



# APPLES

FOR 0-3 YEARS OLD

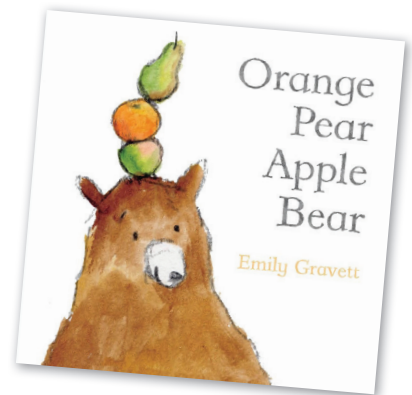


## LITERACY Suggested Read Aloud Book

**Orange, Pear, Apple, Bear** By: Emily Gravett

**FOR TODDLERS** Read through the book. Compare the different fruits. Try to make the combinations that are in the book. You could use a bear puppet to read the book and introduce the different fruits.

**MATERIALS** Apples (different varieties), other fruits to compare to apples



**WHAT YOU MIGHT DO** Display books for infants and toddlers to explore throughout the day; have them available during activities. For example, share the book while children are “washing” apples. You can point out and discuss the various images in the book that relate to the children’s current activity. You can also photocopy book images to incorporate into collage art work.



## MUSIC AND MOVEMENT

**WHAT YOU MIGHT DO** While exploring new food with the children, incorporate songs and simple finger play movements. For example, sing an apple song while you and the children wash apples. Keeping the song simple and repeating it over and over again allows to children to participate, have fun, and anticipate similar activities for other new foods.



## Collage Work

**MATERIALS** Apple shapes and images. Construction or contact paper, pieces of wood, cardboard boxes, poster board, etc. Scissors, glue, tape.

**WHAT YOU MIGHT DO** Collect images of apples. You can use magazines, internet pictures, or pictures of the children washing, eating or exploring apples. Involve the parents! Involve the families by asking them to collect apple images from the newspaper to share with the class and add to the collage. Cut collage material (contact paper, cardboard, etc.) into the appropriate size for a group or individual collage. Place collage material on the table or floor and have (or assist) children to place/glue images. Send collage work home so parent can enjoy their children's art work!

## Apple Collage Puzzle

**MATERIALS** Cardboard box (cereal box would work!), Mod Podge (2 parts white glue, 1 part water) or contact paper, scissors, print(s) of apples

**WHAT YOU MIGHT DO** Cut and paste image of apples to a piece of cardboard. Cover with contact paper or with Mod Podge and allow to dry. Then cut image into appropriate number of puzzle pieces for the age group. Set puzzle out for children to assemble and compare to other apple activities. You can make multiple puzzles with different varieties of apples!

## Newspaper Apples

**MATERIALS** Newspaper, masking tape, red or green paint, popsicle sticks or other "apple stem like" material

**WHAT YOU MIGHT DO** Ball the newspaper up into the shape and size of an apple. Take masking tape and wrap around newspaper until covered. Insert popsicle stick into top of ball for the apple stem. Paint or use markers to color the tape in different reds, greens, or pinks – just like apples! If you wish, put up a large paper tree on the wall, and hang the apples from it. Alternatively, if you hang the apples from a ceiling or other reachable area, children can pick the apples!



## FLOOR TIME Sensory Exploration

**MATERIALS** Baskets, bowls, boxes or other containers, various sizes and varieties of apples; water and towels.

**WHAT YOU MIGHT DO** Have children wash apples in the sensory table or a tub; pat them dry with small towels and arrange them into various containers.



## FOOD EXPLORATION Recipe

### EASY APPLESAUCE

About 20 small tastes

*Recipe adapted from [www.kidsoup.com](http://www.kidsoup.com)*

#### INGREDIENTS

4 - 6 medium or large apples (recommended: fuji or gala variety)

1 cup of water

1/4 teaspoon cinnamon

1/8 teaspoon nutmeg

#### DIRECTIONS

1. Peel and slice apples, removing the core.
2. Place apple pieces in pot.
3. Add 1 cup of water, 1/4 teaspoon of cinnamon and 1/8 teaspoon of nutmeg.
4. Bring to a boil and let simmer until mushy.
5. Let children use a masher to mash up the apples into a sauce.
6. Set aside and let cool.
7. Serve warm or chilled.

### WHAT YOU MIGHT DO

**FOR INFANTS** Introduce applesauce following family's timeline for food introductions. Share recipe with family!

**FOR OLDER INFANTS** Apples can be cut into small pieces. Allow children to use fingers and a spoon to feed small pieces of apples or the applesauce to themselves.

**FOR TODDLERS** Explain to children that they will be tasting applesauce. Introduce each ingredient. Allow children to wash the apples, and demonstrate cutting the apples into slices or cubes. Model safe cutting practice and cut apples into small 1-inch pieces or slices. Allow children to smell the sliced apples. Children might want to taste test the raw apples. Apples can also be roasted. Children can also assist in pouring the applesauce through a sieve, and scooping it into bowls for tasting.