
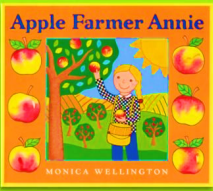


<p>Nutrition Objective</p>	<p>Children will be able to explain that apples are a smart food choice. Children will taste three different apples and graph their favorites.</p>	
<p>Materials & Ingredients</p>	<p>green apples red apples yellow apples</p>	<p>teacher knife cutting board plastic knives serving containers</p> 
<p>Food Preparation</p>	<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. 	
<p>Lesson Introduction</p> 	<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? (<i>refer to text</i>) • What does Annie do with the most beautiful apples? (<i>refer to text</i>) • 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>	
<p>Lesson Process</p>	<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? (<i>color, size, etc.</i>) • 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 (<i>see next page for graphing apples activity</i>). <p>TS GOLD: 1c, 2c, 7a, 8a, 8b, 11a, 37, 38</p>	
<p>Share your Story</p>	<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>	
<p>School to Home</p>	<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

