Food Based Learning

InFARMation
EDUcation
ColLABoration

Georgia School Nutrition Shake it Up!

# "APPLES" GETTING TO THE CORE

## English Language Arts

### "PICK" up a good book

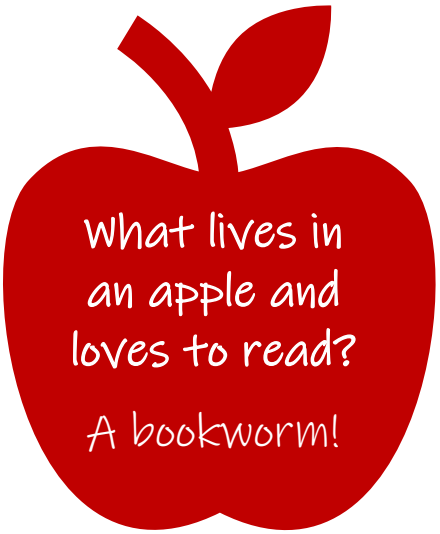
Consider exploring apple themed books*:

- *Apples A to Z by* Margaret McNamara
- *Tap the Magic Tree by* Christie Matheson
- *Ten Apples Up on Top by* Dr. Seuss
- *The Life and Times of the* Apple by Charles Micucci

### Georgia Standard ELAGSE3RL4-3rd Grade

Review idioms and figurative language. Many sayings that we use every day have the word "apple" in them. Have students identify apple idioms and research the history and meaning. The following are examples of apple phrases:

- an apple a day keeps the doctor away
- the apple of my eye
- as American as apple pie
- apple doesn't fall far from the tree
- comparing apples and oranges
- upset the apple cart
- how do you like them apples
- one bad apple spoils the whole bunch
- the big apple




### Georgia Standards ELAGSE3RL3-3rd Grade; ELAGSE4RL3-4th Grade; ELAGSE5RL3-5th Grade

Have students interview and write about their parents'/grandparents' favorite apple stories, memories, and recipes.

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## Fine Arts

### Art that's very a-"PEEL"-ing

Georgia Standards VAK.CR.2-Kindergarten; VAK.CR.4-Kindergarten; VA1.CR.2-1st Grade; VA1.CR.4-1st Grade

Have students make a clay depiction of an apple(s).

Students can paint apple trees showing the changes of the apple tree through each season.

- Spring: buds, blossoms, some leaves
- Summer: full of leaves, apples beginning to grow
- Fall: ripe apples on the tree, some apples on the ground, leaves change, leaves fall
- Winter: bare branches, snow collects on bare branches

Obtain and halve apples. Students can use different colors of paint and make apple prints. Have students design their own greeting cards using the apple print motif.

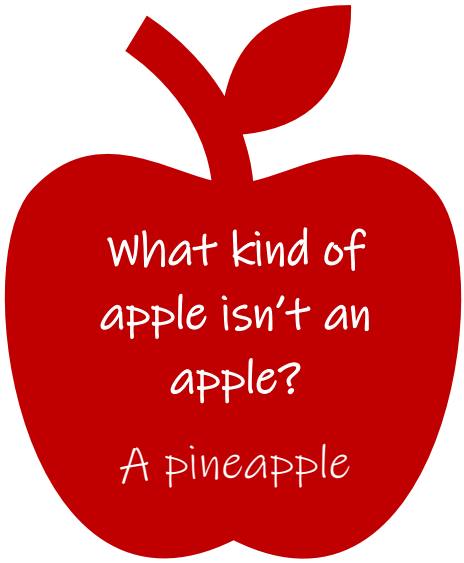
## Health and Physical Education

### Activities that are hard-"CORE"

Georgia Standards PEK.1-Kindergarten; PEK.2-Kindergarten; PE1.1-1st Grade; PE1.2-1st Grade

Students participate in an apple balance relay where they are balancing an apple on their head.

Have student pairs sit cross-legged on floor facing each other with their hands-on knees. Place an apple between the pair. Use a start cue (whistle/music) to lead activity. On start cue, grab the apple before partner. Consider variations such as: call out a specific hand to grab the apple, start with hands on shoulders, etc.



