



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

In season:



Fall

Apples

Lakota: tháspán

Preschool Lesson Plan

Objectives

- Identify apples as a fruit from MyPlate.
- Increase knowledge in selecting, storing and use of apples.
- Demonstrate use of apples in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Apple visuals
- Fresh apple varieties

Handouts or Take Home Items

- Pick it! Try It! Like It! Preserve It! fact sheet
- Coloring Sheet

Recipe Choices

- Apple Salad

Cooking and Food Safety Skills

- Wash hands for 20 seconds
- How to wash fresh apples
- Knife and cutting board skills
- Measuring with measuring cups and spoons

Supplies for Apple Lesson

- Apple Salad
 - » Knife
 - » Cutting board
 - » Measuring cups
 - » Measuring spoons
 - » Small bowl to measure over
 - » Bowl
 - » Small rubber scraper
 - » Mixing spoon

What You Say:	What You Do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> Each one of these has about 10 seeds on the inside. They can be as small as a cherry or as big as a grapefruit. Every person eats about 65 of these in one year. They float in water so sometimes kids "bob" for them at Halloween parties. <p>(Answer: Apple.)</p>	<ul style="list-style-type: none"> Name off each clue, allow a few guesses before moving on to the next clue. After someone guesses the answer, or you tell them, show them visuals of apples.
<p>How many of you have seen this before?</p> <p>MyPlate shows us how to eat healthier by dividing a "plate" into parts and using different colors and sizes for each of the food groups. Orange is for grain foods, Purple is for protein foods, Green is for vegetables, Red is for fruits and the round Blue part by the plate is for dairy foods.</p> <p>Can you see that half of the plate is fruits and vegetables? That is what our plate should look like on most days.</p>	<ul style="list-style-type: none"> Point to the MyPlate poster. Show the different colors and parts.
<p>What food group do apples come from?</p> <p>(Answer: Fruit – the red part on MyPlate.)</p> <p>Can you name some other fruits?</p>	<ul style="list-style-type: none"> Call on someone who would like to answer. Call on those who would like to share. Tell the students that these fruits also fit in the red section of MyPlate.
<p>Preschool-aged children should be eating 1 cup of fruit each day.</p> <p>Kindergarteners should be eating 1 to 1 ½ cups of fruit each day.</p>	
<p>What are some ways that we can eat apples?</p> <p>(Possible answers: Whole, cut in pieces, with peanut butter, as applesauce, in a salad, baked, dried, etc.)</p>	<ul style="list-style-type: none"> Have children name their favorite way to eat an apple.
<p>How do apples grow?</p> <p>(Answer: On trees.)</p> <p>Do any of you have an apple tree?</p> <p>Apple trees have to grow for four or five years before they give us apples. They have to be about the same age as you before we can pick apples from them.</p> <p>If we don't have an apple tree, where else can we get apples?</p> <p>(Answer: At the grocery store, at the apple orchard, at farmer's markets.)</p>	<ul style="list-style-type: none"> Let students share what they know about how apples grow and where we can buy them if we don't have an apple tree.

What You Say:	What You Do:
<p>We can get apples at the grocery store all year long.</p> <p>When we buy apples, we want to choose the ones that are bright and shiny and that don't have soft spots.</p> <p>There are many different kinds of apples. They can be red, yellow or green in color. Some taste sweet and some taste sour.</p>	<ul style="list-style-type: none"> • Show an apple that has these qualities. • Show students some different varieties of apples if possible or use visuals of apple varieties.
<p>What do we need to do to apples before we eat them? (Answer: Wash them.)</p> <p>To wash apples, rinse them really well with cool running water.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • If possible, demonstrate how to wash an apple.
<p>Where should we put apples after we buy them? (Answer: In the refrigerator.)</p> <p>Apples are best when kept in the refrigerator. They can be put in a plastic bag or they can be put in the fruit drawer in the refrigerator, if you have one.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.
<p>What is good about eating apples, besides that they taste good?</p> <p>Apples have vitamin C in them.</p> <p>Vitamin C helps our cuts and bruises to heal.</p> <p>Apples also give us fiber which helps us to feel full and keeps our digestive system healthy - our stomachs and intestines.</p> <p>Is it healthier to eat an apple with the skin on it or with the skin peeled off?</p> <p>We can peel an apple, but it is better for us if we leave the apple skin on and eat it with the apple.</p> <p>Remember to wash the apple first.</p>	<ul style="list-style-type: none"> • Allow students to tell what they think is good about eating apples.
<p>Are you ready to use an apple in a recipe?</p> <p>What is the first thing we need to do before making a food or eating food? (Answer: Wash our hands.)</p>	

