



# Enjoying our Healthy Harvest

“Apples are Appealing”

Length of Session: 30 minutes

## Summary:

Students will learn about the nutritional value of apples, how to select and clean apples, discover where apples grow commercially in our state and taste a variety of apples.

## Objectives:

- Youth learn how to choose apples at the market
- Youth will show where specific produce is grown in Oregon
- Youth will identify important nutrients in the produce
- Food safety: Youth practice how to clean hands for food preparation and eating
- Food safety: Youth assist with cleaning produce properly (to prevent spread of bacteria that causes illness)
- Youth taste a variety of apples

## Suggestions for Facilitator:

- Before session, put up posters, prep food and supplies.
- Introduce apples – “Who has tasted at least two varieties of apples? What were they? How were they prepared? Ever picked them yourself?” *1 minute*
- Nutrition Message: “Eat a variety of fruits and veggies every day.” or “Apples are a good source of fiber.” Write on board, students repeat and/or write. *1 minute*
- Use Fruits and Veggies – More Matters™(FVMM) wheel to find selection, storage and handling and nutrients look for at least 2.5 grams of fiber to show that it is a good source. Display varieties, showing differences in each. Tell why fiber is important (see *Nutrients You Need*) *5 minutes*
- Demonstrate cleaning: At a sink under running, cool water or with an assistant slowly pouring a pitcher of water into dish tub in a demo area. Enlist an assistant from the youth. *1 minute*

- Students wash hands using *High Speed Hand Washing*. *5 minutes*

- Have an Apple Festival. *15 minutes*

### Activity: Apple Festival

Bring 3-4 varieties of apples, 2 or 3 of each kind. Label a large paper plate with variety. Demonstrate “Correct Cutting and Knife Safety”. Prep samples for students to select and taste. Option: add dried too. On the board draw a large circle to represent their plate with a “plus sign” on the plate, and then write the names of each variety around the edge of the plate. Students write the name of the variety on their plates, come forward in small groups to select samples – placing each in the quadrant for that variety, and then return to their seats for sampling. Tell students that they have similar nutrient values.

Discussion questions during sampling:

- ☆ Can you name some of the areas that apples grow in our state? (See list of state commercial crops. “Any grown in your neighborhood?”) Use state map with counties provided by Ag in the Classroom to color or draw apples in counties grown.
- ☆ What food group are apples in?
- ☆ How many colors of fruit have you had today?
- ☆ Fruits & Veggies have lots of colors. Can you name a fruit from every color of the rainbow?
- ☆ Can you name colors of apples? (red, green, pink, yellow – others?)
- ☆ How many cups of fruit should you eat each day? (about 1-1/2 to 2)
- ☆ Which sample did you prefer? Why?
- ☆ How would you describe the taste? Color? Shape?
- Conclude with Summary Discussion Questions, Nutrition Message and show parent handout. Teacher may wish to distribute this later. *1 minute*

Summary Discussion Questions:

- ☆ What do I need to look for when shopping for apples? (see wheel)
- ☆ Why is it important to wash your hands and the fresh produce? (prevent spread of bacteria that cause illness)

### Materials Needed:

- Fruits and Veggies – More Matters Produce Wheel for each youth to use and then keep
- Catch a Rainbow Every Day* poster
- Catch a Rainbow Every Day* mini-poster
- MyPyramid* poster
- Equipment for the preparation and serving of the sample
- Ingredients for the sampling
- Paper plates for samples
- Paper plate & utensil for each youth
- Hand washing academic activity: *Have Fun with Fruits and Vegetables*, Team Up At Home, Team Nutrition Activity Book, pg 21 & 36
- Ag in the Classroom State Map & Teacher Materials (Dissect a Seed)
- Cleaning Kit
- Student Handouts, if used: Kettle of Good Nutrition, Nutrition Messages

### Parent Handouts:

- ONFP Drawing Contest Recipe Cards – Apples

### Optional activities:

- Use the Produce Wheels to:
  - Read Selection and Preparation aloud for another fruit.
  - Note and write spelling words.
  - Look at the Nutrition Facts label:
    - How much fat is in the fruit?

How much fiber? A *good source* is at least 10% or 2.5 g. How much Vitamin C? Is this a *good source*?

- Cut a recipe in half or double it.
- Draw picture steps (story board) of the directions in one of the recipes showing the

ingredients and equipment and the serving suggestion.

- Use the *Catch a Rainbow Every Day* Mini-poster to:
  - Play the alphabet game: Find fruits or veggies that start with A, B, C, etc.
  - What fruits and veggies have more than one color? (bell peppers, potatoes, apples, and others)
  - Play the game on the back
- Dissect a Seed Activity from Ag in the Classroom
- Kettle of Good Nutrition: Students write on supplied handout of an empty kettle a nutrition tip that they learned during the class (can be done at the end of the series). Use in bulletin board for the school.
- Discussion:
  - ☆ There are many ways to prepare apples to eat. What are some of the ways you have enjoyed apples? (Could also be a writing assignment).
  - ☆ “Some of these methods add extra fat and sugar. Be careful to only have small portions occasionally. Apples are naturally sweet and have no fat. Keep your preparation choices simple for the most nutrients and the least calories.”

### Other Support Materials

- SP 50-876 Nutrients You Need, Revised April, 06
- “*Benefits of fruits and vegetables depend on quality as well as quantity*” Raab, Carolyn, August/September 07 OSU Extension FCD NewsTips
- Regions of Production in your state – see your state agriculture web site.
- <http://www.fruitsandveggiesmatter.gov/month/apple.html>
- <http://www.extension.iastate.edu/healthnutrition/foodrecipeactivity/food/apple.htm>
- *Correct Cutting and Knife Safety*, 2008, Emily Brungardt and Glenda Hyde