

# ECE Tasting Apples

## Nutrition Objective

Children learn how apples are a smart food choice. Children taste three different apples and graph their favorites.

## Materials & Ingredients

green apples  
red apples  
yellow apples

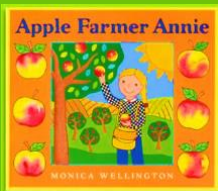
teacher knife  
cutting board  
plastic knives  
serving containers



## Food Preparation

- Show the apples whole to the children.
- Wash and cut the apples with the skin on into wedges (one piece of each color per child).
- Place in serving containers.

## Lesson Introduction



**Question of the Day:** Why are apples great to eat?

- Read and discuss: *Apple Farmer Annie* by Monica Wellington
  - What does Annie make with some of her apples? (*refer to text*)
  - What does Annie do with the most beautiful apples? (*refer to text*)
  - Why are apples a smart food choice? (*they have vitamins and minerals, they are good for our bodies, they help us grow, they are low in sugar, etc.*)

TS GOLD: 8a, 9a, 9b, 9d, 10a, 11a, 12a, 17a, 18a, 37, 38

## Lesson Process

- Everyone washes their hands.
- Introduce and discuss the 3 different apples. What is the same about them? What is different? (*color, size, etc.*)
- Wash and cut the apples for children to cut into smaller pieces and taste.
- Demonstrate how to taste each different apple. Take a bite of one and talk about how it tastes to you. Do this for each apple and tell students how they taste and feel: same and/or different.
- Model using tongs for spoons (rather than fingers) to take food from containers.
- Children serve themselves and use plastic knives to cut the apples into smaller bites.
- Children taste the apples and share their favorite one explaining why they like it best.
- Graph favorite apples (*see next page for graphing apples activity*).

TS GOLD: 1c, 2c, 7a, 8a, 8b, 11a, 37, 38

## Share your Story

- How do you like to eat apples? (*cut into pieces, eaten whole, as applesauce, with a dip*).
- Which apple do your family members like best?

TS GOLD: 2c, 8a, 9a, 9b, 9d, 10a, 10b, 11e, 12a, 12b, 37, 38

## School to Home

- Send home family letters to share the fun activities children did in the classroom.

# Lesson Extensions

## Graphing Apples

- Create a class graph on chart paper or white board.
  - Children mark their favorite apple on the graph.
  - Count how many children chose which apple. Discuss more, less, etc.
- TS GOLD: 8b, 10a, 11a, 11c, 13, 20a, 20b, 37, 38

## Apple Tree Art

- **Materials:** brown paper bags or brown construction paper, green tissue paper or construction paper, red buttons, or pieces of felt, pencil/scissors.
  - Begin by tracing child's hand and forearm. Cut out; the tracings become the trunks and branches of the trees.
  - Next, children tear and crumple small pieces of green paper to form the leaves on the tree and glue the green pieces to the branches.
  - Then add the red buttons or felt pieces for the apples.
- TS GOLD: 7a, 7b, 8a, 8b, 11a, 11d, 33, 37

# Physical Activity

## Music and Movement

- Find song #2 "Shake, Mix, Pound, Roll" on the *Happy and Healthy* CD.
  - Children spread out in outdoor space or around the room, explain that we are going to listen to the music and follow along.
  - This song has the children use their hands to perform different movements while they pretend to cook something.
  - The speed increases as the song goes along challenging children to change hand movements quickly.
  - Start the music and join the children by modeling the different moves.
- TSGOLD: 2c, 7a, 8b, 11a, 11e, 12a, 35, 37

## Hula Hoop Four Square

- Lay 4 hula hoops on the ground so they form a large square. Place 3 bean bags in each hula hoop.
  - One child will kneel or stand in front of each hoop.
  - They should face the center and underhand toss the bean bags into other hoops.
  - If thrown outside a hoop, the child who threw it will run to retrieve it.
  - Turn on some music and when the music stops, have the children count how many bean bags they have in their hoops.
- TS GOLD: 2c, 5, 6, 7a, 8a, 8b, 11b, 11d, 20a, 37


## Physical Education: Fine motor

- Underhand throwing is an important first step in helping children be able to catch a ball that is tossed in the air.
  - Children hold objects that fit nicely in their hands. Direct them through the full range of motion of an underhand throw: start at the hip and release the object as the arm is raised with some force.
  - Children follow the object with their eyes to begin building that skill of following the ball or object in order to eventually catch it as it comes back down.
  - See page 138 in *Encouraging Physical Activity in Preschoolers* by Steve W. Sanders for more information and activities about underhand throwing.
- TSGOLD Objective: 7a Demonstrates fine-motor strength and coordination-uses fingers and hands



# Tasting and Graphing Apples

## ECE Family Letter



### Tasting and Graphing Apples

At school this week your child tasted red, green, and yellow apples and noticed their different colors, textures, and flavors.

Young children can safely cut apples with butter knives, and they enjoy helping in the kitchen.

Buying produce in season can help save money. Check out the website or scan the QR code below to learn what is in season.

