

# APPLES

## ACTIVITY PLAN



# What's Inside

## CIRCLE TIME

|   |   |
|---|---|
| ★ Read Aloud Book and Discussion: Apple Farmer Annie..... | 4 |
| Book List.....  | 5 |
| A is for Apple: Literacy Activity .....                   | 7 |
| Taste and Tell.....                                       | 7 |
| Sink or Float?.....                                       | 7 |
| Picture Cards .....                                       | 7 |

## MEAL TIME

|   |   |
|---|---|
| Please Pass the Fruit! .....            | 9 |
| Table Talk .....                        | 9 |
| A is for Apple: Literacy Activity ..... | 9 |

## ACTIVITY TIME

|  |    |
|--|----|
| ★ Sensory Exploration: Investigating Seeds ..... | 13 |
| ★ Sensory Activity: Apple Tasting .....          | 13 |
| ★ Cooking Activity: Easy Applesauce.....         | 14 |
| ★ Harvest for Healthy Kids Recipe Book.....      | 16 |
| ★ Creative Arts: Watch our Garden Grow.....      | 18 |

## FAST AND FUN

|                                       |    |
|---------------------------------------|----|
| Puppets.....                          | 21 |
| Harvest for Healthy Kids Stamps ..... | 21 |
| Discovery Table.....                  | 21 |
| Tasting Chart .....                   | 21 |
| Chant-along.....                      | 21 |

★ INDICATES A FULL LESSON PLAN



# Circle Time

Use circle time activities to explore fruits and vegetables through read-aloud books and other activities. Read and discuss books, pass around and talk about the featured fruit or vegetable, show and discuss Harvest for Healthy Kids picture cards, play a paper bag guessing game, and more!

## TABLE OF CONTENTS

|   |   |
|---|---|
| ★ Read Aloud Book and Discussion: Apple Farmer Annie..... | 4 |
| Book List.....  | 5 |
| A is for Apple: Literacy Activity .....                   | 7 |
| Taste and Tell.....                                       | 7 |
| Sink or Float?.....                                       | 7 |
| Picture Cards .....                                       | 7 |

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# ★ READ ALOUD BOOK AND DISCUSSION

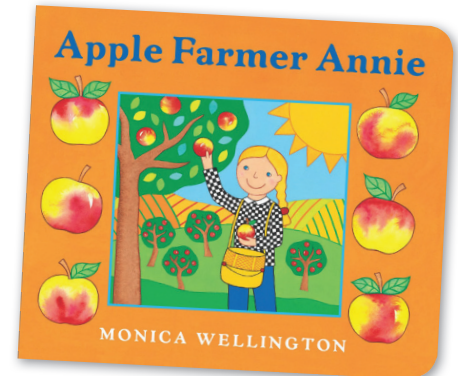
## Apple Farmer Annie

### OBJECTIVES:

1. Children learn that apples grow in orchards.
2. Children learn that apples grow on trees.
3. Children learn what products are made from apples (cider, applesauce, muffins).

### WHAT YOU MIGHT NEED:

Book: *Apple Farmer Annie* by Monica Wellington  
Different varieties of apples to pass around



### WHAT YOU MIGHT DO:

- Introduce the new fruit of the month by passing around apple varieties so that children can touch, smell and feel the apples. Ask if any student has tasted apples before. Ask them to describe how they ate it and what it tasted like.
- Ask children: “Do you know where apples come from? Have you ever seen an apple tree or picked an apple?” Introduce the term orchard: a group of fruit trees.
- From Seed to Apple: Talk about what plants need to help them grow. All seeds and plants need sun, water, air, nutrients, and soil in order to grow. After an apple seed is planted, it takes a few weeks before it will sprout. Then, the roots grow down into the soil. The stems grow upwards and toward the light and leaves begin to develop on the stems. Apple trees do not bear fruit until they are 5–8 years old. Then, fragrant white blossoms appear in the spring. The flowers are pollinated by bees and other insects. When the blossoms fall off, small baby apples begin to grow in their place. Only flowers that have been pollinated can grow into apples. By late summer, the apples are fully grown and ripe. The apples are hand-picked, washed, and stored.
- Read *Apple Farmer Annie*. When you get to the page about Annie sorting the apples, ask the children if they can find the varieties you passed around in the different baskets. Discuss the different color varieties of apples (red, yellow, green, pink).
- When you get to the part about the farmers market ask if anyone has ever been to a farmers market and seen apples.



### GET CHILDREN MOVING WITH AN APPLE ACTION RHYME!

Way up high in the apple tree. (Point up.)

