

MCS D PRESCHOOL

HARVEST OF THE MONTH

ACTIVITY PACKET

APPLES



September 2007

READ ALOUD BOOKS

- Week 1:** **Ten Red Apples** by Pat Hutchins
- Week 2:** **I am an Apple** by Jean Marzollo
- Week 3:** **Apples and Pumpkins** by Anne Rockwell
- Week 4:** **The Seasons of Arnold's Apple Tree** by Gail Gibbons
- Additional books:** **Apple Farmer Annie** by Wellington
Apples and How They Grow by Laura Driscoll

***Books from 06-07:**

Apples, Apples, Apples by Nancy Elizabeth Wallace
The Crooked Apple Tree by Eric Houghton
Out and About in the Apple Orchard by Diane Mayr
Red are the Apples by Mare Harshman & Cheryl Ryan

***Books from 05-06:**

Apples by Inez Snyder
Apples, Apples by Kathleen Weidner Zoehfeld
How Do Apples Grow? by Betsy Maestro

Materials provided by:
Merced County Office of Education, Nutrition Network
Contact us: 209-385-5394 or nnetwork@mcoe.org

This material is adapted from the California Department of Public Health **Harvest of the Month** tool kit. Principal funding is from the USDA Food Stamp Program through the *Network for a Healthy California*, which is an initiative of the California Department of Public Health. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with limited incomes that can help them buy nutritious foods for a better diet. For information, call 1.888.328.3483.



HARVEST OF THE MONTH ACTIVITIES

Apples

HM Theme: Theme 3 "Me and My Five Senses"

Week 1

Ten Red Apples

Books: Ten Red Apples and Apples and How They Grow

Objectives:

- Students will retell the story of Ten Red Apples.
- Students will count apples to match the number on a tree.
- Students will identify apples as a healthy choice for a snack.
- Students will describe where apples come from, which season they are ready for picking, and how the farmer grows the apples.

Supplies:

Story retelling props

Apple Tree counting box (Lakeshore)

Directions:

1. Read Ten Red Apples by Pat Hutchins. Encourage the children to say the repetitive phrases with you.
2. Have the children retell the story using story props.
3. Have the children match the number of apples to the number on each tree.
4. Read Apples and How They Grow. Have the children describe where apples come from, which season apples are ready to pick, and how the farmer grows apples.
5. Discuss the story further and have the children identify that apples are a healthy choice for a snack. Explain that apples make a healthy snack because they help clean your teeth, they give you energy to play and help you grow strong.
6. Brainstorm with children the different ways to eat apples as a snack (sliced, whole, with peanut butter or yogurt, in a fruit salad, dried, etc.).

HARVEST OF THE MONTH ACTIVITIES

Apples

HM Theme: Theme 3 "Me and My Five Senses"

Week 2

Apple Blossoms

Book: I Am An Apple

Objectives:

- Students will count five petals on an apple blossom.
- Students will paint apple blossoms.
- Students will describe the cycle of how an apple grows.
- Students will identify 1 food made from apples.

Supplies:

White construction paper

Crayons

Directions:

1. Read I am an Apple by Jean Marzollo and discuss the story.
2. Using the last page (with the picture of how an apple grows) have the children describe how an apple grows from a seed to an apple.
3. Show the children the page that states 'I have five petals,' 'I am beautiful.' Have them read it with you. Have the children count the petals on the blossoms. Show them the page with the apple seeds. Have them read it with you and count the seeds in the apple. Explain that there is the same number of seeds as petals.
4. Show the children the page that states 'Applesauce is made from apples. What else is made from apples?' Brainstorm different foods made from apples and write them on the board.
5. Tell the children that they are going to make a branch of an apple tree with apple blossoms. Using crayons draw a branch from an apple tree. Then draw blossoms with five petals. Encourage the children to count the petals on each blossom.

HARVEST OF THE MONTH ACTIVITIES

Apples

HM Theme: Theme 3 "Me and My Five Senses"

Week 3

Colorful Apples

Book: Apples and Pumpkins and Apple Farmer Annie

Objectives:

- Students will identify different colored apple varieties.
- Students will describe things that are the same color as apples: red, yellow and green.
- Students will describe other healthy foods that are the same color as apples.

