



Nutrition Education—Apples

September 9

Background Information: Apples are a delicious and healthy fruit that come in many colors like red, green, and yellow. They grow on trees in orchards and are ready to pick in the fall. Did you know there are over 7,500 types of apples? Some are sweet like Honeycrisp, while others are tart like Granny Smith. Apples are not only tasty but also good for you because they are packed with vitamins and fiber. You can eat them fresh, make them into applesauce, or even bake them into yummy apple pies. Plus, the saying "An apple a day keeps the doctor away" reminds us that apples help keep us healthy!

Fun Facts About Apples

1. **Oldie but Goodie:** Apples have been around for thousands of years. They were first grown in Central Asia!
2. **Variety Galore:** There are over 7,500 different types of apples grown around the world. Some popular ones are Red Delicious, Granny Smith, and Fuji.
3. **Colors of the Rainbow:** Apples come in many colors, including red, green, yellow, and even shades of pink.
4. **Apple a Day:** You've probably heard the saying, "An apple a day keeps the doctor away!" Apples are very healthy and packed with vitamins and fiber.
5. **Floating Fruit:** Apples are about 25% air, which is why they float in water. Perfect for bobbing for apples at parties!
6. **Super Seeds:** Apple seeds contain a substance called amygdalin, which releases a tiny amount of cyanide. But don't worry, you would need to eat a lot of seeds to be affected.
7. **Global Favorite:** Apples are one of the most popular fruits in the world. They are grown in all 50 U.S. states and many countries around the globe.
8. **Family Tree:** Apples are part of the rose family, just like pears and roses.
9. **Long Life:** Apple trees can live for over 100 years, and some can keep producing apples for a long time.
10. **Baked Goodies:** Apples are used to make delicious treats like pies, crisps, and cakes. They're also great in savory dishes!
11. **Crunchy and Juicy:** A single apple has about 90% water, making it a crunchy and juicy snack.
12. **World Record:** The heaviest apple ever recorded weighed 4 pounds and 1 ounce. That's about as heavy as a small cat!
13. **Versatile Snack:** Apples can be eaten fresh, dried, or made into apple juice, applesauce, and cider.
14. **Historical Favorite:** Famous people like Sir Isaac Newton and Johnny Appleseed are known for their connection to apples.
15. **Tree Talk:** Apple trees need cross-pollination to produce fruit, meaning they need pollen from another apple tree to grow apples.
16. **Cool Storage:** Apples are harvested in the fall but can be stored in cool conditions for months, making them available all year round.



17. **Cultural Symbol:** In many cultures, apples are symbols of knowledge, health, and love.

What you will need:

- Paper
- Colored pencils or crayons
- Scissors
- Access to video player
- Chart paper
- Pens for chart

What you will do:

1. You will create a KWL Chart. The “K” represents what children already know. The “W” is what they would like to learn, and the “L” is completed at the end of September when you have made and tasted the two different recipes for apples. The question is, “What do you already know about apples?”

K-Know	W-Want to Learn	L-What Was Learned
Apples have seeds in the core.		

2. Invite the youth to share what they know about apples. Record it in the “K” column. For youth in TK-2nd, the adult should guide this process and do the information collections. For youth in 3rd-8th, divide the kids into groups and they can complete the chart by themselves.
3. Show the video, Let’s Go to the Apple Orchard
<https://www.youtube.com/watch?v=vUoc7j73iK4&t=16s>
4. Discuss the video and add information to the chart.
5. Show the video, Fun Facts About Apples
6. https://www.youtube.com/watch?v=-o_HaNo7LWw
7. Discuss the video and add information to the chart.
8. You have one more video to show: Life Cycle of An Apple
[Life Cycle of an Apple \(youtube.com\)](https://www.youtube.com/watch?v=LifeCycleofanApple)
9. Review the Facts about apples information with the youth.



10. After reviewing the information, explain they are going to select four highlights from the videos they have watched and the information they read. Distribute crayons or colored pencils and ask them to illustrate the four facts they found the most interesting.

Fact #1	Fact #2	Fact #3	Fact #4
Apples have black seeds in the core.			

11. Using a 9 x 12 piece of construction paper, fold in half like a hot dog.
12. Then fold in $\frac{1}{2}$ two more times so you have four spaces
13. Cut along the line between Fact #1 and Fact #2, and Fact #2 and Fact #3, and finally Fact #3 and Fact #4. This cut should only go to the fold, creating four “flaps”
14. On the top of the flap, youth writes the fact that was most interesting to them. When the child raises the flap, he/she draws a picture to illustrate the fact.
15. For example, for Fact #1, this picture would be appropriate.
16. When finished, invite children to share one of the facts they selected.

