

# A Star in the Apple - Whole Child Adaptation



**Questions of the Day:** What colors can an apple be?  
What are different ways to prepare and eat apples?

**Theme:** Apples come in a variety of colors and tastes and you can even eat them in a variety of ways!

## Social-Emotional



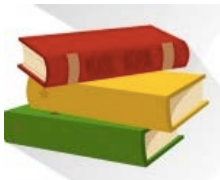
- **Cooperation:** Have a food tasting party with 3 different types of apples. Encourage each child to try 1 of each different type of apple and then rate their favorite apple!
- **Active Involvement:** Play “Wiggle and Jiggle” from the *COWP Happy and Healthy* CD. Lead the children in pretending you are Annie, the apple farmer, and have to get the apples down from the trees. Wiggle and jiggle!

## Cognitive



- **Science:** Experiment with cutting an apple in different ways, ending with cutting it in half horizontally to show the star at the core of the apple.
- **Parts of an Apple:** Cut apart an apple separating the skin, flesh, seeds, core and stem. What parts can we eat? Which part will grow more apples?
- **Math:** Have children guess how many seeds are in the apple. Make predictions and then count the actual seeds in the apple.
- **Art:** Use paint and cut apples in half to make stamps of the star in the apple on paper.

## Language & Literacy



- **Read:** *Apple Farmer Annie* by Monica Wellington
- **Develop Language:** Discuss the story through open ended questions and make guesses about the ending. What is Annie’s favorite part of her apple farm?
- **Learn a New Song:** Have children sing and dance to “Wiggle and Jiggle” from the *COWP Happy and Healthy* CD.

## Physical Health



- **Resource—Encouraging PA in Preschoolers:** “Beanbag Balancing” p.102 Practice Body-Part Balancing and more ideas on pages: 24,72,74,102-103,133,138,140,144,147-149. Make your own on p. 72.
- **Nutrition:** Apples and apple sauce contain vitamins that help you grow.

For additional activities, songs & information, visit [cowpprogram.com](http://cowpprogram.com)

# A Star in the Apple - Lesson Process

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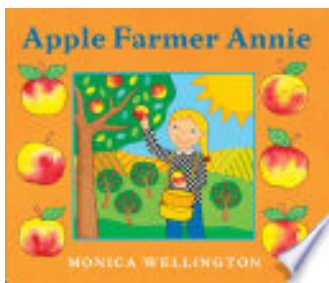
## Materials and Ingredients:

- Book *Apple Farmer Annie* by Monica Wellington
- Plastic forks, knives, paper bowls, and serving bowls
- 2 Green apples
- 2 Red apples
- 2 Yellow apples



## Preparation:

- Everyone wash hands with soap and water.
- Cut ONE apple **in the middle and horizontally (not through the stem)** to see the star inside.
- Cut the rest of the apples into thin wedges for children to cut into smaller pieces.



## Introduce Lesson to Children:

- Ask: *What colors can an apple be? What are different ways to prepare and eat apples?*
- Role play: You are Annie on her apple farm, picking and harvesting all of the apples that grow on the apple trees; sorting and organizing the different types of apples.
- Have children share about their favorite apple and why.



## Lesson Process:

- Have children wash their hands.
- Show children the star inside the apple that was cut in half horizontally.
- Have children cut apple wedges into smaller pieces and then taste each type of apple.
- Create a class graph by asking the children to mark their favorite apple on the graph to show how many children chose each type of apple. Each child will mark the bar graph with their name, a sticker, or their thumbprint next to their favorite apple.



## Family Letters:

- Send the family letters home to let parents know about the fun activity shared in class.