

Lesson Plan

December: Apples

Lesson Plan and Resources [click here](#)



Winter (December, January, February)



Beets



Apples



Citrus



Salad Greens

1. Play Farmer Video

Click here to watch the
[Apple Video](#) (6 minutes 48 seconds)
Recommended for grades 1-6.



2. Do the Taste Test

Have students taste the tomato and write down their observation using the Rate the Taste chart (see below) and [HOTM-Descriptive adjectives using 5 senses \(5 min\)](#)

Rate the Taste Links

[Kinder](#) [1st Grade](#) [2nd-3rd Grades](#) [4th-6th Grades](#)

KINDERGARTEN	4TH-6TH GRADE
Rate the Taste	Rate the Taste
TODAY WE TASTED:	TODAY WE TASTED:
<div><div> I like it!</div><div> I'm not sure if I like it</div><div> I do not like it</div><div> I will try it again!</div></div>	<div><div>I like it!</div><div>I'm not sure if I like it</div><div>I do not like it</div><div>I will try it again!</div></div>
Harvest Month.	Harvest Month.
	Why is this food good for me? <div></div>

3. Complete Workbook Activities

Note: These pages will look slightly different for each grade level. (10-15 min)

Student Workbook Links

[Kindergarten](#) [1st Grade](#) [2nd Grade](#) [3rd Grade](#) [4th Grade](#) [5th Grade](#) [6th Grade](#)

Apples 5th Grade

Healthy and Smart Goals

1. Identify nutrition facts and the health benefits of eating apples.
2. Discover where apples can be found in your community.
3. Multiply fractions to make a snack recipe bigger.
4. Taste apples and make a plan to eat them in recipes.

Nutrition Facts

Apples (with skin)	
Amount Per Serving	
1 medium apple (182g)	
Calories 28	
Total Fat 0g	
Total Carbohydrate 25g	
Dietary Fiber 3g	
Sugars 19g	
Protein 0g	
Vitamin C 100%	
Potassium 100%	

Harvest Month

This year we are trying to eat or use up all of our apples each month. Apples are the most important of the month. The botanical name, or scientific name, for apples is Malus domestica.

Apples make a great snack. You can eat them or drink them or use them with other healthy foods like bananas, oranges, and grapes. Make sure to eat the part of the most nutritious part. There are some healthy ingredients you could add to apples to make a great recipe. For example, apples with celery, peanut butter and raisins.

Apple Nutrition Facts

- Apples contain carbohydrates, which are the body's main source of energy. There are three kinds of carbohydrates: starch, fiber, and sugar. Sugar is found only in plants. In food, sugar is classified as either naturally occurring or added.
- Naturally occurring sugars found in foods are usually found in foods along with vitamins and minerals. While added sugars provide calories and very few vitamins and minerals.
- Added sugars are often called empty calories. Apples contain only naturally occurring sugars.

Harvest Month helps give information about what is inside the food you are eating. They are not required to be on fruits and vegetables like they are on packaged foods. We created it for you to know when to taste your apples and to teach you how to use them in your recipes. Below are some healthy facts you'll see the wrong size and how many calories an apple has. Vitamins and minerals are found in the bottom. Apples contain Vitamin C and Vitamin E. Apples have many healthy benefits. Harvest Month is a great way to learn about the health benefits of apples. Harvest Month helps you learn how to use them in your recipes. These are just some of the benefits.

Apples

Apples are fruits. Apples have fiber. Fiber helps move food through your body.

Apples grow in 20+ states.

Watch this video to learn about an apple farmer! <http://bit.ly/RCYWR4>

What is your favorite color apple? Draw a picture of your favorite apple below.

Harvest Month

Harvest Month helps give information about what is inside the food you are eating. They are not required to be on fruits and vegetables like they are on packaged foods. We created it for you to know when to taste your apples and to teach you how to use them in your recipes. Below are some healthy facts you'll see the wrong size and how many calories an apple has. Vitamins and minerals are found in the bottom. Apples contain Vitamin C and Vitamin E. Apples have many healthy benefits. Harvest Month is a great way to learn about the health benefits of apples. Harvest Month helps you learn how to use them in your recipes. These are just some of the benefits.