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## Math

### "APPLE"-solutely fun with numbers

#### Georgia Standards MGSE1.MD.4-1st Grade; MGSE2.MD.10-2nd Grade

Obtain several different varieties of apples and cut them into pieces for students to sample. Have students make charts to record their observations about each type of apple (sweet, tart, crunchy, etc.). Students can develop a classroom graph to reflect observations of each apple type.

#### Georgia Standard MGSE2.MD.1-2nd Grade

Using string and a ruler, find the circumference of an apple.

#### Georgia Standard MGSE3.NF.3-3rd Grade

Use apples/apple slices as visual fraction models. Also, consider using apples/apple slices in math equations to demonstrate addition and subtraction of fractions.

#### Georgia Standard MGSEK.CC.3-Kindergarten

Have students roll a die. Students draw that many apples on a tree on the math apple tree worksheet (http://snp.wpgadoe.org/savor-celebrations/). Students write the number of apples under the tree. Students roll again until all the trees contain apples.

## Science

### "BUSHEL" of fun with science

#### Georgia Standard S5P1-5th Grade

As apples ripen they give off ethylene gas. When contained, in a brown paper bag for example, the ethylene gas accelerates the ripening process of other fruits (i.e. bananas). Ethylene is also produced by injured fruits. Following the scientific method, complete an experiment to observe how different variables can change the ripening process.

Have students submerge apple slice pieces in various liquids (lemon juice, water, tonic water, soda) and observe and record results.

#### Georgia Standard S2P1-2nd Grade

Students can try to stack apples using playdough. See if they can get 10 apples stacked on top (reference to Dr. Seuss book Ten Apples Up on Top).

#### Georgia Standard SKP1-Kindergarten

Have students conduct a sink or float experiment with apples.

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## Social Studies

### A "SLICE" of history

#### Georgia Standard SS1H1-1st Grade

Have students read about and discuss Johnny Appleseed.

Students can create an apple history time line. Students research information about the history of apples. Brainstorm with students about how to create a time line that shows the important information relevant to apples' history. Demonstrate understanding of concepts of past, present and future.

#### Georgia Standard SS1G2-1st Grade

Use a United States map and research and identify apple growing states.

#### Georgia Standard SS2G1-2nd Grade

Have students research, identify and locate on a map where apples are grown in Georgia. Describes the topographical features of the apple growing area(s) in Georgia.

## Agriculture

Using these lessons from National Agriculture in the Classroom, students will understand that topsoil is a limited resource with economic value. Activities include slicing up an apple to demonstrate the distribution of Earth's soil resources and exploring scenarios involving the dollar valuation of soil.

How Much is Dirt Worth? (Grades 3-5)

https://agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=148&search_term_lp=apple

How Much is Dirt Worth? (Grades 6-8)

https://agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=550&search_term_lp=apple

How Much is Dirt Worth? (Grades 9-12)

https://agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=551&search_term_lp=apple

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## Crunch 4 Lunch in the Cafe

- Using different colored apple cut-outs, have staff and/or students write each letter of their name on an apple. Then take their picture with their name (staff can stand under letters thus giving the appearance that they are balancing the letters on their head, hand, etc.). Pairs great with the Dr. Seuss book Ten Apples Up on Top.
- Consider a bulletin board or creating signs such as:
  - Our customers are APPLE-solutely the best
  - These Georgia/Locally grown apples are TREE-mendous
  - Apples are colorful, apples are sweet, apples are delicious to eat
  - Hope you had a BUSHEL of fun
  - We've couldn't have PICKED a better lunch
- Create DIY apple balloons by taping a brown paper "stem" and green paper "leaf" on a red balloon.
- Display students' apple artwork.
- On the serving line display apple themed books such as*:
  - *Apples A to Z by* Margaret McNamara
  - *Tap the Magic Tree by* Christie Matheson
  - *Ten Apples Up on Top by* Dr. Seuss
  - *The Life and Times of the Apple by* Charles Micucci

Are you hungry for more food-based learning opportunities? Resources found here provide additional examples of ways to connect the classroom and cafeteria food based learning experiences: http://snp.wpgadoe.org/food-based-learning/

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