

A ½ cup serving of apples is about the size of half of your fist.

## Nutrition Facts

1 serving per container  
Serving size 1/2 cup (55g)

Amount Per Serving  
**Calories** **28**

	% Daily Values*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1mg	<b>0%</b>
Total Carbohydrates 8g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 0mg	<b>0%</b>
Vitamin A 108mcg	<b>0%</b>
Vitamin C 3.6mg	<b>4%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Healthy and Smart Goals

1. Discover places that have apples.
2. Write a story about finding apples in those places.
3. Taste apples. Make a plan to eat apples.



**Harvest It**

The Harvest of the month is apples. Apples make a great snack. You can eat them on their own or serve them with other healthy fruits like bananas, oranges, and grapes. Make sure to eat the peel. It's the most nutritious part. Think of a healthy snack that includes apples and share it with your class.

#### Apple Nutrition Facts:

- The botanical name, or scientific plant name, for apples is *Malus domestica*.
- Apples contain carbohydrates, which are the body's main source of energy. There are three kinds of carbohydrates: starch, fiber, and sugar. Sugar is found only in plants. In food, sugar is classified as either naturally occurring or added.
- Naturally occurring sugars (except honey) are usually found in foods along with vitamins and minerals, while added sugars provide calories and very few vitamins and minerals.
- Added sugars are often called empty calories. Apples contain only naturally occurring sugars.

Nutrition Facts labels give information about what is inside the food you are eating. They are not required to be placed on fruits and vegetables like they are on packaged items. We created a label so you know what is inside your apples and to teach you how to read labels on other foods. Below where it says Nutrition Facts, you'll see the serving size and how many calories an item has. Vitamins and minerals are on the bottom beneath the thick black bars. What nutrients can be found in apples?

Apples can be found in different locations, such as your school cafeteria, community gardens, grocery stores, and farmers' markets. In this lesson you will imagine a visit to these places. You will write a story about your trip and make a plan to eat apples. What are ways you can support your family in visiting these places?




## Move it

In the Move It activity, you will take a virtual trip to places in your community where apples can be found. Your teacher will read a story. Listen for cues to be physically active. In the Try It section, you will write a story based on your experience. Part of the story will include your plan to return to these places and eat apples. During this activity, imagine yourself taking responsibility for making healthy food choices!



## Link it

**Directions** Fill in the table below. Write about where you went in the Move It activity. Describe the places that had apples. Say what you did there. Share your plan to visit those places again to get apples. Make sure your story has a beginning, middle, and end. Add your personality to the story.

	<ul style="list-style-type: none"><li>Where did you go?</li><li>Where else could you get apples?</li></ul>	<ul style="list-style-type: none"><li>What did you do there?</li></ul>	<ul style="list-style-type: none"><li>When will you go back to get apples there?</li><li>How often will you go back?</li></ul>
Beginning	The community garden	<b>Here is an example:</b> I biked to the community garden, saw my teacher, tried apples from an apple tree, and made a plan to come back.	<b>Here is an example:</b> I will visit the community garden next week and will return twice a month.
Middle	Supermarket		
End	Farmers' market		

[illegible]

It's time to eat some apples and digest what you've learned!

- Where can apples be found?
- What are three steps you'll take to eat more apples, fruits and vegetables?
- Share your story with your classmates. Also share your story with your family, so they can support your plans.

