



Apples: A Class Act!

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Grades: Preschool - 3

Apples, Tasty and Nutritious

Apples are one of the most popular, flavorful and healthful fruits grown in the world. Three-fourths of America's population, both young and old, name apples as one of their favorite fruits for snacking. They are also great with meals. Apples and processed apple foods are a great way to help children get the recommended five servings of fruits and vegetables daily, for their better health.

Apple growing is an important industry in America. The state of Washington ranks first in the number of bushels grown, followed by New York, Michigan, California and many other states. Worldwide, the United States ranks second to the People's Republic of China in apple production.

The first U.S. apple trees were planted by pilgrims in the Massachusetts Bay Colony. In the early 1800s John Chapman, better known as Johnny Appleseed, traveled across the Ohio Valley carrying bags of apple seeds. As he ventured westward, he planted seeds and grew apple trees wherever he roamed to ensure that settlers living in the Western frontier would have nutritious apples to eat.

Today, the science of apple growing is called pomology. Over the years, many people have worked together to refine

methods to produce the best tasting, best-formed apples possible. It takes about four to five years for apple trees to produce their first fruit. Apple trees are grown on farms, better known as apple orchards. In spring apple trees blossom with fragrant, sweet-smelling white flowers. When the blossoms fall off the pollinated flowers, baby apples begin to grow in their place.

The apple crop is harvested in the fall, when the apples are fully grown and ripened. The nation's apple crop is picked from the trees by hand, then washed, packed and delivered by refrigerated trains and trucks to markets and grocery stores, or made into apple juice, apple cider, apple butter, applesauce and other nutritious apple foods.

About 2,500 varieties of apples are grown throughout the United States. The top 10 apple varieties are: Red Delicious, Golden Delicious, Fuji, Granny Smith, Rome, McIntosh, York, Idared and Jonathan.

Apples and children go together naturally. We hope you find these ideas helpful in teaching your students about nutritious, delicious, versatile apples, and the apple industry.

Core Facts About Apples and Nutrition

Apples are an easy way to eat more fruits and vegetables each day.

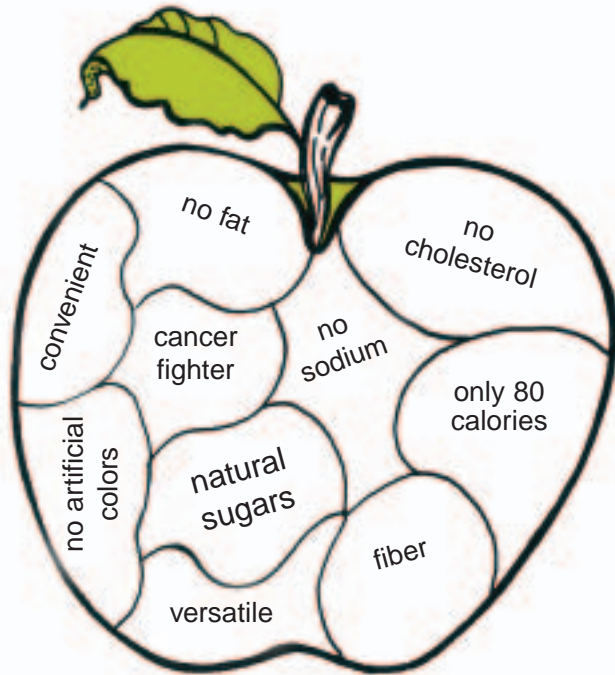
1. Apples come in many varieties – Apples come in a range of interesting flavors, offering a variety not available in most other fruits and vegetables.
2. Apples are convenient – Mother Nature's original fast foods, they can be eaten fresh or processed as sauce, juice and slices.
3. Apples are nutritious – Apples are a very good fruit for building healthy bodies.



