![MC900325478[1]]()Community Action Partnership of San Luis Obispo County

Nutrition Activity/Food Experience

|  |  |  |
| --- | --- | --- |
| **Large Group: Read**  Apple Farmer Annie. Review how apples grow. | **Small Group:**Food experience: make curried apple pasta salad | Outside/IMIL: visit a local apple orchard, pick apples, play Worm through the apple or practice yoga balancing poses (tree, superman, ½ moon) |

Teaching Objectives/Concepts: Children will be able to…

1. Compare and contrast different apples, belong to the rose family, related to crab apples.
2. Identify the four seasons, understanding how plants signal stages of development
3. Explore fractions (whole, half, quarter, sixth?), shapes (globe, semicircle) and weight (dry vs. cooked pasta) related to food experience and generalize to other similarly shaped items.
Alignment with School Readiness Objectives/Targets? (select all that apply)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  Science |  Health/Physical Development |  Math |  Literacy |  Other |

Main Activity: \_During group time read story and review how apples grows, appear differently during different seasons.\_
Extend: \_\_\_Visit an apple farm, boil some apple skins to make pectin (thickener) or explore how apples are similar to other fruits.
Options: Cooking activity – children make curried apple pasta salad (practice with child safe kitchen tools)
Questions to ask during activity: How many seeds inside?what shape?how similar to…? how does the apple tree change over the season? Compare to similar fruits that grow on trees, how different?
 Pictures, Graphs or charts planned (documentation vs. photos) : Make a VENN diagram of children’s observations and preferences (describing differences in flavor, texture, sourness, color)

Food & Supplies (needed & quantities). (recipe) double batch (2 apples, 1 lb w/w tricolor pasta, raisins, green onions, carrots, curry powder, lemon juice Estimated Total Cost? $10

Reflection on Activity (post-completion): Children’s response\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Improvements recommended: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Toddler options:** Be sure to model and encourage children in physical activity and food experience; incorporate it into children’s normal routine.