairly inexpensive



Color Me Red, Yellow, or Green?

Which apple is your favorite: red, yellow, or green?

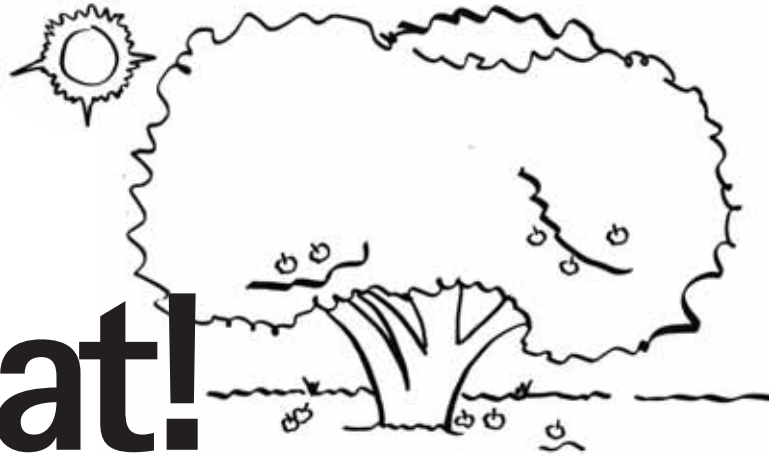


Now **Sign** the Word "Apple"

Use the hand drawing as your guide.



Apples are Great!



Apples come in many colors: red, green, and yellow. There are about 2,500 varieties grown in the United States. Golden Delicious, Red Delicious, Fuji, and Granny Smith apples are available all year.

Apples are about 85% water and contain essential vitamins and minerals. Apples contain pectin, a water soluble fiber found to reduce levels of cholesterol by removing it from the blood stream.

Apples are fat free. One medium apple is about 80 calories. Apples are also cholesterol free and sodium free! Apples are a good source of fiber and vitamin C.

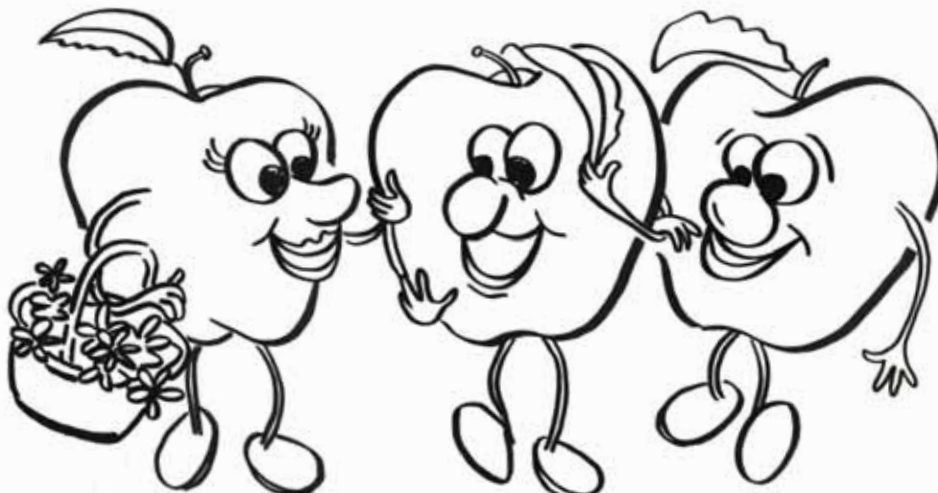
Apples contain complex carbohydrates that give you energy faster than eating something high in sugar.

Apples can be eaten raw or cooked. Choose apples that are firm with no soft spots. Wash them under clean running water.

Apples contain antioxidants which may help reduce the risk of many diseases. Don't peel your apple. Two-thirds of the fiber and lots of antioxidants are found in the peel.

Add Apples to Your Day

- Add chopped apples to salads
- Slice apples for a tasty snack—add lemon juice to prevent slices from turning brown
- Make homemade apple sauce
- Eat apple slices with lowfat cheese or peanut butter
- Drink 100% apple juice



A is for Apple

references and resources

1. Wallace, Nancy E. *Apples, Apples, Apples*. New York: First Marshal Cavendish, 2004.
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3. U.S. Department of Agriculture. Choosemyplate.gov. Website: www.choosemyplate.gov
4. Florida Department of Education: Office of Early Learning, 2008 Voluntary Prekindergarten Education Standards. Website: www.fldoe.org/earlyLearning/pdf/FINALVPKEducationStandards.pdf
5. U.S. Department of Agriculture Food and Nutrition Service's Core Nutrition Messages. Website: www.fns.usda.gov/fns/corenutritionmessages/default.htm