4. Utilize Educator Newsletter activity or activities of your choice for class discussion and engagement (5-10 min)

Educator Newsletter Family Newsletter: ENGLISH & SPANISH

Harvest of the Month

Network for a Healthy California

The Harvest of the Month featured fruit is **apples**

Health and Learning Success

Go Hand-in-Hand
Healthy eating can help with your child's success in school. Eating the recommended amount of fruits and vegetables can help kids do better in school. Explore, taste, and learn about eating more fruits and vegetables and being active every day.

Let's Get Physical!

- "Walk to School" Week takes place the first week of October. Join your child's "Walk to School" Week activities. Visit www.csewhealthweek.com for more information.
- If walking to school is not possible, consider other ways to walk – in a park, shopping mall, or around your neighborhood.
- Take a family walk after dinner.
- If kids dislike fruit coloring, pre-cut fresh apple slices just before serving. Or, use 100% apple juice over fresh apple slices.

Healthy Serving Ideas

- Freeze 100% apple juice in an ice tray or in a paper cup with a reusable straw. Serve as a snack or dessert.
- Use unsweetened applesauce to make home-baked goods. Replace shortening or oil in baking with an equal amount of applesauce plus one-third of the oil called for in the recipe.

For more ideas, visit www.csewhealthweek.com.

TUNA APPLE SALAD

Makes 4 servings. 1 cup per serving
Prep time: 15 minutes

- Ingredients:**
- 1 (8-ounce) can water-packed tuna, drained
 - 2 medium apples, cored and chopped
 - 1 cup chopped celery
 - 1 cup golden raisins
 - 3 tablespoons fat-free Italian dressing
 - 2 medium whole wheat pita

1. In a small bowl, stir tuna, onion, apple, celery, raisins, and two tablespoons of dressing together.
2. In another bowl, toss salad greens with remaining dressing.
3. Cut pita in half to make 4 pita pockets.
4. Carefully fill pita pockets with equal amounts of tuna and salad greens. Serve immediately.

Adapted from the National Cancer Institute

Produce Tips

- Look for apples that are firm and do not have bruises or soft spots.
- If eating in school or not possible, consider other ways to walk – in a park, shopping mall, or around your neighborhood.
- Take a family walk after dinner.
- If kids dislike fruit coloring, pre-cut fresh apple slices just before serving. Or, use 100% apple juice over fresh apple slices.

Nutrition Facts

Serving Size: 1 cup (1/2 apple)
Amount Per Serving
Calories 100
Total Fat 0g
Sodium 0mg
Total Carbohydrate 25g
Dietary Fiber 4g
Sugars 19g
Protein 0g

How Much Do I Need?

A 1/2 cup of sliced apples is about one cupped handful. This is about the size of half of a small apple.

A 1/2 cup of sliced apples is a source of fiber.

If you're not sure how to keep your blood sugar level normal, and help to avoid constipation, it's found only in plant foods.

Fruits and vegetables are an important part of an overall healthy, balanced diet. Go to www.mypyramid.gov to learn about the other food groups.

Discuss with your child what your favorite fruits or vegetables are, why you like them, and your favorite ways to eat them.

The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart below to find out how many cups of fruits and vegetables you and your family need every day.

Recommended Daily Amount of Fruits and Vegetables

	Male	Female	Age 1 and above
1-3 years	1 1/2 cups	1 1/2 cups	1 1/2 cups
4-8 years	1 1/2 cups	1 1/2 cups	1 1/2 cups
9-13 years	2 cups	2 cups	2 cups
14-18 years	3 cups	2 1/2 cups	3 cups
19-30 years	3 cups	2 1/2 cups	3 cups
31-50 years	3 cups	2 1/2 cups	3 cups
51-70 years	3 cups	2 1/2 cups	3 cups
71+ years	3 cups	2 1/2 cups	3 cups

La Cosecha del Mes

Red para una California Saludable



La Salud y el Éxito en el Aprendizaje Van Mano a Mano

Una alimentación saludable ayuda a que los hijos tengan éxito en la escuela. Comer las cantidades recomendadas de frutas y verduras puede mejorar el desempeño escolar de los niños. Explore, gusten y aprendan a comer más frutas y verduras y a mantenerse activos todos los días.