Two little apples smiled at me. (Make a shape of a apple with your hand.)

I shook that tree as hard as I could. (Pretend to shake a tree.)

Down fell the apples— (Raise hands and let them fall.)

MMMMMM, were they good! (Circle tummy.)

**VOCABULARY**  
apple  
orchard  
farmers market



## BOOK LIST

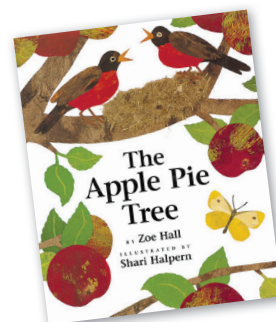
Move beyond the featured book! Here are some ideas for books to read during apple month:

### THE APPLE PIE TREE

By: Zoe Hall, Illustrator: Shari Halpern

**FRUITS AND VEGETABLES:** apples

Two sisters rejoice as the colorful blossoms on their tree develop into big, red, and ready-to-pick apples. This concept book about how things grow includes an easy recipe for apple pie.

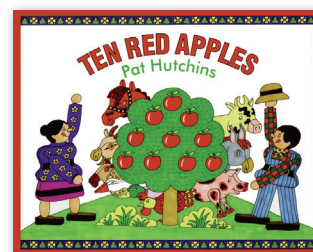


### TEN RED APPLES

By: Pat Hutchins

**FRUITS AND VEGETABLES:** apples

Count the apples as the farmer, the farmer's wife, and all the farm animals gobble them up!

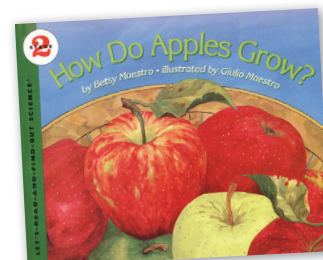


### HOW DO APPLES GROW?

By: Betsy Maestro, Illustrator: Giulio Maestro

**FRUITS AND VEGETABLES:** apples

This book explains how apples grow throughout the different seasons.

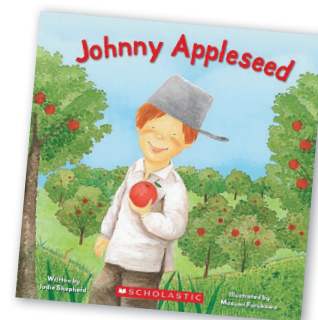


### JOHNNY APPLESEED

By: Jodie Shepherd, Masumi Furukawa

**FRUITS AND VEGETABLES:** apples

Explore the true story of Johnny Appleseed! This book recounts the life of Johnny Appleseed and his legacy of spreading apples across America.





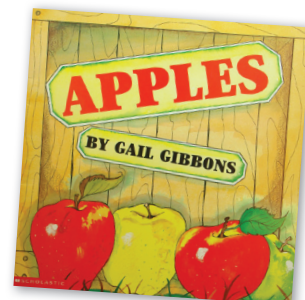
# BOOK LIST

## APPLES

By: Gail Gibbons

**FRUITS AND VEGETABLES:** apples

Explains how apples were brought to America, how they grow, their traditional uses and cultural significance, and some of the varieties grown.



## APPLE

By: Nikki McClure

**FRUITS AND VEGETABLES:** apples

Simple words and cut paper illustrations follow an apple as it falls from a tree, becomes part of a school girl's lunch, and is buried through the changing seasons until it sprouts anew.

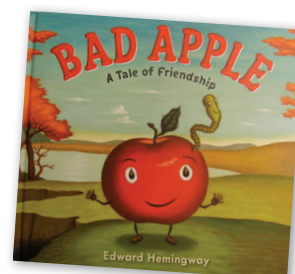


## BAD APPLE

By: Edward Hemingway

**FRUITS AND VEGETABLES:** apples

This book explores a friendship between an apple named Mac and a worm named Will. When the other apples tease Mac for being friends with Will, he must decide what to do.

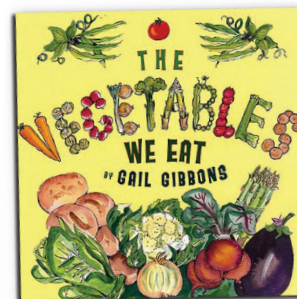


## THE VEGETABLES WE EAT

By: Gail Gibbons

**FRUITS AND VEGETABLES:** Lettuce, cabbage, spinach, Brussels sprouts, onion, scallions, leeks, cauliflower, artichoke, broccoli, beets, parsnips, carrots, radishes, rutabaga, turnip, potatoes, celery, asparagus, rhubarb, tomatoes, eggplant, cucumbers, hot peppers, yellow apple, apple, sweet peppers, zucchini, green beans, peas, corn, soybeans

A fun and informative book all about vegetables, how they are grown, and which parts we eat. A great book to show kids the difference between "leaf" vegetables, "bulbs," "flower buds" and more. Different sections of the book could be read to highlight different themes: how vegetables grow, what parts of vegetables we eat, how to grow your own vegetable garden, etc.







