

Eat Your Colors

- Fruits and vegetables come in a rainbow of colors.
- Apples can be red, yellow or green.
- Red and yellow apples help maintain a healthy heart.
- Green apples help maintain vision health and strong bones and teeth.
- Red, yellow and green apples may lower the risk of some cancers.
- Eat a variety of colorful fruits and vegetables every day.

What's in a Name?

- Apples are part of the rose family.
- Domestic or table apples are one of the most widely grown tree fruits.
- Wild apple trees can still be found in the mountains of Central Asia.

Reasons to Eat Apples

- Apples are a good source of fiber and vitamin C.
- Fiber helps to move substances in your body and may help prevent cancer.
- Vitamin C helps your body fight off illness.
- Apples contain a source of potassium, which helps maintain a healthy heart.
- Apples also contain the minerals iron and calcium and vitamin A.

Just the Facts

- About 2,500 known varieties of apples are grown in the United States and more than 7,500 varieties are grown worldwide.
- Apples are best when you eat them with the peel. That is where most of the fiber is found.
- Almost half of all apples are enjoyed as applesauce, apple juice and jellies or jams.
- Apples can be used to replace fat and butter in baked goods.

A Slice of Apple History

- Apples have existed since recorded history and are believed to have originated in a mountainous area between what are now the Black and Caspian Seas.
- New kinds of apples were grown through a process known as grafting.
- During the 1800s, European settlers brought apples with them to the Americas.

Home Grown Facts

- The apple industry in California dates back to the 1800s when two early orchards were cultivated along the Central and Northern coastal regions.
- California is #4 in growing apples in America.
- California grows many different kinds of apples. Examples of some California grown apples are: Red Delicious, Golden Delicious, Gala, Fuji, Granny Smith, McIntosh, Rome, Jonathon and Pink Lady. Have you tried any of these delicious apples? Taste and compare different kinds of apples.
- Apples are picked all year long and you can find many different kinds of apples throughout the year.

The Legend of Johnny Appleseed

- John Chapman was born on September 26, 1774 in Massachusetts.
- He became known as "Johnny Appleseed."
- He spent almost 50 years planting apple trees in Illinois, Kentucky, Pennsylvania and Ohio.
- Johnny Appleseed was known for being kind and generous.
- He sold apple trees to the settlers on the plains for a few pennies each or for some clothing.



- Some people had no money to pay him so they promised to pay him later. Few failed to keep their word.
- John Chapman died in 1845, but even after 200 years, some of his trees still bear apples.

Extension Ideas for Educators

Activities:

1. Thinking Map®: adapt to your students
2. Cooking in Class:

Apple Yogurt Trifle

Ingredients: (Makes 32 tastes at ¼ cup each)

- 4 Granny Smith apples, cored and finely chopped
- 8 (8-ounce) containers low fat cherry yogurt
- 3 cups Grape-Nuts cereal
- Small paper cups

Evenly divide four of the yogurt containers and half of the chopped apple pieces among cups to provide each student with a taste. Add two tablespoons of Grape-Nuts to each cup, then top evenly with layers of remaining yogurt, chopped apple and a sprinkle of Grape-Nuts. Refrigerate at least 15-20 minutes before serving to allow cereal to soften. Adapted from www.bestapples.com/recipes

3. Physical Activity:
 - Children should engage in at least one hour of physical activity every day to stay fit both mentally and physically.
 - Dedicate the month of September to playing a different game or activity each week in or out of the classroom. For physical activity ideas, visit: www.sparkpe.org
4. Cafeteria Connection:
 - Have students look into which types of apples are served in the school cafeteria. Write letters to the kitchen staff listing the benefits of other varieties (including California grown) and ask the staff to consider serving these. For more ideas, reference: *Fruits and Vegetables Galore*, USDA, 2004; www.nal.usda.gov/kids
5. School Garden:
 - Encourage students to become seed detectives by identifying, collecting and saving their own seeds from the garden or the wild.
For more ideas, visit: www.kidsgardening.com
6. Problem Solving::
 - Use apples in math equations to demonstrate addition and subtraction of fractions. For more ideas, visit www.usapple.org/educators/applestore/index.cfm
7. Other Websites/Resources:
 - For free nutrition education programs aligned to the California state standards, visit www.dairycouncilofca.org For third and fourth grades, order the five lesson unit, "Nutrition Pathfinders."
 - For a variety of nutritious recipes and Harvest of the Month materials, visit www.harvestofthemonth.com
 - For more ideas on increasing fruit and vegetable consumption, physical activity and food security and more recipes, visit www.networkforahealthycalifornia.net
 - For additional classroom resources and materials, visit www.tcoe.org/nutrition and click on "Harvest of the Month."

This material was created and approved as an extension to Harvest of the Month produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information in Tulare County, call 1-800-834-7121. For important nutrition information, visit www.cachampionsforchange.net.