Supplies:

Chart paper	Markers	Scissors	Glue
White Paper	Crayons	Newspapers	Magazines

Directions:

1. Read Apples and Pumpkins by Anne Rockwell.
2. In the story the author describes red apples. Have the children identify other colors and varieties of apples. Have them help you name the varieties.
3. On the chart paper list things that the children identify as being the same color as apples.
4. Have the children identify any healthy foods that are the same color as apples; circle or add to the list. Review what makes a food healthy (i.e. gives you energy to play, helps you grow strong and isn't high in sugar, salt or fat.)
5. Have the children draw an apple and color it red, yellow, or green (whichever they like best). Then have them find pictures of healthy foods and things from newspapers and magazines to glue around their apple that are the same color.
6. Read Apple Farmer Annie. Discuss the story with the children and have them identify the season which Annie picks her apples. Have the children describe what Annie makes with her apples and where she goes to sell them.

HARVEST OF THE MONTH ACTIVITIES

Apples

HM Theme: Theme 3 "Me and My Five Senses"

Week 4

Wind and the Apples

Book: The Seasons of Arnold's Apple Tree

Objectives:

- Students will describe the changes in an apple tree throughout the seasons.
- Students will count apples.
- Students will recite an apple poem.

Directions:

1. Read The Season's of Arnold's Apple Tree by Gail Gibbons and discuss the story.
2. Review with the students why apples are a healthy snack (i.e. they help clean your teeth, they give you energy to play and help you grow strong).
3. Review with the students different ways apples can be eaten (sliced, whole, with peanut butter or yogurt, in a fruit salad, dried, etc.)
4. Review with the students the different color varieties of the apples
5. Using the pictures in the book, have the children describe the changes in the apple tree throughout the seasons. Have them identify the season with the pictures of the apple trees in the book.
6. Explain that the weather is what makes the tree change. For example, wind makes the leaves and blossoms fall off. Teach students the poem about 'Wind and the Apples' (see below).
7. Have the children draw an apple tree. Give them 5 red circles to represent apples and have them recite the poem.

Wind and the Apples

Five red apples hanging on a tree
The juiciest apples you ever did see!
The wind came past and gave an angry frown
And one little apple came tumbling down.
Four red apples, etc.

Food Experience Calendar

September 2007

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|---------------|-------------|--|
| Friday | 9/7 | Apple Tasting |
| Friday | 9/14 | Apple Juice and Apple Sauce Tasting |
| Friday | 9/21 | Apple Rainbow Fruit Cup |
| Friday | 9/28 | Apple Yogurt Trifle |

Food Experience Recipes

September 2007

Fri 9/7/07

Apple Tasting

- 2 Golden Delicious Apples
- 2 Red Delicious Apples
- 2 Fuji Apples
- 2 Granny Smith Apples

Directions:

1. Wash all apples well. Cut each apple in half and show the children what the fruit looks like on the outside and inside.
2. Slice each apple into 20 slices and place on separate plates. Show the children the different varieties, noting colors, size, and how/where they grow.
3. Taste the different varieties and have each child share which was his/her favorite variety.

Makes 20 Taste Tests

Developed by Merced County Office of Education Nutrition Network

Fri 9/14/07

Applesauce and Apple Juice Tasting

1 cup 100% apple juice

8 Fuji or Golden Delicious Apples (cubed, no skin, and seeded)

1 ½ tablespoons honey

1 small container of Cinnamon

1 jar of no sugar added applesauce

Directions:

1. Make sure apples seeds are removed before making the applesauce.
2. Pour apple juice, apples, and honey into a blender or food processor. Blend to desired consistency.
3. Sprinkle with cinnamon if desired. Makes 20 taste tests (1/4 cup each)
4. Discuss how apples can be made into many different foods (apple pie, apple muffins, dried apples, apple cider, etc.) Have they made any apple foods at home? Have they bought them in the store? Provide students with 2 Tablespoons of store bought applesauce to compare to the home made.
5. Have children taste the homemade apple sauce and store-bought apple sauce and compare the two. Do they like to eat apples or apple sauce?
6. Have the children taste the juice (approximately one ounce each.) Do they like to drink apple juice or eat apples?