A medium-sized apple (5.5 ounces or 154 grams, the size of a tennis ball):

- Contains no fat, and contains no saturated fat – helps reduce risk of cancer.
- Contains no sodium – helps reduce risk of high blood pressure.
- Is an excellent source of fiber – helps reduce cholesterol and may help prevent certain types of cancer.
- Has only 80 calories.
- Contains no cholesterol.
- Contains no artificial colors or flavors.

APPLE PROJECTS

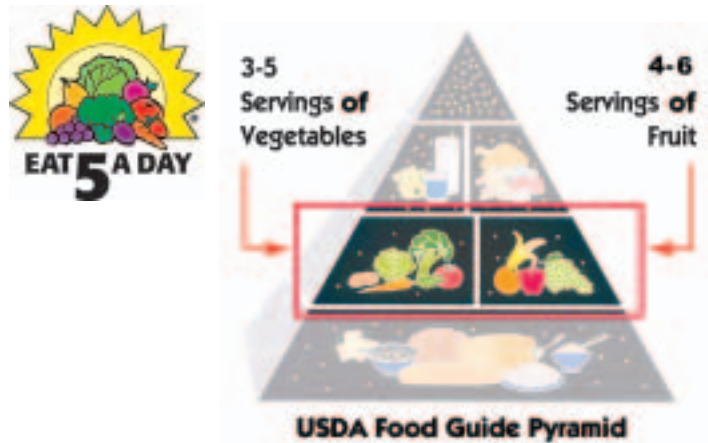


“5 A Day” And Apples

The Food Guide Pyramid advises us on what types of food, and how much of each food type, we should eat each day for better health. It recommends that we eat at least five servings of produce each day – two servings of fruits like apples, and three of vegetables.

Talk with children about:

- What foods does the Pyramid recommend we should eat the most of? The least of?
- How do the foods we eat keep us healthy? e.g., controlling weight, having plenty of energy, reducing disease risk.
- How can we get our “5 A Day” with apples, at meal and snack time?
- What counts as a serving of apple? (one tennis-ball sized apple; 6 ounces of 100% apple juice or cider; ½ cup of applesauce; ¼ cup of dried apples)



Healthy Bites

Prepare a large diagram of an apple showing “bite-size” segments about apple nutrition. Give each student a fresh apple. (Be sure to use a variety of red, gold and green!) As students take bites of their apples, discuss the different ways apples are healthy for them.

Nutrition Description

Apples have...

Apples do this for me:

- | | |
|------------------|------------------------|
| No fat | Keeps me trim |
| No sodium | Healthy blood pressure |
| No cholesterol | Keeps cholesterol down |
| Fiber | Keeps heart healthy |
| Only 80 calories | Fights cancer |

Write these columns on the chalkboard, and ask students to match each component from the first column with its function listed in the second column.

Picture of Health

After explaining to the class why apples and apple products help build healthy bodies, have each student draw what they think a boy or girl who eats apples daily might look like. Then have them draw a boy or girl who never eats apples. Which of the two looks healthier? Why?

How Many Apple Foods Do You Eat Each Day?

Write large block numbers on a sheet of mural paper. Tie a marker to a long piece of yarn and tape it beside each numeral. Have each student take turns recording his/her name inside the numeral that indicates the number of apple foods eaten daily. Discuss the variety of ways they enjoyed apples and apple products.



Apple Journals – Informational Writing

Include 5-10 blank pages inside an apple-shaped book for each student. Have them draw/write in their journal whenever new information is learned, discussed or researched. Time should be given periodically for students to share their journal entries with their friends and teacher.