Debrief:

- What is healthy about apples?
- What was the most interesting fact about apples you discovered?
- What is your favorite way to eat apples?



September 16th Taste Test

Background Information: Apples come in many different flavors and textures, making each bite an adventure! For example, Honeycrisp apples are super sweet and juicy with a crisp crunch that's fun to bite into. Granny Smith apples are bright green and have a tangy, tart taste that can make your mouth pucker a little. Fuji apples are very sweet and have a firm texture, which makes them great for snacking. Gala apples are also sweet and juicy, but they're a bit softer, making them easy to chew. Then there are Red Delicious apples, which are mild and sweet with a smooth texture. Each type of apple offers a unique taste experience, so you can find your favorite and enjoy a healthy treat!

The purpose of today's lesson is to make a simple treat using apples and peanut butter.

What you will need:

- Apples (perhaps Gala would be a good choice)
- Peanut butter (if kids have allergies, try almond butter)
- Granola
- Apple corer
- Plastic knives

What you will do:

1. Bring youth together and share with them they are going to make an apple-peanut butter "sandwiches"
2. Discuss the word "flavor". Ask children for words which describe how apples might taste (mild, slightly sweet, etc.)
3. Discuss the word "texture". Ask children for words which describe the texture of an apple, (squishy, smooth etc.)
4. Discuss the word "preference". Remind the children what this words means. Explain they will rate the apple sandwich treat they taste.
5. Distribute the supplies to the children
6. Directions for making the Apple-Peanut Butter Sandwich
7. After making the Apple-Peanut Butter sandwich, have them share their thoughts on flavor, texture, and preference.
8. Complete the KWL Chart by adding information about what they learned about apples.

Debrief

- For your group, which words were used to describe how apples taste?
- What texture word best describes apples for you? Why do you answer as you do?



- Was there anything during the taste test you would change? Why do you answer as you do?



Pears

September 23

Background Information: Pears are a yummy and healthy fruit that come in different colors like green, yellow, and red. They grow on trees just like apples and are usually ready to pick in late summer and fall. There are many types of pears, such as Bartlett, which is super juicy and sweet, and Bosc, which has a crunchy texture and a honey-like flavor. Pears are fun to eat because they can be soft and creamy inside. They are packed with vitamins and fiber, making them a great snack. You can eat pears fresh, bake them into desserts, or even cook them to make a delicious sauce. Plus, they have a unique shape that looks like a bell, making them easy to recognize!

The purpose of today is to give youth the opportunity to learn more about pears.

Fun Facts About Pears

1. **Ancient Fruit:** Pears have been enjoyed by people for over 3,000 years! They were first grown in ancient China.
2. **More Than One Color:** Pears can come in many colors, including green, yellow, red, and even brown!
3. **Different Shapes:** While most pears are shaped like a teardrop, some varieties are round, like apples.
4. **Texture Change:** Pears are one of the few fruits that improve in texture and taste after being picked. They ripen best off the tree!
5. **Tons of Varieties:** There are over 3,000 different types of pears grown around the world. Some popular ones are Bartlett, Anjou, and Bosc.
6. **Family Ties:** Pears are related to apples, as both are part of the rose family.
7. **Natural Sweetness:** Pears are naturally sweet and can be used to make delicious desserts, like pies and tarts, without needing much added sugar.
8. **Nutrient-Packed:** Pears are a healthy snack full of vitamins, fiber, and antioxidants, which help keep your body healthy and strong.
9. **Cool Inside:** Pears have a unique grainy texture because of their stone cells, which are responsible for that slightly gritty feel when you bite into them.
10. **Tree Longevity:** Pear trees can live for a very long time. Some trees can produce fruit for up to 100 years!
11. **Juice and Smoothies:** Pears are great for making juice and smoothies because they add a natural sweetness and smooth texture.
12. **Historical Medicine:** In ancient Greece, pears were used as a natural remedy to relieve nausea.
13. **Animal-Friendly:** Many animals enjoy pears, too! Squirrels, birds, and even deer love munching on them.
14. **Dessert Delight:** Pears are often used in desserts and can be baked, poached, or even grilled for a tasty treat.



15. **Symbol of Good Health:** In some cultures, pears are considered symbols of good health and longevity.