For more information on seasonal produce visit  
<https://www.seasonalfoodguide.org/colorado>  
or scan this QR code:



#### Apple Salad

##### Ingredients:

- 2 cups apple (diced)
- 1 cup celery (diced)
- ½ cup raisins
- ½ cup nuts
- 2 tablespoons lite mayonnaise
- 1 tablespoon orange juice

##### Directions:

1. Everyone washes their hands.
2. Mix orange juice with the mayonnaise.
3. Toss apples, celery, raisins, and nuts with the mayonnaise mixture.
4. Enjoy this recipe for a healthy snack or side dish.



### Physical Activity

Children should be active for at least 60 minutes per day. Being active with your child throughout the day can help them meet this goal.

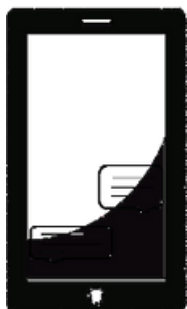
Try and act out this fun rhyme with your child:

Way up high in an apple tree (stretch to the sky)  
5 little apples smiled down at me (show 5 fingers)  
I shook that tree as hard as I could (shake a pretend trunk)  
Down came an apple (show 1 finger)  
Mmmmm! It was good. (pretend to eat an apple)

Repeat the rhyme but decrease the apples each time until there are no apples left on the tree.

### Star in the Apple

Ask your child to guess what they will see if you cut an apple in half horizontally. Did you know there is a star inside? Grab an apple and try it! Then slice the apple and enjoy eating it together.



Text2LiveHealthy

### Text2LiveHealthy

Fun tips to keep your family healthy

We will send you free weekly texts with ways to eat well and be active together. You will also receive recipes, resources, and information about events in your area. Scan the QR code to enroll in this program.

Message & Data Rates May Apply. Text HELP for information. Text STOP to 97699 to opt out. No purchase necessary. For Privacy Policy and Terms and Conditions, visit:  
<https://coloradosph.cuanschutz.edu/research-and-practice/centers-programs/rmprc/text2livehealthy>



# Probando y haciendo gráficos con manzanas

## ECE Carta Familiar

### Probando y haciendo gráficos de manzanas



En la escuela esta semana, su hijo(a) probó manzanas rojas, verdes y amarillas y notó los diferentes colores, texturas y sabores.

Los niños pequeños pueden cortar manzanas con cuchillos de mantequilla, y disfrutan ayudando en la cocina.

Comprar frutas y verduras de temporada puede ayudar a ahorrar dinero. Visité la página de internet, o escaneé el código QR para saber que está de temporada.

Para más información en productos de temporada visite (sitio solo en inglés) [https://www.seasonalfood](https://www.seasonalfoodguide.org/colorado)

[guide.org/colorado](https://www.seasonalfoodguide.org/colorado)

O escaneé este código:



#### Ensalada de manzana:

##### Ingredientes:

- 2 tazas de manzanas (picadas)
- 1 taza de apio (picado)
- ½ taza de pasas
- ½ taza de nueces
- 2 cucharaditas de mayonesa ligera
- 1 cucharada de jugo de naranja

##### Instrucciones:

1. Todos se lavan las manos
  2. Mezcle el jugo de naranja con la mayonesa.
  3. Agregue las manzanas, apio, pasas y nueces con la mezcla de la mayonesa.
- Disfrute esta receta como un aperitivo saludable.



### Actividad Física

Los niños deben estar activos al menos 60 minutos al día.

Ser activo con su hijo(a) durante el día puede ayudarle a alcanzar esta meta.

Pruebe y actúe este dicho con su hijo:

Muy arriba en un manzano (estirarse hasta el cielo)

5 manzanas pequeñas me sonreían (mostrar 5 dedos)

Sacudí ese árbol tan fuerte como pude (sacudan un tronco imaginario)

Abajo cayó una manzana (mostrar 1 dedo)

Mmmmm! Eso estuvo bien. (pretendan comer una manzana)

Repita el dicho pero disminuyan el número de manzanas cada vez, hasta que no queden manzanas en el árbol.

### Estrella en la manzana

Pídale a su hijo que adivine qué verá si cortan una manzana por la mitad horizontalmente. ¿Sabían que hay una estrella dentro? ¡Tome una manzana y prueben! Luego rebanen la manzana y disfruten comiéndola juntos.



### Text2LiveHealthy

**Text2LiveHealthy**  
Fun tips to keep your family healthy

Le enviaremos mensajes de texto semanales gratis sobre maneras de comer bien y estar activos juntos. También recibirá recetas, recursos e información sobre eventos en su área. Escanee el código QR para inscribirse en este programa.

Tarifas por mensajes y datos pueden aplicar. Envíe la palabra AYUDA para más información. Envíe la palabra PARAR al to 97699 para dejar de recibir mensajes. No necesita comprar nada para participar. Para la política de privacidad y Términos y Condiciones visite: <https://coloradosph.cuanschutz.edu/research-and-practice/centers-programs/rmprc/text2livehealthy>

