



FALL SUPERFOOD: APPLES

HHC Kids Club

Certified Instructor

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Overview:

To help students understand the benefits of apples and the powerful nutritional benefits it has to classify it as a 'superfood'.

Objectives:

We will be learning the benefits of eating apples

Activities:

1. Snack Time: 15-20 minutes
2. Nutrition Activity: "An Apple a Day..." – Approx. 30 minutes
3. Culinary: Demo, Sampling, and Clean Up – Approx. 30 minutes
4. Fun Movement Activity: Bubbles, Playworks Playbook Pg.127 30 minutes
5. Homework Time: 30 minutes
6. Free Time: 30 minutes

Recommended Recipe:

- Winter Apple Cranberry Salad with Orange Ginger Dressing

What You Need:

- 5 different types of apples, sliced, amount depending on students
- paper plates
- napkins
- "Apples: Use your senses" worksheet, printed for each student

Evaluation:

By the end of class, students will have learned about apples and the different nutritional benefits associated with them.

Suggested Class Flow:

- Snack Time (Approx. 15-20 minutes)
- Nutrition Activity (30 minutes)
- Culinary: Demo, Sampling, and Clean Up (Approx. 30 minutes)
- Fun Movement Activity (30 minutes)
- Homework Time (30 minutes)
- Free Time (30 minutes)

Nutrition Activity

“An Apple a Day...” Nutrition Activity



Explain to students that there are many different types of apples. Can you guess how many? There are more than 2,000 varieties!

It is common that we give apples away to our teachers, but it's important that we are also giving ourselves a gift by indulging in this sweet fruit too!

Ask students what type of apple is their favorite to eat (red, green, yellow)?

Ask students if they have ever heard the saying “An apple a day keeps the Dr. away”.

This statement has a lot of truth behind it. Apples have are a great source of fiber which is found in the skin of the fruit, fiber helps keep us full, therefore, apples can make a great snack

Fiber also helps our gut stay healthy, assisting in the digestion process of other foods we eat throughout the day. Apples have a favorable effect on our heart, by lowering cholesterol levels in our blood.

The nutrients in an apple have antioxidant effects, meaning they fight off toxins that can be found in the body, acting as a superhero for the body!

Apples can also provide a good boost of energy before a workout!

The natural carbohydrates found in an apple and specific antioxidants have been shown to boost your endurance. However, after your workout pair the apple with some peanut butter to refuel with some healthy fats and protein.

Activity:

This activity will give students a chance to exercise all their senses while trying a variety of different apples.

Directions

1. Choose 3-5 different apples for the class to try. Wash thoroughly.
2. Slice the apples and place them on a plate with a label indicating which one is which.
3. Give each student the printable worksheet to fill out as they taste, feel, see, and smell each apple. Tell them to describe what they experience using words like sweet, sour, floral, juicy, refreshing, red, shiny, dry, etc. Encourage them to be creative in their descriptions.
4. Discuss which apple the students liked best, the differences in the taste, smell and the colors.

Movement Activity – Bubbles

Don't let the "bubble" hit the ground or the game is a bust! Your students will try their best as a team to keep the "bubble" from landing on the ground and ending the game. Learn more about this fun activity in the Playworks Playbook (Pg. 127) featured in your KIDS CLUB BONUS TOOLS!

Recommended Group Size: 20-30+

Age Group: K-8th+ grades

Length of Activity: 10 minutes. Can be repeated to fill more time.

Skills Practiced: Awareness and gross muscle control

Equipment Needed: One or two beach balls

Grocery List

- 8 Cups Assorted lettuces, washed and torn
- 1/2 Gala apple, chopped, skin left on tossed in 1 tsp. lemon juice
- 1/4 Cup Dried Cranberries
- 1/4 Cup Pecans, chopped
- 2 Tablespoons Crumbled Blue Cheese
- 2 Tablespoons 100% Orange Juice
- 2 Tablespoons Extra Virgin Olive Oil
- 1 Tablespoon Apple Cider Vinegar
- 1/2 Teaspoon Organic White Sugar
- 1/8 Teaspoon Powdered Ginger
- Salt and Pepper

Notes

APPLES: USE YOUR SENSES

Name of Apple: _____



Taste it: _____

Feel it _____

Smell it _____

See it _____

Name of Apple: _____



Taste it: _____

Feel it _____

Smell it _____

See it _____

Name of Apple: _____



Taste it: _____

Feel it _____

Smell it _____

See it _____

Name of Apple: _____



Taste it: _____

Feel it _____

Smell it _____

See it _____

Name of Apple: _____



Taste it: _____

Feel it _____

Smell it _____

See it _____

WINTER APPLE AND CRANBERRY SALAD WITH ORANGE GINGER DRESSING

Servings: 8-10 (20 Samples)

Time: 20 Minutes

Ingredients

- 8 Cups Assorted lettuces, washed and torn
- 1/2 Gala apple, chopped, skin left on tossed in 1 tsp. lemon juice
- 1/4 Cup Dried Cranberries
- 1/4 Cup Pecans, chopped
- 2 Tablespoons Crumbled Blue Cheese
- 2 Tablespoons 100% Orange Juice
- 2 Tablespoons Extra Virgin Olive Oil
- 1 Tablespoon Apple Cider Vinegar
- 1/2 Teaspoon Organic White Sugar
- 1/8 Teaspoon Powdered Ginger
- Salt and Pepper



Directions

Place lettuce in large serving bowl.

Toss apples in lemon juice and place on top of lettuce.

Place pecans, cranberries, and cheese on top of salad and keep cold until serving time.

Orange Ginger Dressing:

Combine the 6 last ingredients in an airtight container. Shake just before serving to mix. Serve on the side in a bowl with a serving spoon.

Makes 8 - 10 servings.