

## Food \$ense ECEAP - Lesson 2 All About Apples



### Objectives

After completing the lesson, students will be able to:

- Recognize that apples come in two colors, red and green.
- State that apples are a healthy food.
- Describe the taste of different types of apples (e.g. sweet or sour)

### Story

*Apple Farmer Annie*, Monica Wellington, Dutton Juvenile, 2001.

### Tasting Experience

Red apples, green apples and unsweetened applesauce.

### Supply List

#### Food and Serving Supplies

- Two types of red apples, two types of green/yellow apples, very thinly sliced to avoid being a choking hazard during eating, plus unsweetened applesauce.
- Small paper plates, napkins, plastic forks and/or spoons

#### Educational Materials

- Flannel story board with simplified MyPyramid
- Food model pictures of red and green apples.
- Life-size plastic apples, equal number of red and green, enough for each student
- Small baggies with different number of miniature plastic apples in each one (one in a baggie, two in a baggie, three in a baggie, etc.) Tape baggies shut so children do not open them, as miniature apples could be a choking hazard.
- Number cards (about the size of a card deck) for each baggie of apples.
- "I Tasted A New Food Today!" apple stickers.

#### Handouts/Paperwork

- Parent Newsletter
- Demographics (Student data) sheet if not done last month (do one time per year)
- Lesson 1 Teacher Information Sheet
- Time log forms (1 for signatures, 1 to leave in classroom)
- Your WSU Name tag

Items needed from classroom: None

Note: Before the lesson, email or mail the Lesson 2 Teacher Information Sheet to the teachers.

## INTRODUCTION

- Give introductory paperwork and information sheet to teachers and assistants. Explain the assistance you'll need with the activity.
- Ask teachers for assistance in gathering the children around you, such as for circle time.
- Introduce yourself to the children and remind them you are here to read them a story about food that is good for you.
- Set up flannel story board with MyPyramid on it and briefly explain that today we're going to talk about a food that belongs in the fruit group. (Point out the red triangle representing the fruit group and/or detach that triangle from MyPyramid.) We are going to talk about apples today. Apples are a fruit (put pictures of red and green apples near the red fruit group triangle of MyPyramid). Fruits are good for us and make our bodies healthy. Explain that some apples are red and some apples are green. Some taste sweet and some taste a little sour. Today you'll get to taste different kinds of apples.

## STORY

- Tell children that today we're going to read a story called *Apple Farmer Annie* written by Monica Wellington. (Show book.)
- Read book slowly, asking children a few question about the story, apples, colors, number of apples, etc. Be sure to move the book around so everyone can see all of the pictures. Emphasize that apples are good for us, they are a healthy food.

## GROUP ACTIVITY: "I Love Apples!"

- Have children hold hands to form a large circle. Distribute one life size plastic apple to each child, alternating red or green.
- Instruct each child holding a red apple to hop in place (or hop on one foot or whatever physical activity your students are capable of doing) three times then say "Apples, apples make me healthy!"
- Next, instruct each child holding a green apple to hop in place three times then say, "Apples, apples, make me smart!"
- Next, have all children hop in place three times and then say, "Red apples, green apples. I love apples!" one time.
- Repeat the series, except switch what the children say, i.e. have the red apple holders say "Apples, apples make me smart!" after hopping, and the green apple holders say "Apples, apples make me healthy" after hopping. The last one remains the same—all students hop and then say: "Red apples, green apples. I love apples!" one time.
- Repeat the entire sequence again if desired.

## CHOICE ACTIVITY—TASTING EXPERIENCE

- At the choice activity station, let children taste slices of apples and unsweetened applesauce.
- Always make sure children are seated while eating/chewing.
- Let students match the miniature apple baggies with the appropriate number card.
- Give "I Tasted A New Food Today!" sticker to each child who tastes the apples.
- Work with all children who want to come to this choice activity. Encourage teachers to direct them to this activity.

**Note: Our goal in ECEAP is to introduce children to new foods and the concept of trying new, healthy foods. When children learn to try new foods, they are more likely to be willing to try new foods as they mature, eat a wider variety of foods and thus get a wide variety of nutrients.**

**Summary of Apple Farmer Annie (from a review at amazon.com)**

Annie owns and tends her own small apple orchard in this visually robust salute to a favorite fruit. Although constantly accompanied by her cheerful-looking dog and cat, Annie does all the work herself. She picks the ripe apples, then she sorts them by variety. In the next several pages, readers learn many of the tasty treats that can be derived from apples as she makes sweet cider, smooth applesauce, muffins, pies, and cakes. She saves the best-looking apples to take to the farmers market in the city. There, she sells the round beauties as well as some of the delicacies she has made from them. This is certainly not the most plot-driven story, but it has much to offer both the eyes and the mind. Wellington, perhaps best known for *All My Little Ducklings*, has outdone herself with the bursting, ripe brightness of her illustrations. The apples look good enough to eat. Many of the pages contain a little something to challenge young minds. There is sorting and counting, object-naming, sign identification, even a little money-counting. For the family that has become a bit hungry while reading, Wellington closes with a few recipes from the tantalizing goodies named in the story. Sweet and crisp. (Picture book. 3-7)