

Appendix 1
Apples of the World
Worksheet



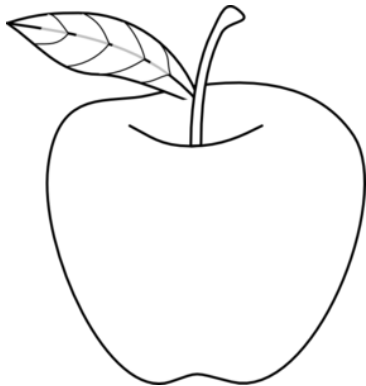
Apples of the World! Worksheet

Have you ever noticed how there are a variety of apples at the grocery store? Yes, apples come in a variety of sizes, colours, and shapes, and each apple has a unique flavour profile. Apple trees produce its fruit only once a year, although apples can be stored up to 12 months in proper storage, making them available in our stores all year long. Apple trees grow in climates that experience cool winters and moderate summer temperatures, like in North America, Europe, Australia, and Asia. Apples are naturally fat-free, sodium-free, and cholesterol-free, and high in fibre!

TASK: Sample and evaluate each apple by circling all words that best describes your apple! Make sure to colour each apple!

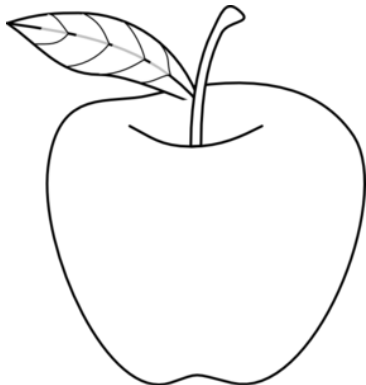
NAME(S): _____

1.



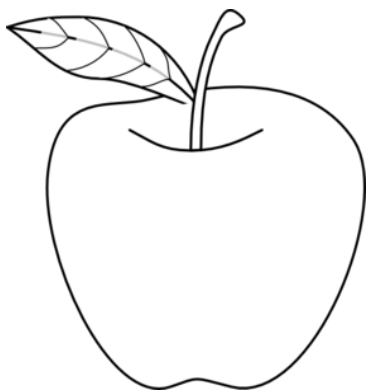
Type: _____		Origin: _____			
1 Disliked	2	3 Neutral	4	5 Liked	
Size		Flavour		Texture	
Small		Sour / tart	Flavourful	Firm/crunchy	Dry
Medium		Sweet	Bland	Soft	Waxy
Large		Bitter		Juicy	Gritty

2.



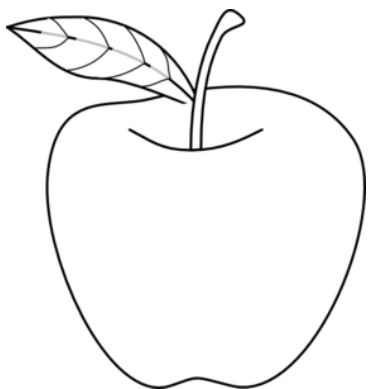
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3.



