



**Harvest
of the
Month.**



**CHAMPIONS
for CHANGE**
Network for a Healthy California

For food stamp information, call 877-847-3663.
Funded by the USDA Supplemental Nutrition
Assistance Program, an equal opportunity
provider and employer.



**MY
HARVEST OF THE MONTH
APPLE BOOK**

BY: _____

Apple Activity: Word Scramble

Unscramble the following words about apples.

leppa _____

reet _____

erbif _____

aalG _____

Fiuj _____

erd _____

somsblo _____

iicosudle _____



Apple Story Problems



1. The farmer has an apple orchard. The trees are planted in rows. Each row has 8 trees. If there are 4 rows how many trees are in the orchard?

2. Each apple tree produces 10 pounds of apples. How many pounds of apples will 5 trees produce?

3. A farmer sells his apples for \$2.00 a pound. How much will he make if he sells 3 pounds?

4. You are making applesauce. The recipe calls for 2 pounds of apples. If 3 apples weigh 1 pound, how many apples will you need to make 2 pounds?

5. Your mother gave you \$3.00 and asked you to buy as many apples as you can with the money she gave you. If the apples cost 50 cents per pound, how many pounds can you buy?

APPLE FACTS

1. There are about 2,500 varieties of apples grown in the United States.
2. More than 7,500 varieties of apples are grown worldwide.
3. Washington State grows the most apples in the United States.
4. California is ranked fourth in the United States in commercial apple production.
5. An average apple tree produces 2,000 apples.
6. The largest amount of apples are picked in October.
7. Dentists call apples “nature’s toothbrush” because they can fight bacteria in your mouth and help keep your teeth clean.



Getting Enough Fabulous Fruit!

Boys				
	Age 8	Age 9	Age 10	Age 11
Fruits	1 1/2 cups	1 1/2 cups	1 1/2 cups	2 cups
Girls				
	Age 8	Age 9	Age 10	Age 11
Fruits	1 1/2 cups	1 1/2 cups	1 1/2 cups	1 1/2 cups

Please note: The recommended cups of fruit listed on this chart are based on moderately active individuals (30-60 minutes of physical activity per day) from MyPyramid.gov.

1. I am a _____ (boy or girl). I am _____ years old. I need _____ cups of fruit every day.

2. Now that you know how many cups of fabulous fruits your body needs every day to stay healthy and strong, make one goal on how you will make sure to meet your daily recommended fabulous fruit goal.

(Example: I will have a piece of fruit for my afternoon snack.)

Apple Comprehension Questions



1. How many varieties of apples are grown in the United States?

2. True or False: California is ranked fourth in commercial apple production.

3. Apples are a good source of what two nutrients? _____

4. Fill in the blank: Fiber promotes good _____ and helps maintain a healthy _____.

5. Where is most of the fiber in an apple found? _____

6. What do dentists call apples and why?

Apple Nutrition Facts

Nutrition Facts

Serving Size: 1 medium apple (154g)	
Calories 80	Calories from Fat 2
_____ % Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	15%
Sugars 16g	
Protein 0g	
Vitamin A 2%	Calcium 1%
Vitamin C 12%	Iron 1%

- Apples are a good source of fiber and vitamin C.
- Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.
- Apples are a source of potassium which helps maintain a healthy heart.
- Apples are best when eaten with the peel because that is where most of the fiber is found.
- About one half of all apples are consumed as applesauce, apple juice and jellies.

