

Activity

Anytime Apples

An apple a day helps us live the healthy way. In this taste test activity, children can decide which apples they love the most.

* Try This!

Say the following rhyme with children to remind them that not only are apples delicious, they are also anytime foods.

Apples, apples, we love you!
You taste so good and you're healthy too.
You're green and yellow and Red Delicious,
You're crunchy and colorful and so nutritious!
We love apples!



Children will:

- < Participate in graphing activity
- < Notice similarities and differences in a favorite anytime snack

Materials:

- < A variety of apples
- < Plates
- < Large sheet of paper
- < Markers

Activity:

1. Ask children to bring in their favorite apple or bring in a few different kinds of apples yourself (try for a variety of red, green, and yellow). Tell children they are going to be “apple researchers” – they will find out how many kids like each different type of apple.
2. Cut up the different types of apples and place each type of apple on a plate.
3. Ask children to taste each apple and record their favorites on a large sheet of paper. Help children make a graph to display the voting results. Do they like red the best? Yellow? Green? Which color apple did most children choose as their favorite?
4. You can also check children’s favorite types of apples. Within the red apple group, did children like Red Delicious the best? Fuji apples? Macintosh?
5. Healthy snack time – eat the apples!