## MORE IDEAS

### “A” IS FOR APPLE

Talk with children about how “Apple” starts with the letter “A.” Practice making the ‘A’ sound. Ask the children to come up with other words that start with that sound/letter and record their ideas on a large piece of paper. You could also have children sort picture cards into ‘words that start with the A sound’ and ‘words that start with other sounds’. Hang the chart in the classroom for the month.

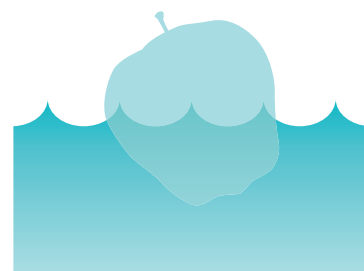


### TASTE AND TELL

Gather children in circle time and offer tastes of raw and cooked apples. Ask questions like: “What do apples taste like? How do the apples taste the same or different? Are raw apples different than cooked apples? Do you like how it tastes?” Offer tastes of different colors of apples (red, green, pink). Ask children to predict what each color will taste like. Record children’s responses on a chart, and hang it in the classroom.

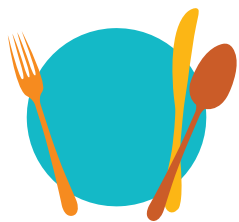
### SINK OR FLOAT?

Introduce the sink/float activity by asking children whether or not they think a apple will float or sink. Review the concepts of float (rise to the top) and sink (fall to the bottom). Ask the children whether or not different items (like a rock, a ball, etc.) will float. Record their responses on a large piece of paper. Test the objects and the apple in the water and see what happens! Explain that apples float because they are 25% air.



### PICTURE CARDS

The Harvest for Healthy Kids picture cards can be used any time during the month in which the fruit/vegetable is featured. Picture cards come in three categories: Fruit and Veggie Photo Cards, How does it Grow? (botanical illustrations of fruit and vegetables), and Same but Different (vegetables/fruits in different colors, or different varieties of a vegetable/fruit). Find ideas for how to use these cards in the Harvest for Healthy Kids Teacher Bites, and on the back of each picture card.



# Meal Time

Meal time is a great time to talk about fruits and vegetables, especially when a Harvest for Healthy Kids fruit or vegetable is being served! Use meal time to review a concept the children have learned (e.g. that apples grow in a tree). You can also use hand stamps or stickers during meal time to congratulate children who “tried something new today!”

## TABLE OF CONTENTS

|   |   |
|---|---|
| Please Pass the Fruit! .....            | 9 |
| Table Talk .....                        | 9 |
| A is for Apple: Literacy Activity ..... | 9 |





## MEAL TIME IDEAS

### PLEASE PASS THE FRUIT!

Children may be more likely to try new fruits and vegetables if they can touch and see the fruit or vegetable before it is prepared. When meals with apples are served, try to have a few raw, whole apples on hand to pass around the tables. Talk with children about how whole fruit like these were cut up and prepared by the cooks, so that children and teachers can have delicious, healthy food to eat!



### TABLE TALK

When children are trying apple during meal time, ask them questions, like:

- What do they taste like? Are they soft? Crunchy? Sweet? Sour?
- Has anyone ever been to an apple orchard or have an apple tree?
- Has anyone tried to grow apples before?
- How do apples grow? (on a tree)
- What part of apple trees do we eat? (the fruit)

### “A” IS FOR APPLE

Talk with children about how “Apple” starts with the “A” sound. Ask children to come up with other words that start with the “A” sound as you eat together.





# Activity Time

Activity Time (e.g. “free choice” or small group activities) is a perfect time to introduce cooking projects and sensory explorations of fruits and vegetables.

## TABLE OF CONTENTS

|  |    |
|--|----|
| ★ Sensory Exploration: Investigating Seeds ..... | 11 |
| ★ Sensory Activity: Apple Tasting .....          | 12 |
| ★ Cooking Activity: Easy Applesauce .....        | 13 |
| ★ Harvest for Healthy Kids Recipe Book .....     | 15 |
| ★ Creative Arts: Watch our Garden Grow .....     | 17 |

★ INDICATES A FULL LESSON PLAN



# ★ SENSORY EXPLORATION

## Investigating Seeds

### OBJECTIVES:

1. Children explore seeds for different kinds of apple and learn that seeds come in different shapes and sizes.
2. Children describe the feel, smell, and color of apples and apple seeds.
3. Children use scientific inquiry skills to predict, observe, describe and compare.

