

# Tips for Busy Early Childhood Professionals

Volume 1, September



## is for Apple

- Apples come in shades of red, green, and yellow. Some varieties are sweet and some are tart.
- Apples contain a lot of water, making them a juicy and crunchy snack.
- Apples are a good source of vitamin C and fiber.

*Photos: Network for a Healthy California*

**For more information, visit:**  
[www.harvestofthemonth.com](http://www.harvestofthemonth.com)  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

## Apple Smiles

Makes 24 tastes at 1 "smile" each.

### INGREDIENTS:

- 1 medium red apple, peeled
- 3 medium red apples (with skin left on)
- 10 tablespoons peanut butter

### PREPARATION:

1. Wash all apples.
2. Peel and core one apple. Chop into small cubes (about  $\frac{3}{8}$ -inch x  $\frac{3}{8}$ -inch) or enough to make 96 "teeth."
3. Do not peel the remaining 3 apples. Core and cut the 3 apples in half. Cut each half into 8 slices.
4. Spread peanut butter on one side of each apple slice.
5. Place 4 apple "teeth" cubes on top of peanut butter on one apple slice. Top with another apple slice and press together to make one "smile."
6. Continue the same way with the other apple "smiles," making one "smile" per child. Serve.

### Nutrition Information per serving:

Calories 54, Carbohydrate 5 g, Protein 2 g, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 31 mg, Dietary Fiber 1 g.

### Recipe adapted from:

<http://www.kidsacookin.ksu.edu>

### SUPPLIES:

- Apple corer and paring knife (for teacher)
- Plastic knives (spread peanut butter, help cut apples)
- Paper plates and paper towel
- 1 tablespoon, colander, and cutting board



## Cooking in the Preschool Classroom

provides many benefits to children

- Children can help chop and slice apples.
- Children can spread the peanut butter.
- Children can help wash apples and dry them with a paper towel.

## Food Safety and Sanitation

- Wash all apples before using them.
- Before preparing, wash the apples and your hands.
- Prevent children from tasting peanut butter before spreading.

## Create a Child-Friendly Environment

- Encourage children to talk about what they see and feel.

# Activity:

## Queen Red Apple



Children will learn about the many varieties of apples and have the opportunity to explore math concepts.



### MATERIALS

- 3 – 4 different apple varieties
- a small paper plate for each child
- plastic knives
- napkins

### WHAT TO DO NEXT ?

1. **Sit around the Table:** Cut an apple in half and show the children how a whole apple becomes two halves. Then cut the apple into fourths, demonstrating how two halves become four quarters. Have the children take turns putting quarters and halves back together again making a whole apple.
2. **Explore:** Ask if they know any other fruits or vegetables that can be cut into wedges. (apple, peaches, oranges) Ask, "Would a large apple have the same number of wedges? If the apple is small, will it have the same number of wedges?"
3. **Talk** about how delicious and accessible apples are. Mention that most people can buy apples all year in the supermarket, but in the fall apples are in season so they are fresher and taste better.
4. **Apple Rhyme:** Ask them to repeat after you.  
Teacher initiates the game and says:  
I'm Queen Red Apple.  
What I like to do,  
Is talk in rhymes.  
How about you?  
Children respond:  
I am a little twinkle star,  
And I wonder how you are?  
Teacher answers:  
I am Queen Red Apple little twinkle stars.  
I am sweet and crunchy and a delicious snack.  
You can eat an apple where ever you are.  
Children respond  
Queen Red Apple  
We love to eat  
Sweet red apples  
For a tasty treat.
5. **Cooking:** Have the children wash their hands and be ready to prepare and taste the recipe from the front page.



### Connections to California Department of Education Child Desired Results: 3 Years to PreK

**Activity:** CDR 1: Self-Regulation 9, 10, 11; Language 12, 13, 14, 15; CDR 2: Learning 16, 17; Cognitive 18, 19, 21; Math 22

**Cooking in the Classroom:** CDR 1: Self-Regulation 9, 10, 11; CDR 4: Safety and Health 39

For important nutrition information, visit [www.oachampionsforchange.net](http://www.oachampionsforchange.net). For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.