



Lesson Title: Amazing Apples

Time: 45-50 minutes (Allow 10-15 additional minutes for prep, and clean-up)

Grade Band: 4th-5th

Objective(s): Increase students' awareness of the importance of healthy eating and the MyPlate guidelines. Students will read clues until they guess the fruit or vegetable of the day. Students will have the opportunity to work with a group to read and follow a recipe in order to create and then eat Apple Cinnamon Bites. Students will complete an activity sheet about apples.

Content Standards:

1.5.1 Describe why it is important to participate in healthy behaviors. 5.5.5 Choose a healthy option when making a decision. 4.RI.10 By the end of the year read and comprehend a variety of informational texts. 5.RI.10 By the end of the year, read and comprehend informational text

Materials: [Clues Slideshow 1](#), [My Plate Poster](#), [How to Wash Your Hands Poster](#), [Apple Orchards and Apples Grown in South Dakota](#), [Apple Activity](#), [Apples Images](#), [Apple Cinnamon Bites Recipe](#), **(the recipe serves a group of 4-6 students)**, three varieties of apples to sample and an apple for each group of 4-5 students, peanut butter, old fashioned oats, cinnamon sugar, slivered almonds or chopped pecans, large mixing bowl, small bowls, spoons, plates, cutting boards and plastic knives, measuring cups and spoons for each group, pencils, coloring utensils

Online Resources: [Clues Slideshow 1](#)

Instructional Outline: This lesson is best taught in the fall using **local apples** if possible. See [Apple Orchards and Apples Grown in South Dakota](#). Students should be in groups of 4 to 5 for the preparation portion of the lesson. Before beginning the lesson, have **three varieties of apples (cut into bite-sized pieces and ready to sample)**, as well as apples being used in the recipe, washed and ready to go (but hidden from view), plus all other ingredients and supplies.

1. Share [Clues Slideshow 1](#) with the students. Press the spacebar to advance slides. Stop after each slide to allow for guesses. When you get to the last slide, hit the spacebar to make the last question and answer appear on the screen.
2. Share the [Apples Images](#) with the students and have students share anything they noticed or found interesting.
3. Share the [How to Wash Your Hands Poster](#) and have all students wash their hands.
4. Pass out apple samples for students to try. When all have sampled, take a class poll to see which was the class favorite. Discuss the results having students point out patterns and other interesting things they notice.
5. Share the [My Plate Poster](#) with the students and ask which section apples belong and what fraction of the plate are fruits. Share the [Apple Cinnamon Bites Recipe](#) with the students (or project on the screen) and show them the ingredients they will be using.
6. **Each group will be making the recipe themselves.** Project the recipe on the screen or give a copy of the recipe to each group. On a plastic plate, pass out supplies to each group (an apple, a small bowl and spoon, measuring cups and spoons, and a cutting board and plastic knife). Instruct students to work together to chop the apple and go to the teacher's station to get the remaining ingredients to mix and complete the recipe. If a refrigerator is available, have students place their mixture in the refrigerator

for 10 minutes. (If a refrigerator is not available, students can form their mixture into bite-sized pieces, and enjoy their snack).

7. While waiting for their mixture to cool, or when done with their treat, students will be working on an apple activity. Pass out one copy of the [Apple Activity](#) to each student. After the mixture has cooled, have students form their mixtures into bite-sized pieces and enjoy.
8. After eating, have students assist with clean-up and finish their activity sheets.

Closing: Have students share what they learned and/or their favorite part of the lesson.

Enrichment:  APPLE | How Does it Grow?  Why Do Apples Turn Brown?