### WHAT YOU MIGHT NEED:

3-4 kinds of apples

Spoons

Bowls for seeds

### WHAT YOU MIGHT DO:

- In a large group, introduce the activity: “Today we will be exploring apples!”
- Take out the 3-4 kinds of apples and name them for the children.
- Have the children describe the apple, and ask the children what they think is inside of the fruit. Explain that the apple does have seeds because it is a fruit, and all fruit have seeds!
- Choose an apple and ask the children to predict the number and color of the seeds inside. Record their answers on a piece of paper.
- Wash apple and cut in half. (Children can help wash apple; teachers cut apple in half, being careful to stabilize the apple so it doesn’t roll.)
- Show the children the inside of the apple. If cut horizontally through the core, you can see a star!
- Now count the seeds and compare with predictions.
- Ask children to describe the color, texture, smell of the apple and of the seeds.
- Use other questions to direct children’s explorations, like:
  - What colors are the apples?
  - How does the apple feel? (Smooth, bumpy, hard...)





## **SENSORY ACTIVITY** Apple Tasting

### **OBJECTIVES:**

1. Children explore different types of apples.
2. Children describe the feel, smell, taste, color of apples and apple seeds
3. Children learn that different apples have different characteristics.

### **WHAT YOU MIGHT NEED:**

3-5 kinds of apples

Knives

Bowls

### **WHAT YOU MIGHT DO:**

- Prepare the apples before circle time. Cut each apple into enough small pieces for each child to taste. Place them in separate bowls. Leave one apple whole so they see what it looks like. Mark each bowl so you know which apple variety it is.
- In a large group, tell the children, “Today we will be tasting apples!”
- Take out the whole apples and name them for the children.
- Pass around the whole apples and have the children describe the colors and size of the apples.
- Have the children taste from the different bowls and ask what each apple tastes like. Record answers on a sheet of paper. Are they the same? Very different?
- Ask children to decide on their favorite apple and take a vote.





# ★ COOKING ACTIVITY AND TASTING

## Easy Applesauce

### OBJECTIVES:

1. Children participate in cooking activity and learn how to make applesauce.
2. Children learn some different ways that apple are eaten (e.g. raw, boiled, baked).
3. Children taste apple raw and cooked in applesauce.
4. Children explore and describe the taste of raw apples and applesauce.
5. Children practice fine motor strength and coordination when combining ingredients.

### WHAT YOU MIGHT NEED:

Ingredients for recipe **(next page)**

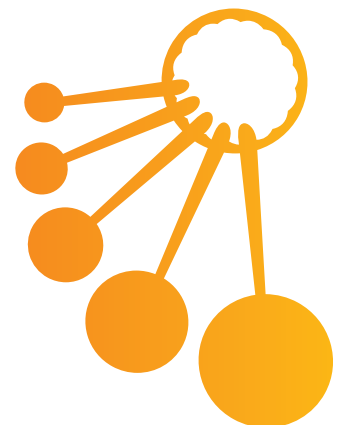
Cooking tools: hot plate and pot for boiling apples

Potato mashers

Small bowls or cups for tasting and spoons

### WHAT YOU MIGHT DO:

- Have children wash their hands and come to small group. Ask if anyone has tasted applesauce before, and tell them “Today we will make and taste applesauce!”
- Introduce each ingredient as you place it on the activity table.
- Children can take turns helping wash the apples.
- Children can take turns helping to mash the apples into a sauce.
- As always, remember to keep all sharp cutting utensils, electrical devices, hot food and surfaces away from children at all times.





# COOKING ACTIVITY AND TASTING

## Easy Applesauce

### 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.



# ★ HARVEST FOR HEALTHY KIDS RECIPE BOOK

Have children decorate and put together a recipe book throughout the year, including each month's cooking activity recipe!

## OBJECTIVES:

1. Children create a drawing to accompany the applesauce recipe, and use crayons, markers or paint to create art.
2. Children share their artwork with the class.
3. Children will remember and connect experiences with apples, and recall what they have learned during the month.

