

Nutrition Objective

Introduce children to apples as a healthy food choice and encourage children to eat fruit.

Materials & Ingredients

2 Green apples
2 Red apples
2 Yellow apples

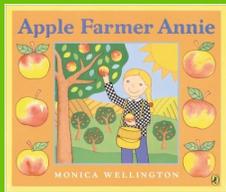
Teacher knife
Cutting board
Plastic knives
Serving containers



Food Preparation

- Wash the apples.
- Show the apples whole to the children; then cut the apples with the skin on into wedges (one piece of each color per child).
- Place in serving containers.

Lesson Introduction



Question of the Day: Why are apples great to eat?

- Read and discuss: *Apple Farmer Annie* by Monica Wellington
 - Ask children which ways they have eaten apples (*dipped in yogurt or peanut butter, baked in a pie, in a salad, applesauce, apple juice, etc.*)
 - Ask the children why apples are healthy to eat (*they have vitamins and minerals they are good for our bodies, they help us grow, they are low in sugar, etc.*)
 - Ask children to tell you all the different colors of apples. (*red, yellow, green, etc*)

TS GOLD: 8a, 9a, 9b, 9d, 10a, 11a, 12a, 17a, 18a, 37, 38

Lesson Process

- Children and adults wash their hands.
- Introduce and discuss the 3 different apples. What is the same about them? What is different? (*color, size, etc.*)
- Wash and cut up the apples for children to cut into smaller pieces and taste.
- Demonstrate 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, feel, etc. the 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 explaining why they like it best.
- Graph favorite apples (*see next page for graphing apples activity*).

TS GOLD: 1c, 2c, 7a, 8a, 8b, 11a, 37, 38

Share your Story

- Children share how they like to eat their favorite kind of apple (*cut into pieces, eaten whole, as applesauce, with a dip*).
- What kind of apples does your family like to eat the most?

TS GOLD: 2c, 8a, 9a, 9b, 9d, 10a, 10b, 11e, 12a, 12b, 37, 38

School to Home

- 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, and 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 eventually be able to catch a ball that is tossed in the air.
 - Have children hold an object that fits nicely in their hand and direct them through the full range of motion of an underhand throw. Starting at their hip and releasing the object as they raise their arm up with some force.
 - Have 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

Family Letter

Tasting and Graphing Apples



Tasting and Graphing Apples

Do you know you can purchase fruits and vegetables that are in season and save money? At school your child tasted red, green, and yellow apples and noticed the different colors, textures, and flavors.

Young children can safely cut apples with butter knives, and they enjoy helping in the kitchen.

Make and eat this apple salad together.

For more information on seasonal produce visit

<https://www.seasonalfoodguide.org/colorado>

or scan this QR code:



Apple Salad:

Ingredients:

- 2 cups apple (diced)
- 1 cup celery (diced)
- ½ cup raisins
- ½ cup nuts
- 2 tablespoons lite mayonnaise
- 1 tablespoon orange juice

Directions:

1. Everyone washes their hands
2. Mix orange juice with salad dressing or mayonnaise.
3. Toss apples, celery, raisins, and nuts with the dressing mixture.

Enjoy this recipe for a healthy snack or side dish.



Physical Activity

Did you know children should be active for at least 60 minutes per day? Be active with your child throughout the day to help them meet this goal.

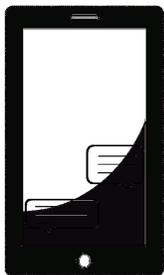
Say and act out this fun rhyme with your child:

Way up high in an apple tree (stretch to the sky)
5 little apples smiled down at me (show 5 fingers)
I shook that tree as hard as I could (shake a pretend trunk)
Down came an apple (show 1 finger)
Mmmmm! It was good. (pretend to eat an apple)

Repeat the rhyme but decrease the apples each time until there are no apples left on the tree.

Star in the Apple

Ask your child to guess what they will see if you cut an apple in half horizontally. Did you know there is a star inside? Grab an apple and try it! Then slice the apple and enjoy eating it together.



Text2LiveHealthy

Text2LiveHealthy

Fun tips to keep your family healthy

We will send you free weekly texts about ways to eat well and be active together.

You will also receive recipes, resources, and information about events in your area. Text "Food" to 21333 or scan the QR code to enroll in this program.



Carta Familiar

Probando y haciendo gráficos con manzanas



Probando y haciendo gráficos de manzanas

¿Sabía que puede comprar frutas y verduras de temporada y ahorrar dinero? En la escuela, su hijo probó las manzanas rojas, verdes y amarillas y notó los diferentes colores, texturas y sabores.

Los niños pequeños pueden cortar manzanas con cuchillos de mantequilla, y disfrutaban ayudando en la cocina.

Hágan y coman esta ensalada de manzana juntos.

Para mas informacion en productos de temporada visite

<https://www.seasonalfoodguide.org/colorado>

O escaneé este codigo:



Ensalada de manzana:

Ingredientes:

- 2 tazas de manzanas (picadas)
- 1 taza de apio (picado)
- ½ taza de pasas
- ½ taza de nueces
- 2 cucharaditas de mayonesa ligera
- 1 cucharadita de jugo de naranja

Instrucciones:

1. Todos se lavan las manos
2. Mezcle el jugo de naranja con el aderezo o la mayonesa.
3. Agregue las manzanas, apio, pasas y nueces con la mezcla del aderezo.

Disfrute esta receta como un aperitivo saludable, o guarnición.



Actividad Física

¿Sabía que los niños deben estar activos al menos 60 minutos al día? Sea activo con su hijo durante todo el día para ayudarlo a alcanzar esta meta.

Diga y actúe esta divertida rima con tu hijo:

Muy arriba en un manzano (estirarse hasta el cielo)

5 pequeñas manzanas me sonreían (mostrar 5 dedos)

Sacudí ese árbol tan fuerte como pude (sacudan un tronco imaginario)

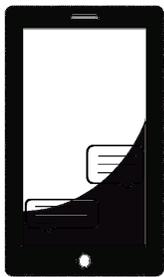
Abajo cayó una manzana (mostrar 1 dedo)

Mmmmm! Estuvo bien. (pretendan comer una manzana)

Repita la rima pero disminuyan el número de manzanas cada vez, hasta que no queden manzanas en el árbol.

Estrella en la manzana

Pídale a su hijo que adivine qué verá si cortan una manzana por la mitad horizontalmente. ¿Sabían que hay una estrella dentro? ¡Tome una manzana y pruében! Luego corten la manzana y disfruten comiéndola juntos.



Text2LiveHealthy

Text2LiveHealthy
Fun tips to keep your family healthy

Le enviaremos mensajes de texto semanales gratis sobre maneras de comer bien y estar activos juntos.

También recibirá recetas, recursos e información sobre eventos en su área. Envíe "Alimentos" a 21333 o escaneé este código para inscribirse en este programa.

