

Apples



6th Grade



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

Healthy and Smart Goals

1. Identify the nutrition facts and health benefits of apples.
2. Identify the health benefits of different colored fruits and vegetables.
3. Write recipes with apples and fruits and vegetables of different colors.
4. Taste apples. Make a plan for eating apples.

Nutrition Facts

1 servings per container
Serving size 1/2 cups (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

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 colorful fruits like bananas, oranges, and grapes. The colors of fruits and vegetables are not only good to look at; they are also a sign that there are healthy natural chemicals inside them that are good for your health.

One group of plant colors, or pigments, is the anthocyanins. It is a Greek word meaning blue flower. Blue and purple fruits and vegetables like blueberries, blackberries, and purple potatoes contain anthocyanins, which studies show reduce damage to cells in the body. Carotenoids are yellow, orange, or red fruit and vegetable pigments. An example is beta-carotene which can be found in oranges, cantaloupe, and carrots. It is important for vision and maintaining healthy bones. Another is red lycopene, found in tomatoes, and tomato sauce and juice. Lycopene may help reduce the risk of a form a cancer. Lutein, which is found in green leafy vegetables such as spinach and kale, may protect our eyes from light damage.

Fruits and vegetables also contain nutrients that you wouldn't necessarily know by looking at them. Nutrition Facts labels give information about what is inside the food you are eating. Take a look at the Nutrition Facts for apples above. Under where it says Nutrition Facts, you'll see the serving size and how many calories apples have. 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 heal wounds. Dietary fiber makes you feel full faster which helps you control your weight. These are just some of the benefits of apples.

Your health depends on you making healthy food choices. In your lesson today, you will choose apples and other fruits and vegetables of different colors to make some healthy meals and snacks.



Move it

You should be physically active for at least 60 minutes a day. In the Move It activity you will be physically active, but not for a full 60 minutes. Make sure to be active before and after school, and during recess as well. Movement is an important part of being healthy. You will learn more about physical activity in next month's lesson.

In this activity you will be part of a relay team collecting different colored strips of paper. On each strip, there will be a fruit or vegetable that has that color. Your team must collect exactly one fruit or vegetable of each color. You will use those choices as ingredients in the next activity.

Directions Once you've collected all of your fruits and vegetables, write them down.

Color	Your Team's Fruit or Vegetable Selections
Red	
Orange	
Yellow	
Green	
Blue/Purple/Black	
White	



Link it

Directions Write an ingredient for an apple recipe list using red apples and two ingredients from your list. Your two choices must be colors other than red.

Red Apple Recipe Ingredients

Ingredients	Color	Requirements
Apples	Red	Red Apples
		A fruit or vegetable you collected of <u>a color other than red</u>
		Another fruit or vegetable you collected of <u>a color other than red</u>

Directions Write a snack recipe using your ingredients. Respond to the following questions to write a description of your recipe. Make it sound exciting.

Red Apple Recipe Description

Give your recipe a name.	Think of a name for your recipe that you would find exciting.
What are the ingredients?	Describe the ingredients' colors, shapes, and tastes.
Why should you eat it?	Use some of the health benefits from the Harvest It reading.
When should you eat it?	At what time of day and what meals should it be eaten?
Where should you eat it?	At school, home, a family or team event?
Who should you eat it with?	Friends, family, classmates?
Invite others to try it.	What would you say to get someone excited about your recipe?



Try it

Directions Create an ingredient list and description for another snack or a salad, sandwich, side dish or main course. Use two other fruits or vegetables from the ones your team collected. Your two choices must be colors other than green.

Green Apple Recipe Ingredients

Ingredients	Color	Requirements
Apples	Green	Green Apples
		A fruit or vegetable you collected of <u>a color other than green</u>
		Another fruit or vegetable you collected of <u>a color other than green</u>

Directions Write a recipe using your ingredients. Respond to the following questions to write a description of your recipe. Make it sound exciting.

Green Apple Recipe Description

Give your recipe a name.	Think of a name for your recipe that you would find exciting.
What are the ingredients?	Describe the ingredients' colors, shapes, and tastes.
Why should you eat it?	Use some of the health benefits from the Harvest It reading.
When should you eat it?	At what time of day and what meals should it be eaten?
Where should you eat it?	At school, home, a family or team event?
Who should you eat it with?	Friends, family, classmates?
Invite others to try it.	What would you say to get someone excited about your recipe?



Digest it

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

- What are some health benefits of eating apples?
- Why is it important to eat fruits and vegetables of a variety of colors?
- Share your green apple recipe.
- Taste apples. Make a plan for eating them in the future.