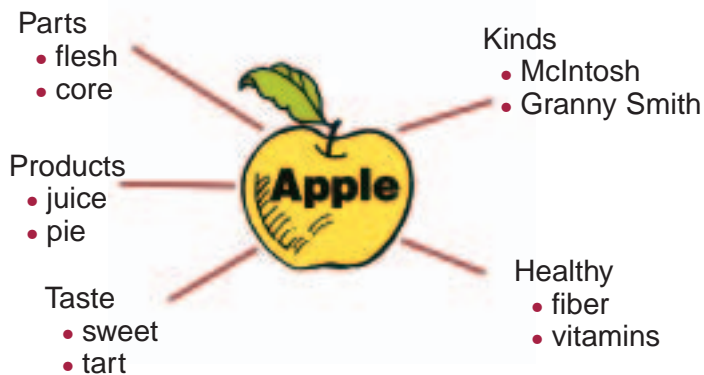


Apples Make Us Think Of...

To develop a cluster of apple words, ask students, “What do you think of when you hear the word ‘apples’?” Record their responses on chart paper.

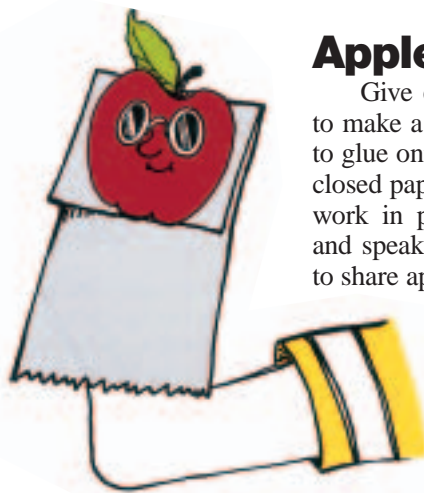
An Apple Web

Have students organize apple information by involving them in a webbing activity. Draw an apple on the board or chart paper and label it with specific topics related to apples. Record student responses under each topic heading. The web could be used to generate ideas for informational writing in journals, class books, or at a writing center.



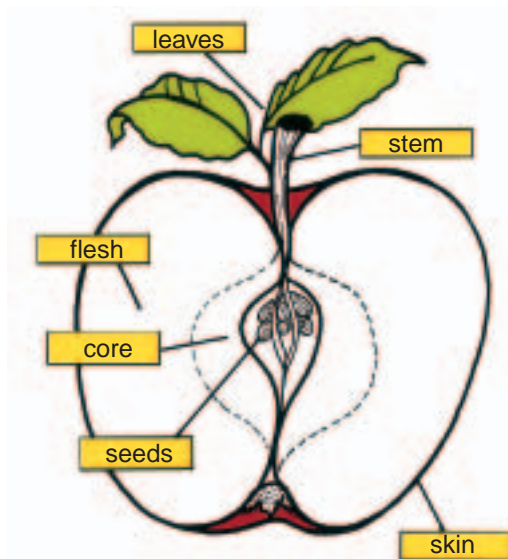
Apple Puppets

Give each student materials to make a favorite-colored apple to glue onto the bottom fold of a closed paper bag. Have students work in pairs or small groups, and speak through their puppets to share apple knowledge.



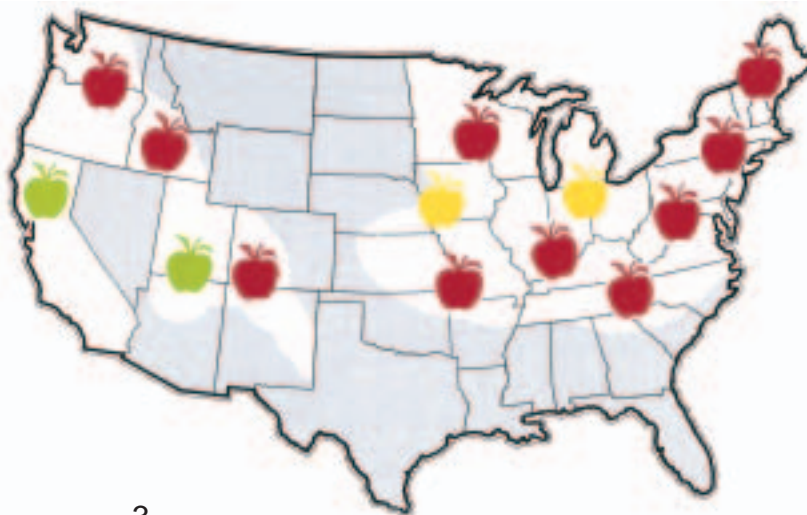
Apple Parts

Prepare a chart which shows the parts of an apple. Print the name of each apple part on separate cards. Have students match the word cards to the correct apple part on the chart.



