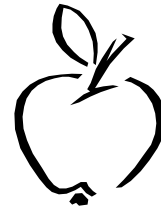




A is for Apple

Preschool Lesson Plan



Concept:

Introduce children to apples as a healthy food choice and encourage healthy food habits.

Sunshine State Standards and Selected components Addressed:

Health Literacy

STANDARD 1: The student comprehends concepts related to health promotion and disease prevention. (HE.A.1.1) The student:

- understands positive health behaviors that enhance wellness
- understands the various responsibilities of family members (e.g., mother, father, aunt, grandparent, guardian, and sister) for health promotion and disease prevention
- classifies food and food combinations according to the Food Guide Pyramid.

Goals:

- Children will understand that choosing healthy foods, such as apples, helps to keep them healthy.
- Children will be encouraged to ask for healthy foods and snacks, such as apples.
- Children will be able to put the apple in the fruit group of the Food Guide Pyramid.

Objectives:

- Read your favorite book about Johnny Appleseed.
- Activity- Make apples
 - Give each child a paper plate.
 - Set out red, green and yellow paint.
 - Let the children paint their apple.
 - Glue a stem and leaf (from the apple template) to the top and write the child's name on the apple.
 - These can be hung on the wall of the classroom, or punch a hole in them, run some yarn through them and let children wear them around their neck for the apple tasting party.
- Act out the following Apple Poem:

Way up high in the apple tree
(Reach way up high on tiptoes)
Two little apples were smiling at me
(Make your hands into two circles looking down at you)
I shook the tree as hard as I could
(Wiggle your body)
Down came those apples
(Everybody squat down)
And M-M-M were they good
(Stand up, rub your tummy and smile)

4. Review that apples are fruit and they grow on trees. Ask the children where the apple goes on the Food Guide Pyramid. Place a cut out picture of an apple in the fruit group. Ask the children if they think an apple is a healthy food? Tell the children that an apple is a very healthy food and that it has lots of vitamins and minerals. It also gives you energy to do healthy activities. Encourage children to ask their parents for healthy snacks like apples.
5. Activity- Apple Taste Test
Cut up different colors of apples (examples: red- Red Delicious, yellow- Golden Delicious, Green- Granny Smith) for the children to try. Record results on their taste test chart. During the tasting party talk to the children about the book (Johnny Appleseed). Make a class chart to show everybody's favorite type of apple.
6. Move those healthy bodies! "Play Red Apple, Green Apple".
Directions:
 - Cut out three apples using red, green and yellow construction paper.
 - Glue the red and green apple back to back with the craft stick in between.
 - Glue the yellow apple to another craft stick.
 - You should have three different color apples but only two sticks.Shout out an activity like hopping on one foot, marching in place, clapping, etc. Hold up the green apple and have the children start the activity. Hold up the red apple for them to stop (you can change activities here if you'd like). Hold up the yellow apple for them to do the activity veeerrry slooowly!

Materials Needed:

Your favorite book about Johnny Appleseed
Crayons
Red, green, yellow and brown construction paper
Red, green, yellow, brown paint (nontoxic water based)
Yarn
Glue
Paintbrushes
Paper plates
Paper towels
2 craft sticks or wooden rulers
Red, green and yellow apples
Cutting board
Knife or apple corer/slicer

Sample Copies of Handouts:

Blank Food Guide Pyramid (can be enlarged to poster size)
Activity sheet
Apple template
Our Favorite Apple chart (can be enlarged)
Parent Information Letter and Taste Test Chart

Important Tips:

Some varieties of apples, such as Red Delicious and Winesap are better when eaten raw, but do not retain their shape or flavor when cooked or baked. Granny Smith and Golden Delicious are excellent for baking and are just as wonderful fresh.

Resources:

University of Illinois Extension <http://www.urbanext.uiuc.edu/apples/education.html>

Nutrition Activities for Preschoolers. Cryer, Ray and Harms, 1996

Bowes and Church's Food Values of Portions Commonly Used, Jean A. T. Pennington, 1998

Prepared by the Bureau of Child Nutrition Programs, *Nutrition Education Activities for Young Children*, May 2002.