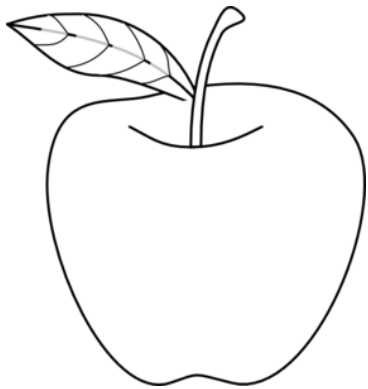
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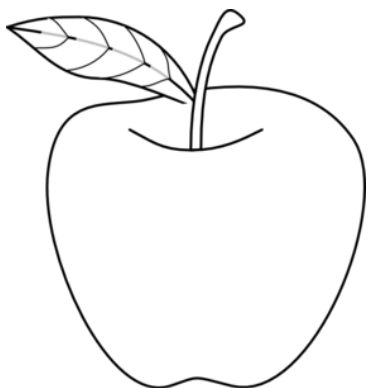
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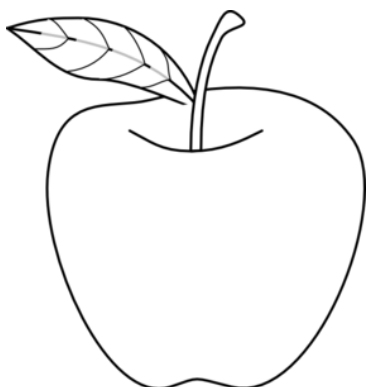
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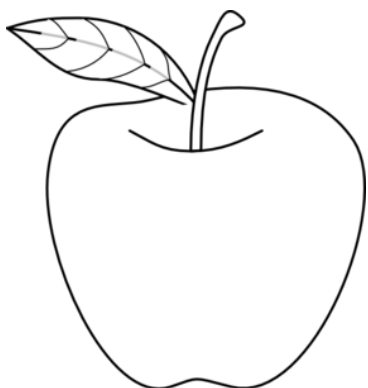
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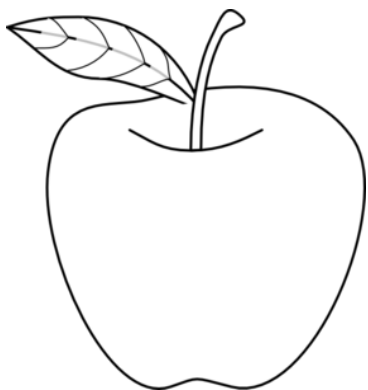
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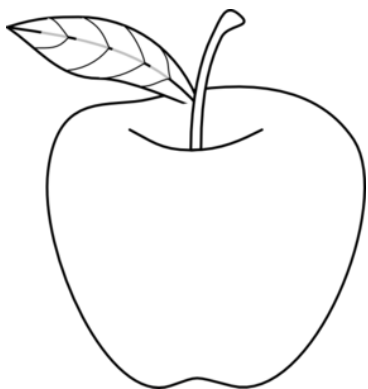
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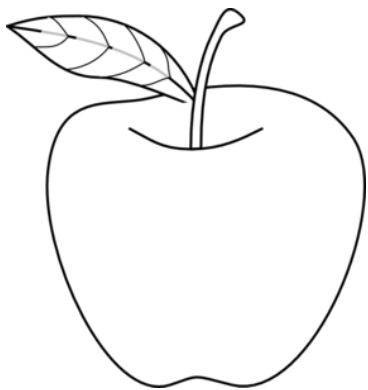
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Appendix 2 Apple Chips Recipe



Apple Chips



- Yield:** 2 litres
- Preparation time:** 30 minutes
- Baking time:** 3 hours (or 8-48 hours using dehydrator)

Equipment:

- ❖ Measuring cups
- ❖ Measuring spoons
- ❖ 1 small mixing bowl
- ❖ 1 large mixing bowl
- ❖ Large mixing spoon
- ❖ Baking oven OR dehydrator
- ❖ Baking pan OR dehydrator tray
- ❖ Parchment paper or baking sheet
- ❖ Sharp knife
- ❖ Cutting board

Ingredients:

- ❖ 6 – 8 apples
- ❖ 125 mL (1/2 cup) lemon juice
- ❖ 2L (8 cups) water
- ❖ 80 mL (1/3 cup) sugar
- ❖ 30 mL (2 Tbsp) cinnamon

Directions:

- ① In a small mixing bowl combine cinnamon and sugar.
 - ② In a large bowl combine the lemon juice and water.
 - ③ Rinse the apples in warm water.
 - ④ Core the apples and slice into thin slices leaving the peels on. Place sliced apples into the bowl of lemon juice and water until all apples are sliced.
 - ⑤ Lay the apples out in a single layer on a dehydrator tray or lined baking sheet.
 - ⑥ Sprinkle with cinnamon sugar. Turn over the slices and sprinkle the other side.
 - ⑦ Place in the dehydrator at 135 C for 8 hours or longer
- OR** bake at 200 C until chips are no longer moist, around 3 hours.