

HARVEST OF THE MONTH PRESCHOOL ACTIVITY PACKET



APPLES
September 2009

READ ALOUD BOOKS

- Week 1:** **My Very First Book of Food** by Eric Carle
Week 2: **Ten Red Apples** by Pat Hutchins
Apples and How They Grow by Laura Driscoll
Week 3: **I am an Apple** by Jean Marzollo
Week 4: **The Seasons of Arnold's Apple Tree** by Gail Gibbons
Week 5: **Apples and Pumpkins** by Anne Rockwell
Apple Farmer Annie by Wellington

Books from 06-07

Apples, Apples, Apples by Nancy 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 & Cindy Ryan

Books from 05-06:

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

Materials provided by:

Network for a Healthy California-Merced County Office of Education

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The Harvest of the Month MCSD Preschool Activity Packet was developed to align with the "Houghton Mifflin (Pre-K) Where Bright Futures Begin" Curriculum used in Merced County. The packets were not designed to be used as a stand alone nutrition curriculum.



HARVEST OF THE MONTH ACTIVITIES

Apples

HM Theme 3: "Me and My Five Senses"

Week 1

Introducing Foods

Book: My Very First Book of Food by Eric Carle

Objectives:

- Students will identify the foods from the pictures in the book.
- Students will identify which foods are fruits and vegetables.
- Students will match pictures of animals and the food the animal eats.
- Students will identify foods they eat that the animals eat too.

Supplies:

Pocket Chart

Animal and food picture cards from the yellow vocabulary boxes

Directions:

1. Explain to the students that today you are going to read a different kind of book. It is not going to be a story; rather it will be a book that you can mix up the pages as you read. The students will need to match the animal with a food that the animal eats.
2. Read the book My Very First Book of Food by Eric Carle. Ask the students to name the animals and foods as you go along. Demonstrate to the students how you will match the animal with the food he eats.
3. Discuss the foods in the book and help the students to identify which foods are fruits and vegetables. Discuss how fruits and vegetables help you grow stronger. Identify the foods that the students and the animals both eat.
4. Place the animal cards in the pocket chart. Take turns having a student match and name the food cards to the animal that eats that food.
5. Have the students identify which of the foods they have eaten. Ask them to identify if they will be eating any of the foods during their meals today.
6. Remind the students that the book, My Very First Book of Food, will be available for them to read and match pictures in the Book Center. Invite the students to use the plastic food baskets in the Dramatic Play Center to pick out the foods from the book that the animals eat.

HARVEST OF THE MONTH ACTIVITIES

Apples

HM Theme 3: "Me and My Five Senses"

Week 2

Ten Red Apples

Books: Ten Red Apples by Pat Hutchins

Apples and How They Grow by Laura Driscoll

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 students to say the repetitive phrases with you.
2. Have the students retell the story using story props.
3. Have the students match the number of apples to the number on each tree.
4. Read Apples and How They Grow. Have the students 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 students 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 students 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 3: "Me and My Five Senses"

Week 3

Apple Blossoms

Book: I Am An Apple by Jean Marzollo

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 students describe how an apple grows from a seed to an apple.
3. Show the students the page that states 'I have five petals,' 'I am beautiful.' Have them read it with you. Have the students 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 students 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 students 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 students to count the petals on each blossom.

HARVEST OF THE MONTH ACTIVITIES

Apples

HM Theme 3: "Me and My Five Senses"

Week 4

Wind and the Apples

Book: The Seasons of Arnold's Apple Tree by Gail Gibbons

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 students the 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 students 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 students 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.

HARVEST OF THE MONTH ACTIVITIES

Apples

HM Theme 3: "Me and My Five Senses"

Week 5

Colorful Apples

Book: Apples and Pumpkins by Anne Rockwell

Apple Farmer Annie by Wellington

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 students identify other colors and varieties of apples. Have them help you name the varieties.
3. On the chart paper list things that the students identify as being the same color as apples.
4. Have the students 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 students draw an apple and color it red, yellow, or green (whichever they like best). Then have them find pictures of healthy foods from newspapers and magazines to glue around their apple that are the same color.
6. Read Apple Farmer Annie by Wellington. Discuss the story with the students and have them identify the season which Annie picks her apples. Have the students describe what Annie makes with her apples and where she goes to sell them.

FOOD EXPERIENCE

SEPTEMBER 2009

Friday 9/04/09

Apple Tasting

- 3 Golden Delicious Apples
- 3 Red Delicious Apples
- 3 Fuji Apples
- 3 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 8 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 24 Taste Tests

Developed by *Network for a Healthy CA-Merced County Office of Education*

Friday 9/11/09

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 piece 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 red, yellow and green apples, oranges and blueberries.
5. Once the bowl has been completely layered, use a large spoon to place a scoop into each 4 oz. 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 *Network for a Healthy CA-Merced County Office of Education*

FOOD EXPERIENCE

SEPTEMBER 2009

Friday 9/18/09

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 TBSPS 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

Recipe from: Newport-Mesa Unified School District, Nutrition Services

Friday 9/25/09

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 Educator Newsletter, Apples

FOOD EXPERIENCE

SEPTEMBER 2009

Friday 10/02/09

Waldorf Salad

4 medium red apples, cored and diced

1/2 cup fat-free mayonnaise

1 tablespoon sugar

1 tablespoon lemon juice

1/8 teaspoon salt

1 cup chopped celery

1/4 cup raisins

Directions:

1. In a medium bowl, combine mayonnaise, sugar, lemon juice and salt.
2. Stir in apples, celery and raisins.
3. Chill for 30 minutes before serving.

Makes 20 tastes (1/4 cup each)

Developed by *Network for a Healthy CA-Merced County Office of Education*