Makes 20 Taste Tests

Newport-Mesa Unified School District, Nutrition Services

Fri 9/21/07

Apple Rainbow Fruit Cup

- 2 Red Delicious Apples, sliced into bite size pieces
- 2 small cans of Mandarin orange slices, drained
- 2 Yellow Delicious Apples, sliced into bite size pieces
- 2 Granny Smith Apples, sliced into bite size pieces
- 1 pint fresh blueberries
- Small clear plastic cups (4oz cups)
- One large clear plastic bowl

Directions:

1. Wash all fruit.
2. Slice all fruit, except blueberries into bite-size pieces.
3. Place one small slice of each apple and orange slice on the student's plate, have the students cut up their own pieces of apple and orange on their plate.
4. Layer fruit in a large plastic bowl until a rainbow of colors has been formed with the apple, oranges and blueberries.
5. Once the bowl has been completely layered, use a large spoon to place a scoop into each 4oz cup.
6. Have each student place the fruit he/she has cut up into his/her plastic cup.
7. Taste.

Makes 20 Taste Tests

Developed by Merced County Office of Education Nutrition Network

Fri 9/28/05

Apple Yogurt Trifle

- 3 Granny Smith Apples (cored and finely chopped)
- 6 (8 ounce) containers of low-fat cherry yogurt
- 2 ½ cups Grape-Nuts cereal
- 24 small paper cups

Directions:

1. Evenly divide 3 of the yogurt containers and half of the chopped apple pieces among the cups to provide each student with a taste.
2. Add two tablespoons of Grape-Nuts to each cup. Top evenly with layers of remaining yogurt, chopped apple and a sprinkle of Grape-Nuts. Refrigerate at least 15-20 minutes before tasting to allow cereal to soften.

Makes 24 tastes (1/4 cup each)

Recipe adapted from Harvest of the Month Cycle 1 September Newsletter

Preschool Activities Shopping List

September 2007

Each shopping list is for one class session (unless otherwise noted.)

Preschool Activities Shopping Directions:

1. You must use the Save Mart card and shop at Save Mart or Food Maxx.
2. Purchase only the items that are on the shopping list.
3. If a specified item is not available, you may make an appropriate substitution. *Please include a written explanation with your receipt.*
4. Comparison shop for the best price.
5. Turn in your receipts promptly.

Fri 9/7/07: Apple Tasting

- 2 Golden Delicious Apples
- 2 Red Delicious Apples
- 2 Fuji Apples
- 2 Granny Smith Apples

Fri 9/14/07: Applesauce and Apple Juice Tasting

- 1 cup 100% apple juice
- 8 Fuji or Golden Delicious Apples
- 1 $\frac{1}{2}$ tablespoons honey
- 1 small container of Cinnamon
- 1 jar of no sugar added applesauce

Fri 9/21/07: Apple Rainbow Fruit Cup

- 2 Red Delicious Apples
- 2 small cans of Mandarin orange slices
- 2 Yellow Delicious Apples
- 2 Granny Smith Apples
- 1 pint fresh blueberries

Fri 9/28/07: Apple Yogurt Trifle

- 3 Granny Smith Apples
- 6 (8 ounce) containers of low-fat cherry yogurt
- 1 small box of Grape-Nuts cereal (**1 per classroom**)

Other Materials to Purchase:

- Plastic spoons X 3 recipes = 60 spoons per class session for the month.
- Plastic Cups (4 ounce) X 2 recipes = 40 cups per class session for the month.
- Small paper cups (2 ounce) X 1 recipe = 20 cups per class session for the month.
- Paper Plates X 2 recipes = 40 plates per class session for the month.

PLEASE PURCHASE ONLY PAPER PLATES—NOT STYRAFOAM!