

Lesson Plan #2: December

Apples

1. Play Farmer Video

Farmer Video is about *Apple Cider Production* **(3:34) min**

<http://californiabountiful.com/features/article.aspx?arID=358>





2. Do Taste Test

Have students taste the apples and write down their observation using the 'Rate the Taste' chart and 'Appendix 1: Adjectives: **(5:00) min**

Fruit or Vegetable	I like it	I am not sure if I like it	I did not like it	I will try this again	Why it is good for me...
Peppers					
Grapes					
Root Vegetables					
Apples					
Salad Greens					
Citrus					
Cooked Greens					
Cucumbers					
Strawberries					
Stone Fruit					

Appendix 1: Adjectives

Adjectives describe nouns. Here are a few adjectives you can use when describing the different fruits and vegetables using the five senses.

			
see	touch	taste	hear
Green	Crunchy	Sweet	Crunchy
Red	Crisp	Sour	Crisp
Orange	Soft	Bitter	Juicy
Purple	Hard	Delicious	Squeaky
Yellow	Juicy	Fresh	Noisy
Light	Light	Tangy	
Ten	Heavy	Tart	
White	Sticky	Tasteless	
Blue	Smooth	Tasty	
Light (+color)	Wet	Pain	
Dark (+color)	Firm	Mouth-watering	
Colorful	Bumpy	Yummy	
Appealing	Dry	Good	
Appetizing	Musky	Bland	
Shiny	Tough	Refreshing	
Small	Rough		
Medium	Chewy		
Large	Cold		
Thick	Warm		
Thin	Slimy		
Long	Furry		
Short			
Skinny			
Round			
Oval			
Twisted			

3. Complete Workbook Activities

[illegible]

Brain Breaks!

Physical activity has many health benefits. It is good to be physically active every day because it:

- Makes you look and feel great
- Lowers your risk of heart disease

- Makes you look and feel great
- Gives you more energy
- Lowers stress and helps you relax
- Helps you keep a healthy body weight
- Lowers your risk of type 2 diabetes, high blood pressure, heart disease, stroke, and some types of cancer
- Helps build and keep healthy bones, muscles, and joints

Research has shown that brief bursts of exercise before taking tests helps students do better. In addition, regular activity breaks during the school day can help sharpen students' ability to focus and stay on task. When taking a break, do activities that get the body moving and the mind pumping, such as dancing, jumping, or running in place.

As a class, visit www.cornellbarn1637749. This is a link to a list of over 50 JAMmin' Me videos. JAMmin' Minute is a very quick and easy way to add exercise into the school day. After viewing the various videos, vote on activities that you would like to do in class to get break. Use the space below to write when you will take three brain breaks, using hours and minutes.

Monday	Tuesday	Wednesday	Thursday	Friday
Video Number:	Video Number:	Video Number:	Video Number:	Video Number:
Time:	Time:	Time:	Time:	Time:
Video Number:	Video Number:	Video Number:	Video Number:	Video Number:
Time:	Time:	Time:	Time:	Time:
Video Number:	Video Number:	Video Number:	Video Number:	Video Number:
Time:	Time:	Time:	Time:	Time:

Note: These pages will look slightly different for each grade level.

(10:00–15:00) min

4. Utilize Educator Newsletter activity or activities of your choice for class discussion and engagement

Harvest of the Month
Network for a Healthy California

Health and Learning Success Go Hand-in-Hand
Increasing fruit and vegetable consumption leads to increased academic performance in undernourished children. Harvest of the Month connects with core curricula to give students the chance to explore, taste, and learn about the importance of eating fruits and vegetables. It links the classroom, cafeteria, home, and community to help students make healthy food choices and be physically active every day.

Exploring California Apples: Taste Testing
What You Will Need (per group of 6-8 students):
• 2-5 apples (each in a different variety*), sliced**
• Graph paper and colored pencils

Activity:
• Observe, touch, smell, and taste each apple variety.
• Develop a color graph using appearance, texture, smell, flavor, and sound.
• Compare and contrast the varieties.

Cooking in Class: Apple Oatmeal
Makes 36 tastes at 1/2 cup each.
Ingredients:
• 3 large apples, cored
• 3 cups quick cooking oats
• 1/2 teaspoon ground cinnamon
• 1/2 teaspoon salt
• 5 1/2 cups 100% apple juice
• Small cups and spoons

Reasons to Eat Apples
• A 1/2 cup of sliced apples is a source of fiber. Dietary fiber is a complex carbohydrate. There are three main types of carbohydrates: starch, fiber, and sugar.
• Eating a variety of colorful fruits and vegetables throughout the day will help you meet the recommended daily values of nutrients that your body needs to be healthy.
• Apples can be eaten in a variety of forms — as whole (fresh), unseasoned applesauce, dried apples, or 100% apple juice.
*Learn about sugar on page 2.

Champion Sources of Fiber:
• Beans
• Blackberries
• Dates
• Peas
• Pumpkin
• Raspberries
• Whole wheat cereal
• Whole wheat bread
*Champion foods provide a good or excellent source of fiber.

Nutrition Facts
Serving Size 1/2 cup
Amount Per Serving
Calories 20
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 1mg 0%
Total Carbohydrate 5g 10%
Dietary Fiber 1g 2%
Sugars 5g 10%
Protein 0g 0%
Vitamin A 1% Calcium 0%
Vitamin C 0% Iron 0%

APPLES

Note: Remember that all your Educator Newsletters are located in the second section of your Teacher Manual and the Teacher Guide for student workbooks is located in the third section of your Teacher Manual. Each section should be separated by a yellow piece of paper.

(5:00—10:00) min

5. Energizer of the Month (with time permitting)

December Energizer of the Month:
Apple Tree
Play this fun classroom energizer after the Harvest of the Month taste-test to reinforce learning.

This activity was adapted from the Shape of Yoga, available at <http://www.cdph.ca.gov/programs/cps/Documents/Network-ShapeofYoga.pdf>

Ready:
• Use this activity to review facts about apples from the Harvest of the Month Educator Newsletter.

Set:
• Have students spread out within the classroom or behind their desks with chairs pushed in.
• Review with students the proper form for the "Apple Tree" yoga pose (page 2).

Go:
• To start the activity, call out "Pick apples!" Students walk around the classroom on tip-toes, reaching up high and pretending to pick apples.
• After about 30 seconds, call out "3-2-1-Apple Tree!" This is the cue for students to immediately get into the apple tree pose (remind them to stare at something on the ground to help keep their balance).
• While students are holding the apple tree pose, ask them a question related to apples. For example:
• What part of the apple has most of the fiber and nutrients? (the peel)
• When are apples harvested? (autumn)
• What is your favorite color of apple?
• What is your favorite way to eat apples?
• After the question has been answered, say "Pick apples," to start another round.

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For CalFresh information, call 1-877-847-3853.
Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cdph.ca.gov/programs/cps/Documents/Network-ShapeofYoga.pdf for healthy tips.
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Note: The 'Energizer of the Month' is a monthly physical activity you can do with your class. This document will be sent as an additional attachment. **(5:00) min**