



Apple Blast

Nutrition In-service

HEARTLAND
family Service
HOPE FOR FAMILIES

Prepared By:
Heartland Family Service-
CACFP Program

Fun Recipe's to Try with your Daycare Children

CARAMEL APPLE SLICES

1 lb. caramels
2 tablespoons water
Dash of salt
6 crisp apples

Melt the caramels with water in the microwave oven or double boiler, stirring frequently, until melted. Stir in the salt. Pour the melted caramel on the sliced apples and cool before serving. 12-14 servings.

AN APPLE SMILE

Core and slice an apple. Spread peanut butter on one side of each apple slice. Place four tiny marshmallows on top of peanut butter of one slice. Top with another apple slice, peanut butter side down. Gently squeeze together. Enjoy!

APPLESAUCE

6 tart apples
1 1/4 cups water
3-4 tablespoons honey
Cinnamon

Peel, core, and slice apples.
Place apple slices and water in a saucepan.
Cover and cook until tender (approximately 25 minutes).
Add honey and cinnamon to taste.
Makes 12 small servings.

HONEY APPLES

2 lbs. apples, cored, peeled and thinly sliced
1 cup honey
1/2 cup vinegar

Heat vinegar and honey in a pot. Slowly drop the apple slices into the mixture. When the apples become transparent, skim them from the honey sauce. Cool slightly and serve.

DRIED APPLES

5 or 6 apples
2 tbsp. salt
Water

Peel, core and cut apples into slices or rings about 1/8 inch thick. Place apple slices in salt-water mixture (2 tbsp. per 1 gallon water) for several minutes. Place in 180-degree oven for 3 or 4 hours until dry. Turn apples occasionally.

APPLE LEATHER

2 cups applesauce
Vegetable shortening or oil

Preheat oven to 400 degrees. Pour applesauce onto greased shallow pan. Spread to 1/8 inch in thickness. Place pan in oven and lower temperature to 180 degrees. Cook for about 3 hours until the leather can be peeled from the pan. Cut with scissors to serve.

APPLE BUTTER

10 apples
1/2 cup water
Sugar
1 tsp. cinnamon

Peel and core the apples; slice thinly. Place slices into pot. Add the water. Cook on medium heat until the apples are soft. Mash apples with potato masher or a fork. Add 1/2 cup sugar for every cup of mashed apples. Add cinnamon. Cook on low heat until thick and dark. Use on bread or crackers.

APPLE WAFFLE COOKIES (No oven required)

1/4 cup firmly packed brown sugar
1/2 cup softened margarine
2 eggs
1 teaspoon vanilla
1 1/2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon cinnamon
1/2 teaspoon salt
1/8 teaspoon nutmeg
A dash of cloves
1/2 cup peeled, shredded apples
Nonstick cooking spray
Waffle Iron

Beat together the sugar and margarine; then add the eggs and vanilla. Slowly mix in the dry ingredients. Add the apples. Preheat the waffle iron; then spray it with nonstick cooking spray. Drop a heaping teaspoon of dough onto each corner of the waffle iron. Close the lid; then bake the cookies for 1 1/2 minutes or until they are brown. When the cookies have cooled, sprinkle them with powder sugar. This recipe makes approximately four dozen cookies.

PEANUT BUTTER FLOWER

Put a spoonful of peanut butter in the middle of a plate. Then cut up apples into slices. Lay the apples in a circle around the peanut butter so the ends are stuck into it.

Apple Games & Activities

WHAT IS IT?

Collect a variety of fruits such as an apple, banana, orange, etc. Place one fruit in a bag. Choose a student to touch the fruit, describe it and name it. Repeat with each fruit, discussing the characteristics.

APPLE RELAY

For this activity you will need one apple per child and 4 laundry baskets. Place two laundry baskets on a table at one end of the room. Put half the apples in each basket. Place the other two baskets on a table on the other end of the room. Divide the class into two teams. Have the teams stand in line, with the head of each line by the table with the apples and the end of each line by the other table. Explain to the students that they are going to help Johnny with his apples. They will transfer all the apples from the full baskets to the empty ones. When you say "start", the first child in each team will take an apple and pass it to the next child-- down the line to the last child, who places it carefully in the empty basket. Repeat the process until one team empties the basket. The first team to move all the apples from one basket into the other wins the relay.