Map of Apple-Growing States

Mix up salt/flour/water mixture for students to use in molding a map that shows the apple growing states. Paper apples could be attached to the map to designate these states.



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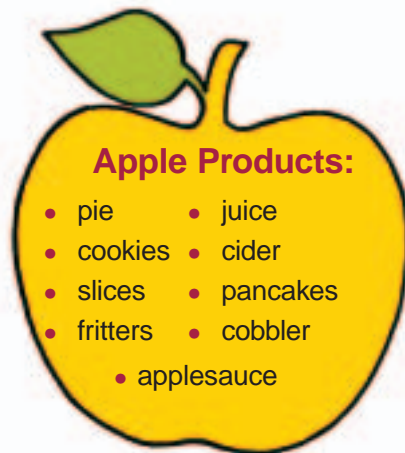
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Apple Tasting Party

Select a variety of apples that vary in color, taste, texture and size. Encourage students to compare and discuss the different and/or similar characteristics after they have observed and tasted a wedge of each apple. Have students indicate their favorites on a Favorite Apple Graph.

Apple Products

Have the students brainstorm to generate a list of favorite foods that are made from apples. Record their responses, and leave the chart up as a visual model for future reference.



Apple Cinquain

After observing, discussing, reading and writing about apples, students might enjoy writing apple cinquains:

1st line is one word which names the topic

2nd line is two words which describes the topic

3rd line is three words that tell what the topic does (action words)

4th line is four words that tell something that the topic does (starts with an action word)

5th line is one word that best describes (or is a synonym for) word in the 1st line

For example:

Apple
Juicy, sweet
Grows, ripens, harvested
Keeps children healthy
Nutritious

Apple Patterning

Have students dip apple-shaped sponges into red, green and/or yellow tempera paint to create a pattern of colored apple patterns on a 4"x18" strip of white paper. When dry, the apple patterns can be shared and used as bulletin board borders.

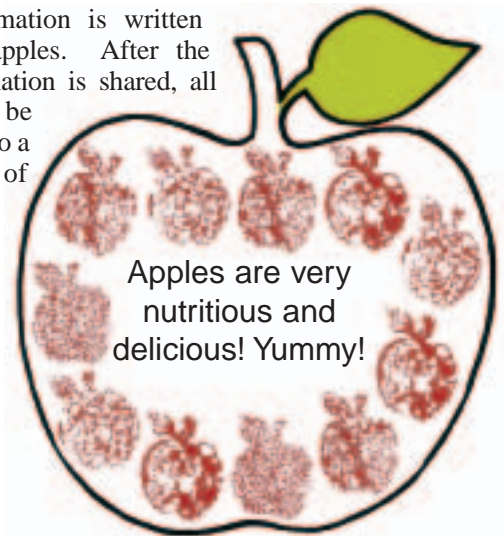
Apple Orchard

Create an apple orchard bulletin board display! Place three bare paper trees on the board – one for red apples, the others for gold and green. Give each student a dessert-sized paper plate, green for leaves, brown paper for a stem and a choice of red, yellow or green one-inch stack of tissue paper squares. Each student writes one or more things he/she learned about apples inside the paper plate, then glue the tissue squares flat all around the ridge of the plate. A stem and torn-paper leaves are added to complete the apple. Hang apples in the trees. Have students make additional torn paper leaves to cover the branches.

Apple Sponge Prints

Have each student cut out an apple from a 12"x12" piece of white paper. Then dip sponges cut into apple shapes in either red, green or yellow tempera paint, and sponge paint a border around their paper apple. When dry, have students color in stems and leaves.