Use this page if you are going to prepare Apple Salad

Equipment List:

- Knife
- Cutting board
- Measuring cups
- Measuring spoons
- Small bowl to measure over
- Bowl
- Small rubber scraper
- Mixing spoon

What You Say:	What You Do:
Today we are going to be making Apple Salad. Let's read the recipe so we know what we need and what we are going to do.	Read the recipe to the students.
The recipe uses apples, celery, raisins and nuts. What food group do the apples and raisins come from? (Answer: Fruit – the red part of MyPlate.) What food group does the celery come from? (Answer: Vegetable – the green part of MyPlate.) Do you know what food group the nuts come from? (Answer: Protein – the purple section of MyPlate.)	Show the MyPlate poster and point to the Fruit, Vegetable and Protein groups.
What do we need to do to the apples and celery before cutting them into small pieces? (Answer: Wash them.)	Call on someone who would like to answer and review how to wash apples. Tell them how to wash the celery.
We will use a cutting board and knife to cut the apples and celery. What are some things we need to remember about using a knife? (Answer: Cut away from ourselves, use a cutting board to cut on, keep our fingers out of the way of the sharp knife, keep the knife away from the edge of the counter, if a knife falls do not try to catch it.)	Review knife safety. Demonstrate cutting the apple and celery into small pieces.
We will measure 2 cups of the apple pieces, 1 cup of the celery pieces, ½ cup of raisins and ½ cup of nuts. What do we use to measure the ingredients? (Answer: Measuring cups that match the amount needed with the number on the cup - ex. 1 cup two times for apples, ½ cup for raisins)	Show the students different measuring cups and point out where the amount is on the cup.
We will measure 2 Tablespoons of orange juice and 1 Tablespoon of mayonnaise. What will we use to measure these ingredients? (Answer: Measuring spoons.)	Show the students different measuring spoons and point out where the amount is on the spoon. Demonstrate how to measure the orange juice over a small bowl so if it spills, it lands in the bowl.
Next, we will mix the orange juice and the mayonnaise together with a spoon. Then we will add the apples and the celery that we cut into small pieces, and the raisins and nuts, to the orange juice and mayonnaise mix. We will stir it all together.	
Now we will all get to taste the Apple Salad.	

Visuals



Apple Blossoms



Apple Orchard



**The carpals (seed pockets)
in the apple**



Fresh and Dried Apples

Apple Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Apples	1 med. 138	72	3.3	2%	6	148	4
Apple Juice	³ / ₄ cup 186	87	0.2	n/a	2	221	0
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	1-3 cup servings of fruit per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	RDA (depending on age) ranges from 300-900 mg	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg

Apple Salad

Ingredients

2 cups apple (diced)
1 cup celery (diced)
½ cup raisins
½ cup nuts
2 Tablespoons lite mayonnaise-type dressing (or mayonnaise)
1 Tablespoon orange juice

Directions

1. Wash hands with soap and water.
2. Mix orange juice with salad dressing or mayonnaise.
3. Toss apples, celery, raisins and nuts with the dressing mixture.

Makes 8 servings.

