

DELICIOUS NUTRITIOUS ADVENTURES

A is for Apple-licious!

SUBJECTS



NUTRITION



SCIENCE

Aa

LANGUAGE
ARTS

GRADE LEVEL

K-3

TIME

45 min

A is for Apple-licious!

Objectives

Students will:

- See, say and spell vocabulary words associated with apples.
- Observe differences between apples.
- Compare and contrast a variety of apples using their senses.
- Recall apple nutrition facts.
- Share a crazy apple fact with their families.
- Create a journal entry to reflect, draw, write and share what they learned during the lesson.

Materials & Preparation

Apples for display and tasting. Choose 3-5 varieties, such as:

- Granny smith apples
- Fuji apples
- Pink Lady apples
- Red Delicious apples
- Golden Delicious apples
- Apple cider or juice
- Apple [recipe cards](#)

Read aloud book options:

- Apples for Everyone by Jill Esbaum
- The Apple Pie Tree by Zoe Hall
- How Do Apples Grow by Jill McDonald
- An Apple's Life by Nancy Dickmann

Preparation at Home

If using the tasting lesson component:

- Set aside display apples so that kids can observe them and touch them. These do not need to be washed and should not be cut.
- Wash and cut tasting apples into small pieces, about 1 - 2 inches, and keep in separate containers. You will want there to be enough for kids to try a 2 inch bite of each apple

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Lesson Introduction

(15 minutes)

Part 1: Story Time!

Read aloud from one of the read-aloud book suggestions

Part 2: Getting to Know Apples!

Bring the attention of the class to the variety of apples. Tell students you are going to introduce each apple by their name. Ask students to repeat the apples by name.

Ask: Did you know apples have been around for a long time? Share some facts about apples:

- › Humans have been eating apples for over 8,000 years!
- › Most Americans know only five or six varieties of apples even though there are 2,500 varieties of apples grown in the U.S.; 7,500 worldwide.
- › The Red Delicious is the most widely grown apple in America.
- › The crabapple is the only apple native to America.
- › The largest apple recorded weighed 4 pounds.
- › Apples grow during the summer and are harvested in the fall.

Ask students if they can think of different ways we eat apples. List those on the board. Explain that we can eat apples raw, cooked, jarred or juiced!

Tell the students you have five great facts about apples that you would like to share with them. Write out APPLE vertically on the board.

A - Apples grow on trees.

P - People eat apples because they have VITAMIN C to help us not get sick.

P - Peels from apples have lots of FIBER to keep our tummies full.

L - Lots of VITAMIN A in apples keeps our eyes healthy.

E - Every apple has lots of POTASSIUM to keep our hearts healthy. (Have students clap out PO-TASS-I-UM).

Ask students, what sound do you hear when you bite into an apple? Allow students time to consider the question and respond. If they have trouble, help them by explaining that when you bite into an apple it makes a CRISP or CRUNCHY sound.

Explain to students that we can eat apples raw or cooked. Tell students that before cooking apples they are CRISP but become SOFT when they are cooked.

Ask: How would you describe the flavor of an apple? Many people describe them as SWEET. What are other foods we can think of that are CRUNCHY and SWEET? Can we describe anything else other than food as crunchy or sweet?

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Body of Lesson: Tasting Time!*

(20 minutes)

Part 1: RULES FOR HEALTHY EATING LESSONS

Polite bite: Our first rule is that we ask everyone to take a polite bite.

- Can you tell how something tastes by looking at it? You never know whether you'll like something if you don't try it.
- Please take one small bite so that you can know for sure whether you like it or not.

No-Yuck Zone: Our second rule is that this room is a No-Yuck zone.

- If I try something and say, "That's delicious," you'll all likely want to try it. But if I said, "Ew, that's the worst thing I've ever tasted," no one else will want to try it and you will miss out. Everyone has different taste buds, and it's important to respect that.
- What's a polite way to explain that you don't like what you've tried? "Not tasty to my taste buds."

Part 2: TASTING TIME!

- Pass out pieces of apples, as well as display apples to look at more closely.
- Ask children to notice the different apples with their eyes. Ask them to describe their observations. What's different or alike about each of the varieties?
- Ask them to taste each apple slice one by one.
- Ask for observations. Help them make comparisons in taste, texture, and color. Ask: Do apples taste sweet? What is the texture like?
- Discuss how each apple tastes and encourage students to use vocabulary words like SWEET, CRISP and CRUNCHY as they taste.
- Encourage students to use their five senses as they try each one. Do apples make a sound when you bite them?

Conclusion

(5 minutes)

Part 3: DISCUSSION

- Which was your favorite apple? Why?
- What is something new that you learned about apples? What is an apple fact you can share with your family?
- What words would you use to describe the taste and texture of apples?
- Thank them for trying new foods and encourage them to make healthy eating choices and share some fun facts about apples with their families.
- Send kids home with [apple recipe cards](#) that they can try making at home for fun.

Assessment

(10 minutes)

- At the end of the lesson, have each student create a journal entry about the lesson, using age-appropriate strategies such as drawing, dictating or writing.

*Note: See extension section for optional activities to use if tasting is not feasible for your classroom.

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Extensions

Draw handprint apple trees:

- Supplies: paper, pencils/markers/crayons or paint
- Instructions: direct each student to trace their hand, from their fingers down to below their wrist. Have students color their apple tree and label with the letter A.

Sing All Around the Apple Tree:

(To the tune of “All Around the Mulberry Bush”)

- › All around the apple tree
- › The children picked the apples
- › The juicy apples were all around
- › Find your favorite apple

Inside/Outside:

- Using adjectives, have students say what the outside of an apple looks like. Next, have them do the same for the inside. For example: the outside of the apple is smooth, red, and hard. The inside of the apple has a star shape, it smells sweet.

KWL (KNOW, WANT, LEARNED):

- Have students write or say one sentence about what they KNOW about apples, what they WANT to know and what they have LEARNED.

Apple Storytime:

- Have students write a brief descriptive story about their favorite variety of apple, using the vocabulary adjectives learned in the lesson.
- Or, write a story as a class. Have each student contribute one sentence. Collect the sentences and read the full story aloud.

Acrostic Poem:

- Have students write a poem that spells apple. Instruct students to write out the word APPLE vertically. Each letter of the word apple will become the first letter of each sentence of the poem.

Apple the Action Hero

- Have students work in pairs to create a comic strip about an apple superhero and the power of apples to keep us healthy.

