



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

Healthy and Smart Goals

1. Identify nutrition facts and the health benefits of eating apples.
2. Discover where apples can be found in your community.
3. Multiply fractions to make a snack recipe bigger.
4. Taste apples and make a plan to eat them in recipes.

Nutrition Facts

1 servings per container	
Serving size	1/2 cup (55g)
Amount Per Serving	
Calories	28
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
Vitamin A 108mcg	0%
Vitamin C 3.6mg	4%

*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.



Harvest It

This year we are trying a fruit or vegetable each month. Apples are this month's Harvest of the Month. The botanical name, or scientific plant name, for apples is *Malus domestica*.

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 some healthy ingredients you could add to apples to make a great recipe, for example: apples with celery, peanut butter and raisins.

Apple Nutrition Facts:

- 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 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 towards the bottom. Apples contain Vitamin C and dietary fiber which have many health benefits. Vitamin C helps repair and maintain bones and teeth and helps heal wounds. Dietary fiber makes you feel full faster which helps you control your weight. These are just some of the benefits.



Move it

In the Move It activity you will be taking a virtual trip to places in your community where apples can be found. Look for apples at supermarkets, farmers' markets, community gardens, and food banks.

Places in your community where you can find ingredients for an apple recipe.



supermarket



community garden



food bank



farmers' market



Link it

Apples are healthy and make great snacks. Sometimes you need to make more than a recipe calls for. In order to get the exact amount you'll need to know how to multiply fractions.

A peanut butter and apple recipe calls for $\frac{1}{2}$ cup of apple slices. Using fractions you determine that if you make 4 times the recipe you will need 2 cups of apples.

$$\frac{1}{2} \times 4 = \frac{1}{2} \times \frac{4}{1} = \frac{4}{2} = 4 \div 2 = 2 \text{ cup apples}$$

First rewrite 4 as $\frac{4}{1}$. Multiply across. Divide the numerator by the denominator.

How much would you need for 6 times the recipe?

$$\frac{1}{2} \times 6 = \frac{1}{2} \times \frac{\boxed{}}{1} = \frac{6}{2} = \boxed{} \div 2 = \boxed{} \text{ cup apples}$$



Try it

An apple celery recipe calls for $\frac{1}{3}$ cup of diced apples. How many cups of apple will you need if you increase the recipe by 3 times?

$$3 \times \frac{1}{3} = \frac{\boxed{}}{1} \times \frac{1}{3} = \frac{\boxed{}}{3} = \boxed{} \div 3 = \boxed{} \text{ cup apples}$$

Increase the recipe 6 times.

$$6 \times \frac{1}{3} = \frac{\boxed{}}{1} \times \frac{1}{3} = \frac{\boxed{}}{3} = \boxed{} \div 3 = \boxed{} \text{ cup apples}$$



Directions Increase this healthy party recipe 12 times!

Apple, Celery Recipe

$$\frac{1}{2} \text{ cup apples} \times 12 = \frac{1}{2} \times \frac{\boxed{}}{1} = \frac{\boxed{}}{2} = \boxed{} \div 2 = \boxed{} \text{ cup}$$

$$\frac{1}{4} \text{ cup celery} \times 12 = \frac{1}{4} \times \frac{\boxed{}}{1} = \frac{\boxed{}}{4} = \boxed{} \div 4 = \boxed{} \text{ cup}$$

Directions Make your own snack recipe. Write your choice of ingredient. Choose $\frac{1}{2}$, $\frac{1}{4}$, or $\frac{1}{8}$ cup quantities for apples and your other ingredient. Multiply by 16. How many cups of each ingredient will you need for your recipe?

Your Apple Recipe

$$\frac{\boxed{}}{\boxed{}} \text{ cups } \underline{\hspace{1cm}} \times \boxed{16} = \frac{\boxed{16}}{\boxed{1}} \times \frac{\boxed{}}{\boxed{}} = \frac{\boxed{}}{\boxed{}} = \boxed{} \div \boxed{} = \boxed{} \text{ cup}$$

(your ingredient)

$$\frac{\boxed{}}{\boxed{}} \text{ cups apples} \times \boxed{16} = \frac{\boxed{}}{\boxed{}} \times \frac{\boxed{}}{\boxed{}} = \frac{\boxed{}}{\boxed{}} = \boxed{} \div \boxed{} = \boxed{} \text{ cup}$$



Digest it

You created a healthy and delicious snack recipe. Now it's time to taste some apples and reflect on what you have learned.

- What are some healthy nutrients in apples and why are they good for your health?
- Where are some places you can find apples in your community?
- Let's say your recipe calls for $\frac{1}{8}$ cup of apples. If you multiplied the recipe times 24, how many cups of apples would you need?
- It is recommended that you eat $1 \frac{1}{2}$ cups of fruit each day. What is your plan to eat your recommended daily amount of fruit? Will you eat fruits and vegetables from the cafeteria each day?
- What is your plan to make snacks with apples?