



*Extending the Knowledge and Resources of the  
University System  
to the People of Waupaca County and  
Wisconsin*

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## Awesome Apples

Grades: K-5

Total Lesson Time: 30-45 minutes



### Lesson Overview

Students involved in the Farm to School AmeriCorps classroom will learn about locally grown fruits and vegetables.

### Objectives

Students will fulfill educational expectations by meeting school standards and benchmarks in:

1. Reading and Language Arts: Using general skill and strategies of the reading process.
2. Mathematics: Understand and apply basic measurement skills.
3. Science: Appreciate the process of growing and eating healthy food.
4. Social Studies: Learn about relationships between themselves, farming and local environment.

### Preparation

1. Students should wash and sanitize hands before working with foods.
2. Assemble activity props, pictures and equipment for session.

### Procedures

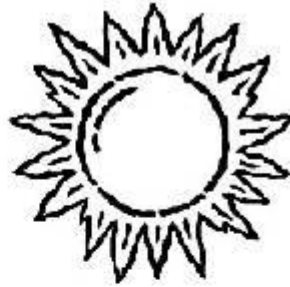
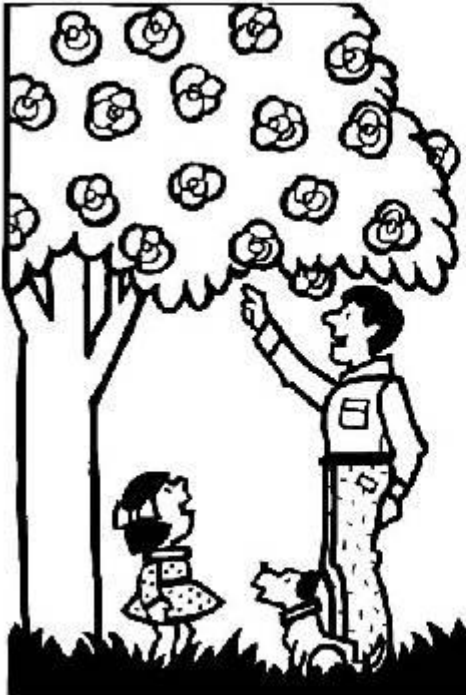
### Introduction

Start the lesson with a short activity: Apple Trivia. Ask the students 17 questions and discuss the answers.



### Wisconsin Production

Commercial orchards are found in 46 of Wisconsin's 72 counties, comprising about 7,400 acres and producing about 56 million pounds of fruit worth over \$9 million per year. The average yield is 9,500 pounds per acre. Most of the commercial acreage is found in four locations in the state. The most concentrated areas are Gays Mills in Crawford County (1,500 acres), Door County area (2,000 acres), Bayfield County, and in the greater Milwaukee area.



Some farmers run U-Pick operations where you can go and gather your own apples, peaches or other fruit.

USDA Farm Service Agency  
[www.fsa.usda.gov/california/irrig](http://www.fsa.usda.gov/california/irrig)

### **Production Information**

Apples grow on trees in orchards. Trees are pruned in the winter when they are dormant. Pruning is the removal of branches to maximize sunlight to the fruit and to remove dead and diseased limbs.

New trees are planted in the spring. The average tree will bear fruit in three years with full production in 8-10 years.

Buds will begin to swell and trees will blossom in early May. Grass around the trees will be mowed to reduce competition from weeds and other plants. When the center of the blossom (the King Blossom) opens, then bees will help pollinate the trees. If it is dry, irrigation may be needed in July as the fruit size and firmness are affected by moisture. August is the last growing month before apples ripen. Apples like cool August evenings to trigger an enzyme which increases the color or blush of the ripened apples. Harvest is done by hand as apples bruise easily.



### **Other Information**

Apples are members of the pome family- a fruit whose seeds are embedded in the core of the fruit. Roses are also members of this family.

Apples are grown in all 50 states and over 2500 varieties are grown nationwide. There are more than 7,000 varieties grown around the world.

Apples are fat, sodium, and cholesterol free so they make a healthy snack. They are also a great source of fiber and about 80 calories each.

## Varieties of Apples

Some of the different varieties of apples are:

Braeburn

Crispin

Duchess

Empire

Fuji

Granny Smith

Mcintosh

Golden and Red Delicious

Rome

Winesap

Wolf River

*Varieties make a difference- Warm days, cool nights and a rich deep soil nurtured by consistent rainfall makes Wisconsin's climate ideal for growing many apple varieties.*



Fuji



Golden Delicious



Red Delicious



Winesap



Gala



Granny Smith



Rome



Jonathan

## Trivia

- If you grew 100 apple trees from the seeds of one tree, they would all be different. Each has its own genetic material.
- The Pilgrims brought apples to North America in 1620.
- Apples have five seed pockets with a seed in each pocket.
- The biggest apple pie weighed 30,116 pounds!
- Americans eat about 19.6 pounds or 65 fresh apples every year. In addition, Americans eat processed apples (i.e. applesauce, dried apples) to raise the total consumption to 42.2 total pounds per year.
- Why do apples float? 25% of an apple's volume is air!



## Nutritional Value

Vitamin A- Improves vision, strengthen bones, lowers blood cholesterol levels and improves skin appearance

Vitamin B- Aids red blood cells, maintains appetite and growth

Vitamin C- Prevent illness and helps skin repair itself (glue)

Vitamin E- Protects the skin cells from harmful UV rays

Vitamin K- Heals the body if injured

## Tasting Activity

Talk to the students about the many words we can use to describe foods and flavors. Ask students to use all of their senses to describe the taste and flavor of the dip and the apples.

Discuss the look, smell, taste, and texture. What other descriptive words can we use instead of yuck and yum?

### Easy Fruit “Fondue”

**4 oz. of low-fat cream cheese**  
**¾ cup of nonfat sour cream or vanilla or plain yogurt**  
**2 Tablespoon brown sugar**  
**1 teaspoon cinnamon**  
**¼ teaspoon vanilla extract**

Whisk until smooth. Serve with fresh apples, pears, and cantaloupe.



### Easy Fruit “Fondue”

**4 oz. of low-fat cream cheese**  
**¾ cup of nonfat sour cream or vanilla or plain yogurt**  
**2 Tablespoon brown sugar**  
**1 teaspoon cinnamon**  
**¼ teaspoon vanilla extract**

Whisk until smooth. Serve with fresh apples, pears, and cantaloupe.



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