Nutrition Information:

Calories	105
Total Fat	5 g
Sodium	73 mg
Carbohydrates	14 g
Dietary Fiber	2 g
Total Sugars	9 g
Added Sugar included	0g
Protein	2 g

Serving Size: ½ cup

Source: Apple salad, USDA MyPlate (myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-salad)

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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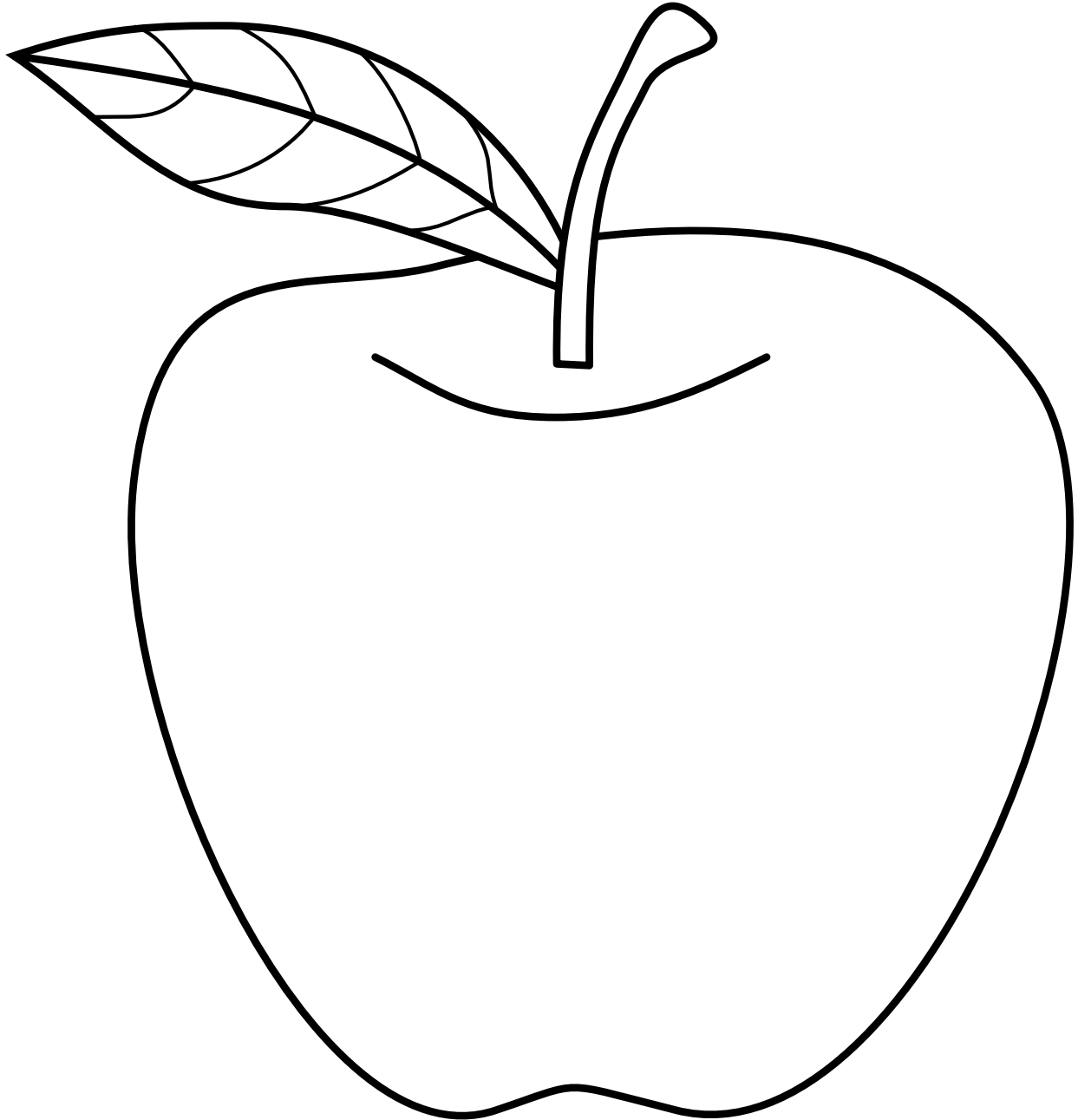
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APPLE



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Apple Sources

Apple Recipes

- extension.sdstate.edu/growing-together-south-dakota
- myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-slice-pancakes

Apple clues

- web.extension.illinois.edu/apples/facts.cfm

Apple information

- snaped.fns.usda.gov/seasonal-produce-guide/apples

Cooking terms

- eatgathergo.org/eat/cooking/cooking-basics-tips/

Cooking glossary

- d.lib.msu.edu/fa/glossary

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SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



Fall

Apples

Lakota: tháspán

Pick it!

