

# A is For Apple



**Approximate Instructional Time:** 1.5 hours

**Lesson Overview:** Students will be exposed to a variety of apples while making apple sauce.

**Learning Outcomes:**

- Students will be able to identify characteristics of an apple
- Students will be able to identify 3 types of apples
- Students will be able to explain how apple sauce is made

**Materials:**

- A variety of apples, washed, sliced and on plates/bowls
- Whiteboard/flip chart paper and markers
- Apple tasting evaluation sheet
- Apple sauce recipe

**Preparation & Set-Up:**

- Wash and slice a variety of apples (McIntosh, Gala, Red Delicious, Fuji, Granny Smith, Honey Crisp, Cripps Pink, Golden Delicious, Ambrosia, etc.)
- Place apples of same variety on a plate or in a bowl
- Create name tags for each type of apple
- Set up tables with ingredients and utensils

## LESSON

**Discussion:** Ask the group: What is an apple? (a fruit) What are the characteristics of an apple? (red, green, round, crunchy, sweet, has seeds, etc.) How can we eat apples? (as is, apple pie, apple crisp, apple sauce, etc.). Write these responses on a whiteboard or flip chart. Option: read a book on apples for example 'A day at the apple orchard' by Megan Faulkner

<http://www.scholastic.ca/books/view/a-day-at-the-apple-orchard>

**Learning Plan:** Present the group with a variety of apples (McIntosh, Gala, Red Delicious, Fuji, Granny Smith, Honey Crisp, Cripps Pink, Golden Delicious, Ambrosia, etc.). Have Students complete the "Apple Tasting" evaluation sheet while tasting the apples. Make apple sauce. Ask which fresh apples they liked best. Ask who preferred eating the apples over the apple sauce? Who preferred the apple sauce over the apple? Option: discuss why some apples turn brown more quickly than others ('enzymatic browning'). Explain that this is harmless, and that some fruits turn brown when cut and exposed to the air. <https://www.scientificamerican.com/article/experts-why-cut-apples-turn-brown/>

**Appendices:**

Apple sauce recipe  
Apple tasting evaluation sheet