## WHAT YOU MIGHT NEED:

Printed copies of family versions of recipes for each child; recipe on ½ of page (8 ½ x 11)

Crayons, markers, paint, magazines with fruits and vegetables, crayons, scissors, glue

Apple, for display

Family Recipe: Easy Applesauce (**page 15**)



## HARVEST FOR HEALTHY KIDS COOKBOOK:

Start this activity in the beginning of the year. Have each child decorate a cover for his or her fruit & veggie cookbook. Bind each child's book with enough pages for a recipe and picture for each month (8 months). Have children take recipe book home with the welcome newsletter. Then, each month, use the recipe decorating activity to add recipes to the cookbooks! Children can take home their decorated recipe with a monthly newsletter, or just pinned to their bags or clothing!





## Family Recipe

### EASY APPLESAUCE

Serves 4-6

#### INGREDIENTS

4 medium apples (recommended: fuji or gala variety)

1 cup of water

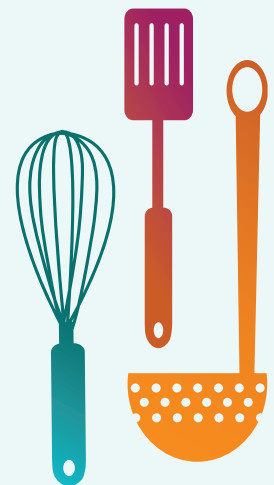
1/4 teaspoon cinnamon

1/8 teaspoon nutmeg

#### DIRECTIONS

1. Peel and slice apples, removing the core.
2. Place 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.

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





## ★ CREATIVE ARTS

### Watch our Garden Grow

#### OBJECTIVES:

1. Children learn that we can grow apple trees.
2. Children review how apples grow on trees
3. Children make their own apple to display in the classroom “garden” apple tree

#### WHAT YOU MIGHT NEED:

White and brown construction paper

Green Paint

Red tissue paper squares or small red apple cut outs

Glue



#### WHAT YOU MIGHT DO:

- Pre-cut brown construction paper to make a tree trunk for each child.
- Remind children that we can grow apples in a garden or orchard. Ask them: “Have you ever grown apples or seen an apple tree? Do you remember how they grow?”
- Have the child glue the tree trunk onto the white paper (or garden board).
- Paint the child’s hand with green paint and help them make handprints to create the top of the tree.
- Once dry, have the child scrunch small pieces of red tissue paper to look like apples and glue them to the tree. If you prefer, have the child glue apple shaped cut outs to the tree.
- Designate a space on a wall in the classroom for the “class garden”. Add to the wall each month with children’s colorful creations of the featured fruits and vegetables in the Harvest for Healthy Kids program.



# Fast and Fun

Beyond circle time, meal time, and activity time, there are other simple ways to highlight the Harvest for Healthy Kids program and teach children about fruits and vegetables. Take a look at the ideas below for easy ways to have fun with Harvest for Healthy Kids throughout the day.

## TABLE OF CONTENTS

|                                       |    |
|---------------------------------------|----|
| Puppets .....                         | 19 |
| Harvest for Healthy Kids Stamps ..... | 19 |
| Discovery Table.....                  | 19 |
| Tasting Chart .....                   | 19 |
| Chant-along.....                      | 19 |



## FAST AND FUN

### PUPPETS

Try having a puppet introduce the featured fruit or vegetable at the beginning of the month. Puppets might also be used to introduce ingredients for a cooking activity, or during other activities.

### HAND STAMPS

Use hand stamps or stickers to acknowledge children's participation in Harvest for Healthy Kids activities (e.g. cooking, sensory exploration, planting, reading) throughout the month.

### DISCOVERY TABLE

Cut an assortment of apple in halves or quarters, and leave some whole. Place apples on the discovery or sensory table so children can explore by looking, smelling and touching. Apples store well, especially when kept in a cold, dry place. Cut apple should be covered with plastic and refrigerated when not in use for classroom activities.

### TASTING CHART

Create a chart with children's names on the left side in rows and the featured fruit and vegetable names on the top in columns. Each month, give children a stamp or sticker in the fruit/vegetable box next to their name if they tasted the fruit or vegetable anytime during the month. Hang the tasting chart in the classroom.

### CHANT-ALONG

Apple Rhyme:

*Eat an apple,*

*Save the core.*

*Plant the seeds,*

*And grow some more!*



## ABOUT HARVEST FOR HEALTHY KIDS

Harvest for Healthy Kids is a nutrition program designed to introduce children in early care and education settings to a wide variety of locally grown fruits and vegetables through their meals and snacks and classroom activities. Monthly family engagement activities support parents in promoting healthy eating habits at home. Harvest for Healthy Kids is a partnership between Mt. Hood Community College Head Start and Early Head Start and the School of Community Health at Portland State University.