

Toddler 18-36 Months Tasting Apples

Nutrition Objective

This lesson helps children recognize apples as part of the fruit group on MyPlate. Children taste different types of apples.

Materials and Ingredients

green apple
red apple
unsweetened apple sauce

teacher knife and cutting board
serving container
paper plates
plastic knives



Food Preparation (according to CACFP guidelines)

Before preparing the foods, show them whole to the children.

- Wash the apples.
- Cut the apples into thin slices for children to cut into smaller pieces.
- Place in separate serving containers.
- Place apple sauce in a container with a spoon.



Lesson Introduction

Read and discuss: *Eat 'Em Ups Apples!* by Gail Tuchman

- Give opportunities for children to count, name, and identify people, colors, and objects.
- Talk about the different foods that can be made from apples.
- Ask children questions about apples. What colors are apples? Where do we get apples? What is your favorite color apple?

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

Lesson Process

- Everyone washes their hands.
- Introduce and discuss the 2 different apples and applesauce. What is the same about them? What is different? (color, size, texture, etc.) Explain how apples are made into applesauce.
- Tell children apples are “super fruits”. Eating apples helps their bodies grow.
- Show how to taste the different apples and applesauce. Describe how apples and applesauce taste, one at a time. Include words like smooth, crunchy, sweet, and sour.
- Children serve themselves and practice using toddler knives to cut their apple slices.
- Eat together and give children time to taste and comment on the flavors and textures.

TS GOLD: 1c, 2c, 3a, 7a, 8a, 8b, 11a, 37, 38

Music and Movement

- Find song #2 “Shake, Mix, Pound, Roll” on the Happy and Healthy CD.
 - This song has children use their hands as they pretend to cook something.
 - The speed increases, 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

Physical Activity

Skill: fine motor

Materials: cones, rings, and bean bags.

- Children practice stacking and unstacking cones.
- Children place the rings over the cones.
- Children balance bean bags on top of the cones.

TSGOLD: 2c, 3a, 7a, 8a, 8b, 11

School to Home

Do you use a platform to communicate with families? If so, share pictures of their children cutting and tasting apples. Encourage families to talk about apples with their children.

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



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