Apple information is written inside the apples. After the apple information is shared, all apples can be combined into a class book of apple facts.



Apple Puzzles

Draw and cut out a large red, yellow and green apple. Cut each apple into four or five pieces. Put each set of apple pieces for one apple in a separate envelope. Have students solve the puzzles by fitting the pieces back together again. Students might enjoy drawing and cutting their own apples into puzzles for others to fit together.





Math Exercises

Jack, Won and Aisha picked a total of 9 apples. How many will each have if they share equally?

Jonathan wanted 4 apples, but he only had 2. How many more will he need?

If we picked 8 apples from each of 7 trees in an orchard, how many apples would we have?

Unscramble the Top Ten Apple Names

JIUF	(FUJI)
DDRIAE	(IDARED)
DRE UOELIDCIS	(RED DELICIOUS)
KORY	(YORK)
LAAG	(GALA)
NNGARY HMSTI	(GRANNY SMITH)
CIMTNHSO	(MCINTOSH)
OMER	(ROME)
DNGEOL CSIDLEOUI	(GOLDEN DELICIOUS)
AJOTNNAH	(JONATHAN)

Johnny Appleseed

After reading your class the book Johnny Appleseed by Steven Kellogg, have students draw or write about their favorite parts. After they have shared their drafts, have students participate in placing them in a sequential story by event order. The drafts could then be bound into a class book and placed in the classroom library for future enjoyment.



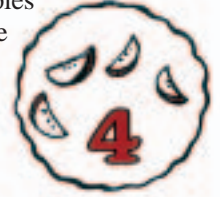
Apple Quotes

After share-reading these few favorite apple clichés, ask students to compose a few of their own.

- AN APPLE A DAY KEEPS THE DOCTOR AWAY
- A IS FOR APPLE
- AS AMERICAN AS APPLE PIE
- THE BIG APPLE
- THE APPLE OF MY EYE
- AN APPLE FOR THE TEACHER

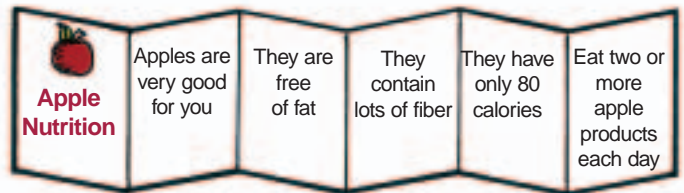
Apple Pie Center

Cut out ten brown paper circles for pie crusts. Label each pie crust with a numeral from 1–10. Cut several apples into slices. Have students make apple pies by matching the correct number of apple slices to the corresponding number on the pie crust.



Apple Accordion-Fold Book

Have students work in cooperative learning groups to create apple accordion-fold books. Each group will use their apple knowledge to choose one specific apple topic. Members within each group will assume different roles to draft, revise, illustrate and assemble the book. Each group can share their book with others. (Some topics chosen might be: Apple Nutrition, Apple Growing, An Apple Tree Through the Seasons, Apple Products.)



Our Favorite Apple Colors Graph

Prepare a chart showing a red, gold and green apple. Have each student write his/her name on a 2"x6" strip of paper. After they choose their favorite apple color, take turns taping their names under the corresponding apples on the graph. Ask Comparison questions:

