

Healthy Food of the Month Apples

Goals:

- *Students will learn the importance of eating fruits and vegetables*
- *Students will brainstorm ways to eat more fruits and vegetables*

Audience: Kindergarten

Optional Craft, Activity or Snack:

- *Apple Picking*
- *Book "Our Apple Tree" by Gorel Kristina Naslund*

Materials:

- *"Our Apple Tree"*
- *Picture of an apple tree*

Lesson:

Leader: The healthy food that we are learning about this month is apples. Who likes apples?

Does anyone know how apples grow?

Leader: Okay! I want you to use your imaginations with me. Does everyone know how to use your imagination? Great!

Let's get ready to go to an apple orchard. Let's put on our boots and a big floppy hat to protect us from the sun and a pair of gloves to protect our hands from any prickly plants we may find. Grab your basket. We are ready to go!

Leader: We are going to close our eyes and imagine that we are in an apple orchard surrounded by many apples trees. When you open your eyes we will pretend to be in that orchard.

Ready? Close your eyes.....can everyone imagine it being a cool fall afternoon and we are standing in an apple orchard. The trees are dripping with fresh apples ready to be picked. Okay, open your eyes. Let's look at the apple trees!

Let's all find our own apple tree to pick from. Since the apples are high up the branches we will need to climb onto a branch to pick. Let's hold onto the lowest branch and swing our legs up so we are sitting on the

branch. Now we are right in the middle of the apples. Take in a deep breath, don't they smell good? Okay find a perfect apple and slowly twist until it falls off the tree into your hand. Shine it up by rubbing it on your clothes and then take a big bite! Let's sit here on the branch while we eat our apples. Yum!

Okay, time to fill up our baskets with apples and then hop down from the tree.

Let's take our full baskets back into the house and talk about different ways we can eat an apple.

Leader: Who knows some great ways to eat apples? (Brainstorm some ideas; raw, or raw with cheese or peanut butter, applesauce, or baked.)

Leader: It's time to go back to the classroom. Let's close our eyes and when we open them we will be back in the classroom ready to learn! Okay close your eyes. 1-2-3, open your eyes! Welcome back!
Don't forget to eat apples this month! Your body will be happy!

