



Apple Exploration: Preschool Lesson



Objectives

- Children become comfortable with tasting new foods in the supportive, positive environment of their preschool.
- Through a hands-on activity, children explore a new vegetable and taste varieties of local apples.
- Children learn that many fruits come in lots of different varieties that all look and taste different.

NC Foundations for Early Learning and Development

Goals Addressed:

APL-2, APL-5, APL-8

ESD-1, ESD-2

HPD-1

LDC-1

CD-1, CD-3, CD-11, CD-14, CD-15

Materials

- 2-3 varieties of local apples
- Plates
- Cutting board
- Knife (*for adult use only*)
- Paper apple trees labeled with the names of the apple varieties
- Paper apples

Preparation

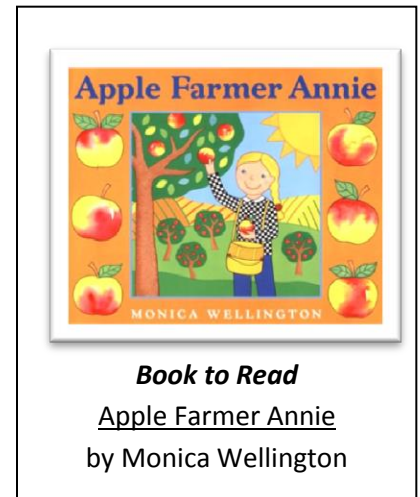
Cut out and create the paper trees and paper apples.

Activities

Explore Different Varieties

Have the children compare the sizes (longer/taller/larger) and weights (heavier/lighter) of the apples.

Review how apples grow (on a tree!). Show children the different ways apples trees appear in different seasons. Tell children there are many (7,500!) different types of apples. Show the children two or three different varieties of apples. If you can, tell them about the farmer who grew the apples and show them a picture of the farmer. Ask them to compare the apples. Prompt children to look closely. Ask the children to describe what they see. Can the children guess how many seeds are inside? Cut one apple vertically and one horizontally and show children the different views. What shape do they see inside the apple?



Book to Read

Apple Farmer Annie
by Monica Wellington





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Taste test

Give each child a small piece of each variety of apple to taste. Can they tell the difference between the varieties? Is one sweeter, crunchier, or more sour than the other? (Optional: record their observations on a Venn diagram). Guide children in identifying their favorite. Record their preferences by letting them put a paper apple on the tree representing the apple variety they like most (see photo above). When the children have finished their snack, prompt them to help clean up by putting their paper products in the trash and/or wipe the table.