



Lesson 2 – All About Apples!

CHECK YOUR CALENDAR NOW – Is your class available on the scheduled day? Or is there a field trip, parent conference or other conflict? If so, let us know immediately and we'll reschedule.

We'll Need Your Help with...

1. Plan for story time at the time the WSU nutrition educator is scheduled to arrive; we start the lesson with a story. Gather children for story time and introduce WSU nutrition educator.
2. After the story, help with the "I Love Apples" circle activity in which children hold different colored apples, hop in place, and repeat educator's statements about apples.
3. Organize/guide several children at a time to go to the tasting experience station during choice time. Children will also be able to do an apple counting activity at this time.
4. Sign/initial the time verification log provided by the WSU nutrition educator.



Story

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

Tasting Experience

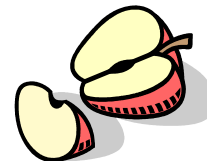
Two different types of red apples. Two different types of green apples.
Unsweetened applesauce.

Materials Needed from ECEAP Classroom: None.

Objectives

After completing the lesson, students will be able to:

- Recognize that apples can be either red or green.
- State that apples are a healthy food.
- Describe the taste of different types of apples (e.g. sweet or sour)



Questions? Comments? Need to reschedule? 360-337-4651

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