

Curriculum Ideas

Thinking Maps

- Tree map the different types of apples.

Science

- Do apples float? Why or why not? They do because they are composed of about 25% air.

Social Studies-Geography

- Identify the location of the major producers of apples around the world on a map or globe (Soviet union, China, United States, Germany, France, and Italy). In the United States the major producers are Washington, California, Michigan, Pennsylvania, North Carolina, and Virginia.

Mathematics

- Do a comparison between a bushel and a peck of apples or compare the amount of seeds between different apples and varieties. Predict the weight of different types and colors of apples.

Source: Research links adapted from Harvest of the Month, apples. Eat your colors adapted from www.5aday.org/gov/color and www.harvestofthemonth.com, *Educators' Corner*.

Eat Your Colors

Fruits and vegetables come in a rainbow of colors. By eating a variety of colorful fruits and vegetables everyday, you may lower your risk of some cancers. Apples belong to the red, green, and yellow color groups. The table below shows the red color group with its functions.

Color Group	Health Benefits	Other produce
Red	Help maintain heart health, memory function, and urinary tract health	Strawberries, red bell pepper, tomatoes, pomegranates

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Funded by U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer, through the *Network for a Healthy California*. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For more information about the California Food Stamp Program, please call 1-888 328-3483.

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Food for Thought

“A” is for
Apple



Nutrition Facts

Serving Size 1 medium 2-3/4 (138 g)

Amount Per Serving

Calories 72 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 19g 6%

Dietary Fiber 3g 13%

Sugars 14g

Protein 0g

Vitamin A 1% • Vitamin C 11%

Calcium 1% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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THE CORE FACTS

- There are almost 10,000 varieties of apples.
- Washington State grows the most apples in the United States.
- An average apple tree makes 2,000 apples.
- The largest amount of apples are picked in October.
- Dentists call apples “nature’s toothbrush” because they can fight bacteria in your mouth and help keep your teeth clean.
- One unpeeled apple contains more fiber than one bowl of most cereals.
- Apples contain Vitamins A and C, potassium, iron, folic acid, and phytonutrients.

Sources: <http://www.dole5aday.com>, <http://www.bestapples.com>, Encyclopedia of Foods by Mayo Clinic, UCLA, and Dole Co.

Physical Activity Corner

Grab the Apple!



Objective: Develops listening and fine motor skills.

Activity time: 15-30 minutes **Prep time:** 5 min.

Supplies: One apple and box per two students.

Activity:

- * Each pair sits cross-legged on floor facing each other with hands and knees.
- * Place box, with apple on top, between pairs.
- * Use a whistle/music cue to start the activity.
- * On START cue, grab the apple before partner.

(Variations can include to call out a specific hand to grab the apple, start with hands on shoulders, start in sit-up or push-up position).

Source: <http://www.sparkpe.org>

Tasting Trios: Apple Rings

Ingredients (class of 20)

- Harvest of the month apples
- 6-8 ounce bag or raisins
- 1 large container of low-fat cream cheese
- cinnamon powder (optional)

Materials (class of 20)

- apple corer, cutting board, knife,
- Knives for students, plates



Safety Precaution

Remember to wash hands and review safety precautions for using apple corer and knife handling.

Making the Recipe

- 1) Core the apples and have students help slice apples into round rings.
- 2) Pass out sliced rings to students and have them spread cream cheese on the apple.
- 3) Sprinkle slice with a few raisins.
- 4) Sprinkle the top of your ring with cinnamon. (optional)

enjoy!

Source: Adapted from 5 a Day Kids Cookbook, 204. p. 54-55

California Apples



The apple industry in California dates back to the 1800's, when two early orchards were cultivated in Watsonville and

Sebastopol along Central and Northern coastal regions. Today, our state has more than 450 growers. California ranks fourth in commercial apple production in the United States. California is known for its large variety of apples. Some examples include Red Delicious, Golden Delicious, Gala, Fuji, Granny Smith, McIntosh, Rome, Jonathan and Pink Lady. Which one is your favorite?

Source: <http://www.calapples.org>

Which One Appeals to You?

Variety/Season	Color	Usage
Fuji Year Round	Yellow-green with red highlights	Great for dessert recipes or a snack
McIntosh Year Round	Bright-red tinged with green	All-purpose apple, but best eaten out-of-hand
Granny Smith Year Round	Bright Green	Good for cooking or snacking
Gala August to March	Yellow-orange with red striping	Great in salads or for snacking

Apple Resources and Books

- U.S. Apple Association- <http://www.usapple.org>
- Washington Apples- <http://www.bestapples.com>
- 5 a day- <http://www.dole5aday.com>
- Apples, Apples, Apples by Nancy E. Wallace
- Little Apple by Bridgitte Weninger and Ann Möller
- The Giving Tree by Shel Silverstein
- An Apple a Day by Melvin Berger
- Apples to Oregon by Deborah Hopkins and Nancy Carpenter