What you will need:

- Paper
- Colored pencils or crayons
- Scissors
- Access to video player
- Chart paper
- Pens for chart

What you will do:

1. You will create a KWL Chart. The “K” represents what children already know. The “W” is what they would like to learn, and the “L” is completed at the end of September when you have made and tasted the a recipe for pears. The question is, “What do you already know about pears?”

K-Know	W-Want to Learn	L-What Was Learned
Pears have seeds in the core.		

2. Invite the youth to share what they know about pears. Record it in the “K” column. For youth in TK-2nd, the adult should guide this process and do the information collections. For youth in 3rd-8th, divide the kids into groups and they can complete the chart by themselves.
3. Show the video, Taste Test
<https://www.youtube.com/watch?v=IZlIrbzUHUQ>
4. Discuss the video and add information to the chart.
5. Show the video, Growing Pears
6. <https://www.youtube.com/watch?v=vZXBLQGyifo>
7. Discuss the video and add information to the chart.
8. You have one more video to show: Pears How To and Varieties
https://www.youtube.com/watch?v=D_9xBc1Qsss



9. Review the Facts about apples information with the youth.
10. After reviewing the information, explain they are going to select four highlights from the videos they have watched and the information they read. Distribute crayons or colored pencils and ask them to illustrate the four facts they found the most interesting.

Fact #1	Fact #2	Fact #3	Fact #4
Pears have a hard core you won't want to eat.			

9. Using a 9 x 12 piece of construction paper, fold in half like a hot dog.
10. Then fold in $\frac{1}{2}$ two more times so you have four spaces
11. Cut along the line between Fact #1 and Fact #2, and Fact #2 and Fact #3, and finally Fact #3 and Fact #4. This cut should only go to the fold, creating four "flaps"
12. On the top of the flap, youth writes the fact that was most interesting to them.
When the child raises the flap, he/she draws a picture to illustrate the fact.
13. For example, for Fact #1, this picture would be appropriate.
14. When finished, invite children to share one of the facts they selected.

Debrief

- For your group, which words were used to describe how pears taste?
- What texture word best describes pears for you? Why do you answer as you do?
- Was there anything during in the work being done you would change? Why do you answer as you do?



Back to the Facts

September 30 Taste Test

Background information: Pears come in different flavors and textures, each one special in its own way! Bartlett pears are very juicy and sweet, with a soft texture that melts in your mouth. Bosc pears have a crunchy texture and a honey-like flavor, perfect for eating fresh or baking. Anjou pears can be green or red, and they are juicy and slightly sweet with a smooth texture. Asian pears are round like apples, very crisp, and super juicy with a mild, sweet taste. Each type of pear offers a different eating experience, so you can have fun trying them all and discovering which one you like the best!

What you will need:

- Several types of pears (enough to give each youth a taste)
- Napkins
- Pears for the Pear and Spinach Salad
- Fresh spinach
- Feta Cheese
- Chopped walnuts
- Dried cranberries
- Balsamic vinegar
- Forks
- Small plates
- Recipe

What you will do:

1. Bring group together
2. Review the facts they have learned about pears. (refer to the KWL Chart)
3. Discuss the word “flavor”. Ask children for words which describe how pears might taste (mild, slightly sweet, etc.)
4. Discuss the word “texture”. Ask children for words which describe the texture of an pear, (squishy, smooth etc.)



5. Discuss the word “preference”. Remind the children what this words means. Explain they will rate the Pear-Spinach Salad treat they taste.
6. Distribute the supplies to the children
7. Directions for making the Pear and Spinach salad
8. After making the Peasr-Spinach Salad, have them share their thoughts on flavor, texture, and preference.
9. Complete the KWL Chart by adding information about what they learned about pears.

Recipe—Pear-Spinach Salad

Ingredients:

- 2 ripe pears, sliced
- 4 cups fresh spinach leaves
- 1/4 cup crumbled feta cheese
- 1/4 cup walnuts, chopped
- 1/4 cup dried cranberries
- 2 tablespoons balsamic vinaigrette

Instructions:

1. In a large bowl, combine the spinach, pear slices, feta cheese, walnuts, and dried cranberries.
2. Drizzle with balsamic vinaigrette.
3. Toss gently to combine.
4. Serve immediately

Debrief

- What did you enjoy about eating pears?
- What advice would you give someone trying to make the Pear-Spinach Salad
- What advice would you give others about this lesson.