

# Food for Thought

## September 2009

### Delicious Apples



### Tasting Trio Awesome Apple Bites

**Serving size**

1 apple slice with 1 tsp of sun butter mix

**Materials**

20-35 napkins  
5 plastic knives

**Ingredients (35 servings)**

7 bags sliced apples  
1 jar sun butter  
1 Tbs. cinnamon



**Preparation**

1. Mix sun butter and cinnamon together in big bowl.
2. Spread sun butter mixture on apples and serve.

**Source:** Network for a Healthy California, Monrovia USD

### Did You Know?

- There are 7,500 varieties of apples grown worldwide.
- Washington State grows the most apples in the United States.
- Apples are best eaten with the peel, as that is where most of the fiber and phytonutrients are found.
- Dentists call apples “nature’s toothbrush” because they can fight bacteria in your mouth and help keep your teeth clean.
- One unpeeled apple contains more fiber than one bowl of most cereals.
- Apples contain vitamins A and C, potassium, iron, and folic acid.

**Sources:** www.harvestofthemonth.com, Apples– Educator Newsletter

### 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%	Vitamin C 12%
Calcium 1%	Iron 1%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

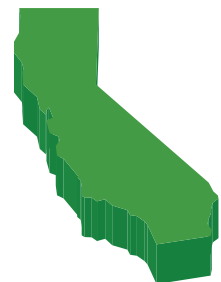


### California Apples

The apple industry in California dates back to the 1800’s, when two early orchards were cultivated in Watsonville and Sebastopol along Central and Northern coastal regions. Today, our state has more than 450 growers. California ranks fourth in commercial apple production in the United States.

California is known for its large variety of apples. Some examples include Red Delicious, Golden Delicious, Gala, Fuji, Granny Smith, McIntosh, Rome, Jonathan and Pink Lady. Which one is your favorite?

**Source:** <http://www.calapples.org>



## Curriculum Ideas

### Thinking Maps

Tree map the different types of apples.

### Science

Do apples float? Why or why not? They float because they are composed of about 25% air.

### Geography

Identify the location of the major producers of apples around the world on a map or globe (Soviet Union, China, United States, Germany, France, and Italy). In the United States the major producers are Washington, California, Michigan, Pennsylvania, North Carolina, and Virginia.

### Mathematics

Do a comparison between a bushel and a peck of apples or compare the amount of seeds between different apples and varieties. Predict the weight of different types and colors of apples.

**Source:** Research links adapted from Harvest of the Month, Apples– Educator's corner



## Apple Resources & More

**Harvest of the Month teacher materials-**  
[http://publichealth.lacounty.gov/nut/LACOLLAB\\_Files/documents/HOTM/Cycle3-SeptemberApples/SeptemberApples.htm](http://publichealth.lacounty.gov/nut/LACOLLAB_Files/documents/HOTM/Cycle3-SeptemberApples/SeptemberApples.htm)

**U.S. Apple Association-** [www.usapple.org](http://www.usapple.org)

**Washington Apples-** [www.bestapples.com](http://www.bestapples.com)

The Apple Doll by Alisa Kleven

Apples, Apples, Apples by Nancy E. Wallace

Little Apple by Bridgitte Weninger and Ann Möller

The Giving Tree by Shel Silverstein

An Apple a Day by Melvin Berger

Apples to Oregon by Deborah Hopkins and Nancy Carpenter

## Physical Activity Corner

### Grab the Apple!

**Objective:** Develops listening and fine motor skills.

**Activity time:** 15-30 minutes

**Supplies:** One apple and box per two students

### **Activity:**

- Each pair sits cross-legged on floor with hands and knees facing each other.
- Place box, with apple on top, between pairs.
- Use a whistle/music cue to start the activity.
- On START cue, grab the apple before your partner. (Variations can include to call out a specific hand to grab the apple, start with hands on shoulders, start in sit-up or push up position).

**Source:** <http://www.sparkpe.org>

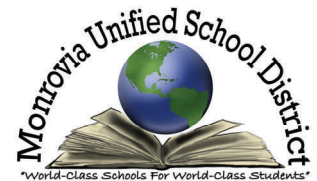


## HEY TEACHERS

## September Events



**Network for a Healthy California-**  
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