



## Apple

### Harvest Objectives

Families will describe the life cycle of an apple.  
Families will identify that apples grow on trees.  
Families will taste a piece of apple.



### Harvest Vocab

Firm

Fruit

Pollination

Smooth

Tree

### Materials & Prep

Apples (enough for each family member to taste small  $\frac{1}{4}$  pieces, ideally of different apple varieties: Gala, Granny Smith, etc.)

1 Set Apple Life Cycle large cards (see separate document)

1 Set per child Apple Life Cycle small cards (see separate document; set to print 4 pages per sheet and then cut each sheet into quarters for small cards)

Images (included at end of learning plan)

Knife

Cutting Board

Taste Test Chart

Stickers (or small Post-It Notes)

### Literature Connections

I Am An Apple by Jean Marzollo

The Season's of Arnold's Apple Tree by Gail Gibbons

A Fruit Is a Suitcase for Seeds by Jean Richards

### Warm Up

- In order to engage the family and activate prior knowledge, show the family the apples and pass them around so everyone gets to hold and/or touch them. Tell them to think of the name for the food, but to keep their answer inside their head. Then when everyone has held an apple, ask them, "What is this called?" Consider having everyone say the answer aloud on the count of three, this way you'll know how many family members know. Then discuss, have ever seen one before? Eaten one before? How was it prepared? Where do they think apples come from? How do they grow? (On trees, bushes?)
- In order for the family to explore more about the apple life cycle, have a common experience, and think about what they know, tell them they will work together to put the apple life cycle in order. If you prefer, you may give them the hint to start with the tree with flowers. Allow one or two minutes for each child to put the small cards in order. Then ask them, "Why do they think one piece goes before, or after, another? How do they know?"
- It is okay if the order is incorrect. Have the children leave the cards in the order they think is best and continue as a family (below.) Then the children will be able to go back and fix their own mistakes.



## Apple

- Note: For very young preschool students, have them work independently with an adult, and give them only the first two pieces and ask them to put them in order. Then give them the next two, to add on, until the entire life cycle is complete. Alternatively, you could put out the large cards in order first, discussing each briefly. Then the young preschool child could be given the small cards to match with the larger cards.

### Explain

- Using the large apple life cycle cards discuss the correct sequence of the cards.
- Then to review, have the family act out the entire plant life cycle.
  - Apple tree with flowers--stretch arms up to the sky, as branches reaching out towards the sun and fan hands out to form flower blossoms
  - Pollination--one hand's pointer finger becomes a pollinator and touches a friend's flower respectfully
  - Petals falling down (wilting)--petals pretend to fall off of flower hand
  - Flower swelling--flower hand is a small fist representing the beginnings of a fruit
  - Immature fruit--flower hand grows a bit larger
  - Mature fruit--fruit grows larger (apples are a fruit because they have seeds inside)
  - Apple tree with apples--stretch arms up to the sky, as branches reaching out and hands are round, representing fruit
  - (optional) Picking and eating fruit--now pretend you are yourself standing in front of a fruit tree, reach and stretch wayyyy up for the best looking fruit on the tree, pick it off the tree, shine it up on your shirt and take a BIG bite of apple.
- Discuss the picture that shows the apple growing on the tree, and explain the word "tree" if needed. Can they think of any other foods that grow on trees? (Avocado, plums, pears, etc.) Explain the words "smooth" and "firm" along with other examples.
- Explain why we should eat apples (healthy immune system, healthy eyes, healthy muscles, and healthy digestion) and for each come up with an action to help the family remember. For example, for healthy immune system they can shake one finger while saying "no" and then put a hand on their forehead while saying "fever." Also explain how to pick a good apple (it should be firm when you press it gently). Please see the next pages for images to share with the family.

### Taste Test

- Consider having a variety of apples: Golden Delicious, Red Delicious, Fuji, and Granny Smith.
- Wash all apples well. Show the family the different varieties, noting colors and size. Cut each apple in half and show the family what the fruit looks like on the outside and inside.
- Slice each apple into slices. Before tasting, have each family member predict which variety he/she will like the best. Then after tasting have them share which one he/she liked best.
- Create a chart that says "I Like" with a smiley face and "I Don't Like" with a sad face. Give each family member a sticker, and ask them to vote by placing it in a column. Count the number of people that like and don't like apples and write that number in each column.
- Ask the family, "What else comes from apples?" (Apple juice, apple sauce, apple cider, apple butter, baked apples, apple muffins, etc.)



- Review how apples grow and the health benefits.

### **Toddler Tasting**

- To make apple baby food puree, peel, core and cut apple into chunks. Place chunks into a pan with just enough water to slightly cover apples and boil/steam until soft (about 4-7 minutes). Apples may be mashed with a fork or potato masher to achieve a smooth applesauce consistency, or put in a blender/food processor with some water. When cool, serve and enjoy!

### **Taste Test Extension**

**Rule of 15** “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of [Feeding Your Child for Lifelong Health](#)

For an additional tasting experience, prepare this recipe with the family having each member help in an age-appropriate manner.

Apple Yogurt Trifle (for about 4 servings)

1 Small Apple (cored and shredded/finely chopped) Apple Corer

Hand-grater

8 ounces of low-fat yogurt

8 Tbsp. Grape-Nuts cereal

Paper cups & Spoons (1 per person)

1. All participants should wash their hands.
  - a) Wet hands with warm water
  - b) Apply hand wash (soap)
  - c) Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
  - d) Rinse both sides of hands with water all the way up to the wrists
  - e) Dry hands and shut off faucet with towel
1. Have a family member evenly divide the yogurt into the cups.
2. Have a family member rinse the apples under running water so the entire surface has been washed. Use the apple corer to slice the apples.
3. Demonstrate how to hold the apple slice away from the hand grater and slide the apple slice downward to grate the apple. Have each family member grate one apple slice and add it to a cup with yogurt.
4. Demonstrate how to measure the Grape-Nuts and have each family member add one to two tablespoons of Grape-Nuts to the same cup. Refrigerate at least 15-20 minutes before tasting to allow cereal to soften. Enjoy!

## How do **Apples** grow?



White flowers bloom  
in late spring.

After pollination, the flower  
swells and becomes the  
apples we eat.



## Why should we eat **Apples?**

### Vitamin A



Healthy eyes

### Vitamin C



Healthy immune system  
(heals cuts, prevents  
colds)

### Iron & Potassium



Healthy muscles

### Fiber



Healthy digestion,  
cleans out your system