DISSECT AN APPLE

Put apples out on the table with spoons and very dull plastic knives. Have the children look at the outside of the apple. What does it look like? What does it feel like? Then have them peel some of the skin off. What is under the skin? Have them cut the apple in half. What is at the center of the apple? Make sure they taste the apple. What does it taste like? After they are done dissecting, they can make a book or diagram illustrating the different layers of an apple.

Thanks for the idea, Lisa!

APPLE SHAKERS

Objective: To identify addition problems with the sum of "5" and their corresponding subtraction problems.

Grade level(s): K - 1

Materials:

2 Foam bowls

Acrylic Red Paint

5 Lima beans

Black permanent marker

Scraps of green felt

Red and brown yarn

Short brass brads

News papers

Liquid soap (You'll need a lot of this!)

Equipment:

1-inch Foam Paint Brushes

Scissors

Blunt "Plastic Canvas" needle

Procedure:

1. Parent volunteers would be great for this activity. Students need to be dressed in old clothes; preferably short sleeved.
2. Spread news papers on a table. Students are to paint the outside only of bowls with red paint. (2 per student) Set bowls aside to dry.
3. Students need to color one side of the lima beans (5 beans) with the black marker.
4. Wash hands with lots of soap and water.
5. Cut felt into fat leaves. (Adult may need to do this.)
6. Assembly (Adults): Use a sharp object such as scissors or pencil point to punch a small hole in the bottom of one of the bowls. Make a six-inch loop out of the brown yarn; knot the ends together. Thread both the loop and one leaf into the hole. (Be careful not to pull too hard.) Place bowls' open-end to open-end, using red yarn on large needle, make 2 loose stitches on one side. Carefully push brad through bowl lips on opposite side as a latch. Place beans inside the "Apple".
7. How to use: Students shake the shakers then open it. Ah-ha a math problem: 3 black bean + 2 white beans = 5 beans in all. Students continue until they can identify all the "fact families" with sums of 5.

APPLE PUZZLES

Do cutouts of apples of all different colors

On one side, place a capital letter and on the other side place the lowercase of that letter then cut in half to make puzzles. For a center, have students match capitals w/ lower cases and then have an apple picture with lines for them to write their abc's on it!

APPLE TASTE TEST

Have an apple taste test. Cut a golden yellow apple, a red delicious apple, and a granny smith apple into bite size pieces. (You'll probably need more than one of each.) Have your students taste all three apples and choose their favorite. Then graph their favorite onto a graph. To make the graph really stand out, I made die-cuts of red, yellow, and green apples. The students wrote their names on the apples and put the apples on the graph. This is a great activity because you're covering math, three colors, nutrition, and one of the five senses (taste).

APPLE GRAPH

Bring in red, yellow, and green apples. Read books about apples and do fingerplays about them. Wash and slice the apples for the children, leave on the skin so they can see what color they are eating. Have the children color an apple the color of the apple they liked the best. I had a paper bag with a colored apple for all three colors for them to sort their colored apples in. Then we made a graph to see how many chose each color. We compared them in many ways. The children really enjoyed this activity.

FIND THE WORM GAME

Materials Needed:

6 apple shapes cut from Construction Paper (2 red, 2 yellow and 2 green)
Worm shape cut from brown construction paper. Laminate these so they can be used again.

Procedure: Children close their eyes and you hide the worm under one of apples. Call on one of the children to find the worm. Continue until everyone has had a turn. You can also have the children take turns hiding the worm.

APPLE HIDE AND SEEK

Cut out apple shapes from construction paper at least one per child. Laminate them so that you can use them again. Hide the apples around the room. Have the children find them. If you cut the apples from red, yellow and green construction paper you can have them find the apples and then sort them according to color. Then count each group.