

# Munch on Apples

[20-30 minute lesson]

**Objectives:** *Students will be able to...*

1. Describe why apples make a good anytime snack.
2. List adjectives that describe the taste and texture of apples.
3. Commit to eating apples as a snack.

**Step 1: Review the "Did you know...?" Fun Facts on the Back of the *Munch on Apples* Trading Card**

**Step 2: Discuss "Why-to" Munch on Apples; Focus on Why Apples are a Super "Anytime" Snack**

Ask the students to think of reasons why apples are a super anytime snack. Accept all reasonable answers.

Here are some good reasons to add to the class list:

1. Apples are an easy snack to carry around, whether whole or in slices, they are great any time of day.
2. Apples are available from New York State farmers almost the whole year round! Apples are picked in the summer and fall and can be stored in cold temperatures to keep them crisp and great tasting all year. Are there any apple orchards near you?
3. New York State has many, many varieties of apples that differ in taste, color and textures. With so many varieties to choose from, it is easy to have lots of different apple experiences (including eating apple sauce or apple pie and drinking apple cider!). It is possible to have apples everyday without getting tired of them.

**\*SUPPLEMENT\*** Use the enclosed *A to Z History of New York State Apples* or if you have a computer in your classroom visit [www.nyapplecountry.com/varieties.htm](http://www.nyapplecountry.com/varieties.htm) to see pictures of varieties of New York State apples and learn a lot more about New York State apples.

**Step 3: Apple Adjectives from A-Z**

APPETIZING APPLES! Write the letters A-Z on the blackboard. Ask the students to think of adjectives that can describe the taste, color, texture or anything about apples that begin with each letter of the alphabet. Encourage the students to think creatively and to fill in at least one adjective for as many letters of the alphabet as possible. If available, use chart paper that can be kept posted in the classroom.

**Step 4: Making a Commitment to Eat Apples**

I WILL! Ask each student to get out a piece of paper and write down a time of day they will try to eat apples. Here are some examples:

- I will bring sliced apples to eat with my lunch.
- I will carry a whole apple with me to eat after school.
- For a snack at home, I will try dipping apples slices in a mixture of vanilla yogurt and peanut butter.
- Instead of cookies, I will snack on apple slices with a little honey and cinnamon on top.

**Remind the students that Munching on Apples will help them stay healthy and strong!**