En sus Marcas, Listos...!

- La semana "Walk to School" (Caminar a la Escuela) es la primera semana de octubre. Participa en las actividades de la semana "Walk to School" con tu hijo. Para obtener más información, visita www.csewhealthweek.com.
- Si no es posible caminar a la escuela, busque otros lugares seguros donde pueda caminar, como un parque, un centro comercial o por su vecindario.
- Si no pueden ir por su vecindario, considere otras formas de caminar: en un parque, en un centro comercial o por su vecindario.
- Para más ideas de actividades físicas, visita www.kidnetic.com/

Ideas Saludables de Preparación

- Congeele jugo de manzana 100% natural en una bandeja para hacer helado con palitos de paleta. Sirva como bocadillo o postre.
- Cuando hornear, sustituya la grasa (mantequilla, margarina) o aceite por la misma cantidad de puré de manzana más una tercera parte de la cantidad de aceite que indica la receta.

ENSALADA DE ATÚN Y MANZANA

Rinde 4 porciones. 1 taza por porción
Tiempo de preparación: 15 minutos

- Ingredientes:**
- 1 lata (8 onzas) de atún envasado en agua, escurrido
 - 2 cucharadas de cebolla roja picada
 - 1 manzana mediana picada, sin las semillas
 - 1 taza de queso parmesano
 - 1 taza de queso mozzarella
 - 2 cucharadas de aderezo italiano sin gluten
 - 2 tazas de hojas para ensalada
 - 2 gajos medianos de pita integral

1. En un tazón, mezcle el atún, la cebolla, la manzana, el queso, los pimientos y 2 cucharadas del aderezo.
2. En otro tazón, mezcle las hojas para ensalada con el aderezo restante.
3. Corte los dos pedazos de pita por la mitad formando 4 bocadillos.
4. Con cuidado, llene los bocadillos con cantidades iguales de atún y ensalada. Sirva inmediatamente.

Adaptado de la National Cancer Institute

Consejos Saludables

- Busque manzanas firmes y sin manchas.
- Cuando las manzanas a temperatura ambiente estén por una semana, póngalas en el refrigerador hasta por tres meses.

Información Nutricional

Serving Size: 1 cup (1/2 apple)
Amount Per Serving
Calories 100
Total Fat 0g
Sodium 0mg
Total Carbohydrate 25g
Dietary Fiber 4g
Sugars 19g
Protein 0g

¿Cuánto necesito?

- Una 1/2 taza de manzanas ralladas equivale aproximadamente a un puñado.
- Una 1/2 taza de manzanas ralladas es una buena medida.
- La fibra le ayuda a sentirse satisfecho, a mantener normal el nivel de azúcar en la sangre y a evitar el estreñimiento.
- La fibra se encuentra solamente en alimentos de origen vegetal.
- Las frutas y verduras son parte importante de una dieta saludable y balanceada. Para obtener más información, visita www.mypyramid.gov.
- Cíbrate a la hora correcta con las frutas y verduras frescas, por qué le gustan y cómo se las puede comer.
- La cantidad de frutas y verduras que necesita depende de su edad, sexo y la actividad física que practica cada día. Consulte la tabla siguiente para saber cuántas tazas de frutas y verduras necesita su familia cada día.

Recomendación Diaria de Frutas y Verduras

	Male	Female	Age 1 and above
1-3 years	1 1/2 cups	1 1/2 cups	1 1/2 cups
4-8 years	1 1/2 cups	1 1/2 cups	1 1/2 cups
9-13 years	2 cups	2 cups	2 cups
14-18 years	3 cups	2 1/2 cups	3 cups
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71+ years	3 cups	2 1/2 cups	3 cups