

Tasting and Graphing Apples

Nutrition Objective	Children will be able to explain that apples are a smart food choice. Children will taste three different apples and graph their favorites.		
Materials & Ingredients	green apples red apples yellow apples	teacher knife cutting board plastic knives serving containers	
Food Preparation	<ul style="list-style-type: none"> Show the apples whole to the children. Wash and cut the apples with the skin on into wedges (one piece of each color per child). Place in serving containers. 		
Lesson Introduction	<p>Question of the Day: Why are apples great to eat?</p> <ul style="list-style-type: none"> <u>Read and discuss:</u> <i>Apple Farmer Annie</i> by Monica Wellington <ul style="list-style-type: none"> What does Annie make with some of her apples? (refer to text) What does Annie do with the most beautiful apples? (refer to text) Why are apples a smart food choice? (<i>they have vitamins and minerals, they are good for our bodies, they help us grow, they are low in sugar, etc.</i>) <p>TS GOLD: 8a, 9a, 9b, 9d, 10a, 11a, 12a, 17a, 18a, 37, 38</p>		
Lesson Process	<ul style="list-style-type: none"> Everyone washes their hands. <u>Introduce and discuss</u> the 3 different apples. What is the same about them? What is different? (color, size, etc.) Wash and cut the apples for children to cut into smaller pieces and taste. <u>Demonstrate</u> how to taste each different apple. Take a bite of one and talk about how it tastes to you. Do this for each apple and tell students how they taste and feel: same and/or different. Model using tongs for spoons (rather than fingers) to take food from containers. Children serve themselves and use plastic knives to cut the apples into smaller bites. Children taste the apples and share their favorite one explaining why they like it best. Graph favorite apples (see next page for graphing apples activity). <p>TS GOLD: 1c, 2c, 7a, 8a, 8b, 11a, 37, 38</p>		
Share your Story	<ul style="list-style-type: none"> How do you like to eat apples? (<i>cut into pieces, eaten whole, as applesauce, with a dip</i>). Which apple do your family members like best? <p>TS GOLD: 2c, 8a, 9a, 9b, 9d, 10a, 10b, 11e, 12a, 12b, 37, 38</p>		
School to Home	<ul style="list-style-type: none"> Send home family letters to share the fun activities children did in the classroom. 		

Lesson Extensions

Graphing Apples

- Create a class graph on chart paper or white board.
 - Have children mark their favorite apple on the graph.
 - Count how many children chose which apple. Discuss more, less, etc.
- TS GOLD: 8b, 10a, 11a, 11c, 13, 20a, 20b, 37, 38

Apple Tree Art

- **Materials:** brown paper bags or brown construction paper, green tissue paper or construction paper, red buttons, or pieces of felt, pencil/scissors.
 - Begin by tracing child's hand and forearm. Cut out; the tracings become the trunks and branches of the trees.
 - Next, children tear and crumple small pieces of green paper to form the leaves on the tree and glue the green pieces to the branches.
 - Then add the red buttons or felt pieces for the apples.
- TS GOLD: 7a, 7b, 8a, 8b, 11a, 11d, 33, 37

Physical Activity

Music and Movement

- Find song #2 "Shake, Mix, Pound, Roll" on the *Happy and Healthy* CD.
 - Children spread out in outdoor space or around the room, explain that we are going to listen to the music and follow along.
 - This song has the children use their hands to perform different movements while they pretend to cook something.
 - The speed increases as the song goes along challenging children to change hand movements quickly.
 - Start the music and join the children by modeling the different moves.
- TSGOLD: 2c, 7a, 8b, 11a, 11e, 12a, 35, 37

Hula Hoop Four Square

- Lay 4 hula hoops on the ground so they form a large square. Place 3 bean bags in each hula hoop.
 - One child will kneel or stand in front of each hoop.
 - They should face the center and underhand toss the bean bags into other hoops.
 - If thrown outside a hoop, the child who threw it will run to retrieve it.
 - Turn on some music and when the music stops, have the children count how many bean bags they have in their hoops.
- TS GOLD: 2c, 5, 6, 7a, 8a, 8b, 11b, 11d, 20a, 37

Physical Education: Fine motor

- Underhand throwing is an important first step in helping children to be able to catch a ball that is tossed in the air.
 - Children hold an object that fits nicely in their hand. Direct them through the full range of motion of an underhand throw: start at the hip and release the object as the arm is raised with some force.
 - Children follow the object with their eyes to begin building that skill of following the ball or object in order to eventually catch it as it comes back down.
 - See page 138 in *Encouraging Physical Activity in Preschoolers* by Steve W. Sanders for more information and activities about underhand throwing.
- TSGOLD Objective: 7a Demonstrates fine-motor strength and coordination-uses fingers and hands

For additional activities, songs & information, visit
<https://coloradosoph.cuanschutz.edu/school-wellness>