Apple

Draw apples on the tree

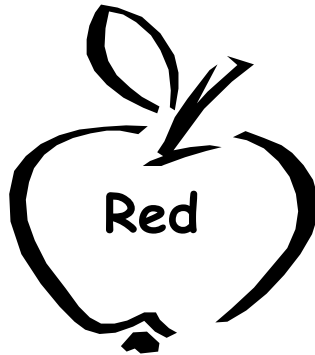
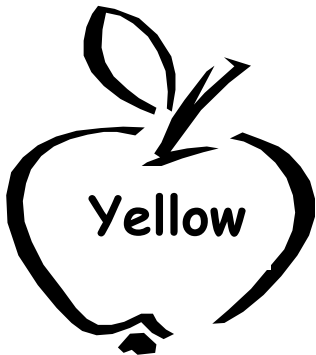


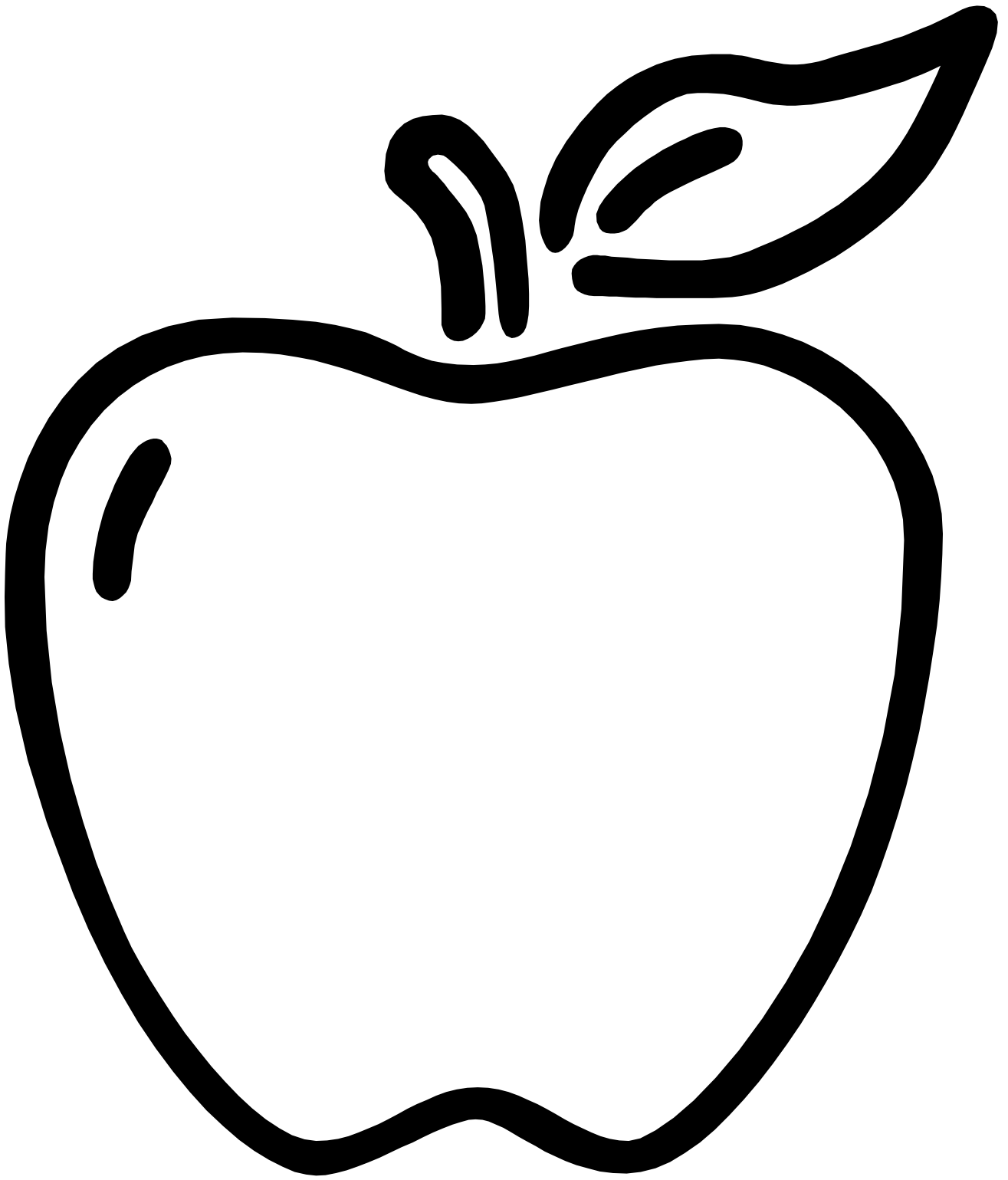
Our Favorite Apple Chart

Write each child's name in red, green or yellow in the correct column or cut out red, green and yellow apples from construction paper, write each child's name and put in the appropriate column.