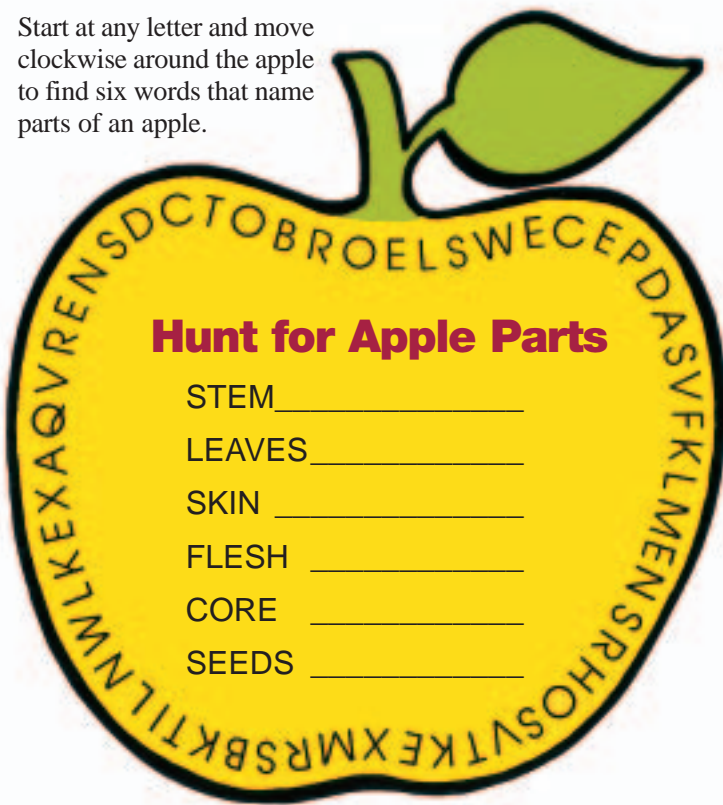
- How many choose red? Gold? Green?
- Which is the favorite?

Apple Book Nook

Develop an area in the classroom that contains a variety of books on apples for reading enjoyment and research. Encourage oral language development by having students tell a classmate reasons that they liked the books they chose. These books might be included in the Apple Book Nook:

- The Giving Tree by Shel Silverstein
- 10 Apples Up on Top by Dr. Seuss
- Johnny Appleseed by Steven Kellogg
- From Appleseed to Applesauce by Hanna Johnson
- An Apple a Day by Judi Barrett
- Apple Tree! Apple Tree! By Mary Blocksma
- Apple Pigs by Ruth Orbach
- Apple Pie by Anne Wellington
- Apples to Zippers by Patricia Rueben

Start at any letter and move clockwise around the apple to find six words that name parts of an apple.



Word Search

Yummy Apple Products









slices
fritters
apple butter
applesauce
dumpling
jelly
cider
cake
pie
juice
cobbler
muffins
strudel
pancakes
baked apple
cookies
bread

O	B	P	A	N	C	A	K	E	S	P	E
C	A	K	E	L	E	A	Y	M	I	A	L
O	A	D	U	M	P	L	I	N	G	P	P
B	P	O	T	L	L	Z	B	T	C	P	P
B	P	B	R	E	A	D	R	R	O	L	A
L	L	I	J	U	I	C	E	H	O	E	D
E	E	N	E	K	F	D	I	G	K	B	E
R	S	M	S	L	I	C	E	S	I	U	K
C	A	V	E	C	O	U	T	C	E	T	A
M	U	F	F	I	N	S	B	O	S	T	B
L	C	V	A	T	S	T	R	U	D	E	L
T	E	K	B	F	R	I	T	T	E	R	S

(solution below)

Favorite Apple Products Chart

Brainstorm with students a list of five or six apple products. Write and illustrate these choices on the chart. Have each child make an apple to glue on the graph to indicate his/her favorite apple product. Ask comparison questions to discuss the results.

 applesauce	 pie	 juice	 cider
			

Apple Poetry

Give me an A
Give me a P
Give me a P, L, E.
APPLES are the food for me!

Apples are the snack for me.
I can count them
1, 2, 3!

Apple juice is good for me
It gives me energy
There's no sugar, it's naturally sweet.
It's one of my appilicious treats!

Apples are the fruit for you,
Nutritious and delicious too.
Try having at least two each day,
For healthy bodies,
Hip, hip, hooray!

Bake them,
Pie them,
Sauce them,
Too!
Fry them,
Dice them,
Slice them,
CHOOSE!



Word Search Solution