There are about 2,500 varieties of apples with varying degrees of crispness and sweetness.

Look for smooth skin with bright coloring and no bruises or soft spots.

Keep apples in a bag in the refrigerator or in the drawer to help them last longer.

As apples ripen, they can cause other fruits and vegetables nearby to ripen, so check them often.



Try it!

Wash before eating. Use raw as a snack, sliced in a salad or cooked as applesauce. Bake into apple crisp or dried into apple chips.

Unsweetened applesauce with sweet apples: peel, core, and chop 4 apples. Simmer in a saucepan with $\frac{1}{4}$ cup water and one lemon slice for 10 minutes. Stir often. Crush when soft. Add cinnamon and nutmeg.



Types of Apples

Gala: A favorite for fresh eating, baking, salads and making applesauce. Heart shaped, yellow-orange with red striping.

Granny Smith: Great fresh, baked and sautéed. A tart taste with a bright green peel with a pink blush.

Red Delicious: Excellent fresh, sweet mild flavor, skin can be tough. Tall conical shape with bright red coloring.



Did you know...

Fiber found in skin and pulp of fruits and vegetables can prevent constipation, help maintain weight and lower risk of diabetes and heart disease.

Like it!

Hurry Up Baked Apples

Ingredients

- 2 medium-size tart apples (Granny Smith, Braeburn, Cortland, Jonathan, Fuji)
- 1 teaspoon brown sugar, packed
- ¼ teaspoon ground cinnamon
- 2 Tablespoons oatmeal
- 2 Tablespoons raisins, chopped walnuts, or other nuts
- 6 ounces low-fat vanilla yogurt

Directions

1. Cut apples in half lengthwise. Remove cores and hollow out a space 1 inch or more.
2. Arrange apple halves, cut sides facing up, in a microwavable dish.
3. Combine sugar, cinnamon, oatmeal, raisins and nuts. Fill each apple half.
4. Cover with plastic wrap. Fold back one edge ¼ inch to vent steam. Microwave 3 to 3 ½ minutes, or until apple can be cut easily.
5. Remove and let sit a few minutes. Spoon yogurt over the top.

Yields 4 servings

Nutrition Facts per Serving:
Calories 120; Fat 2g; Cholesterol 5mg; Sodium 30mg;
Carbs 26g; Fiber 3g; Sugars 20g; Protein 4g

Sources: extension.sdstate.edu/growing-together-south-dakota

Apple Slice Pancakes

Ingredients

- 1 apple (Granny Smith)
- 1 ¼ cups pancake mix (any type)
- ½ teaspoon cinnamon
- 1 large egg
- 2 teaspoons canola oil
- 1 cup low-fat milk

Directions

1. Lightly coat griddle or skillet with cooking spray and heat over medium heat.
2. Peel, core and thinly slice apples into rings.
3. In a large mixing bowl, combine ingredients for pancake batter. Stir until ingredients are evenly moist (small lumps are okay. Over mixing makes pancakes tough).
4. For each pancake, place apple ring on griddle and pour about ¼ cup batter over apple ring, starting in the center, covering the apple. Cook until bubbles appear. Flip pancake and cook other side until lightly brown.

Yields 2 servings

Nutrition Facts per Serving:
Total Calories 182; Total Fat 4g, Saturated Fat 1g;
Cholesterol N/A; Sodium 382 mg; Carbohydrates 31g,
Dietary Fiber 2g, Total Sugars 11g, Added Sugars included
3g; Protein 6g

Sources: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-slice-pancakes

**Find more recipes
and videos at
extension.sdstate.edu**