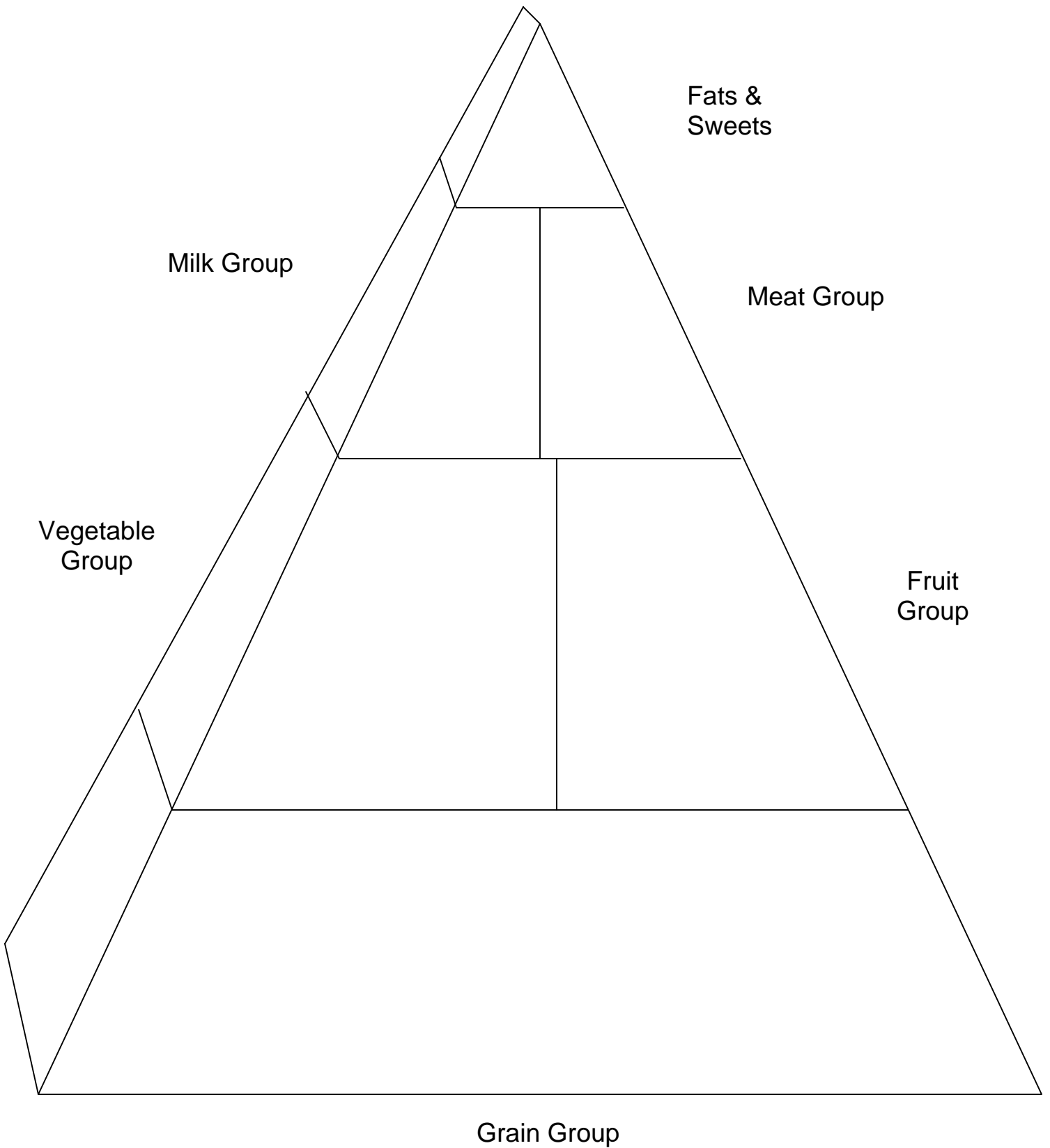
Names of Children

Color of Apple





Let's Build a Food Pyramid



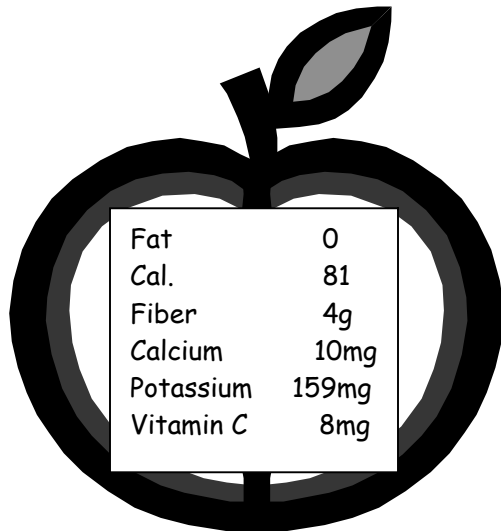
My Apple Tasting Chart

Child's Name _____

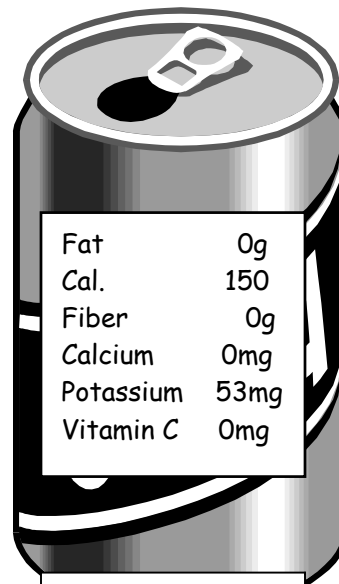
Date _____

Directions: Place a check mark in the appropriate space

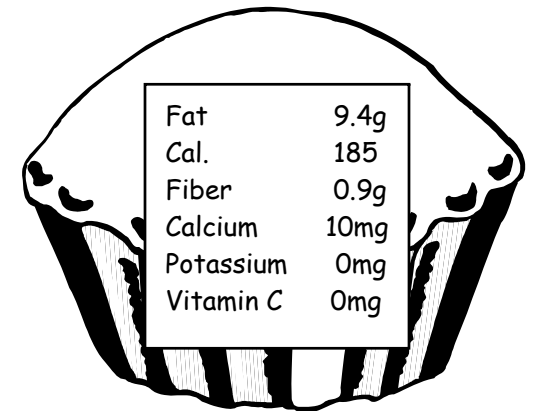
Color of Apple	I liked it	I did not like it	I did not try it	This apple was my favorite
Green Apple				
Yellow Apple				
Red Apple				



1 medium apple
25¢*

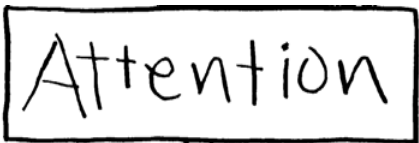


Soda (12fl oz.)
55¢*



Crème-filled chocolate cupcake
50¢*

*Prices may vary depending on location and season



Attention

Dear Parent/Guardian,

Your child has been learning about apples. We have been discussing how healthy foods, such as apples, help make a healthy person.










Apples provide little bodies (and adults too) with many of the nutrients they need to keep active and fit. They are easy to carry for snacks and are more cost effective than snack cakes, chips or cookies. Apple juice is a great alternative to soda.

Apples are one of the most popular fruits in the U.S. With so many ways to prepare them, it's no wonder. To get the most from your apple, cut a washed apple into small pieces with the skin on. Lots of vitamins sit just below the skin. Cooking and peeling does deplete the nutrient content to some extent, but it still remains a healthy food.

Encourage healthy snacking by giving your child an apple instead of an empty calorie food. Offering children healthy foods puts them on the path to a healthy life.

Sincerely,

Fun Facts About Apples

-  Apples come all shades of red, green and yellow
-  7500 varieties are grown throughout the world
-  Apples are fat, sodium, and cholesterol free
-  A medium apple has about 80 calories and 5 grams of fiber
-  The pilgrims planted the first U.S. apple trees in the Massachusetts Bay Colony
-  The science of growing apples is Pomology
-  Apples are a member of the rose family
-  25% of an apple's volume is air; that is why they float
-  Apple varieties range in size from just larger than a cherry to as big as a grapefruit

This information provided by University of Illinois Extension at <http://www.urbanext.uiuc.edu/apples/facts/html>