



Windy Loves... Apples!



'Play' with apples!

Children learn with their senses.

- Let children feel, taste, touch, and smell new foods
- Talk about taste, color, size, smell, and feel

Did You Know that...?

- Apples are a great source of fiber and Vitamin C.
- Eating the peel doubles the fiber and antioxidants.
- Apples are fat-free and salt-free.
- A tennis ball sized apple has only 80 calories.
- Others ways to enjoy apples are apple cider, apple juice, applesauce, and apple slices.
- Apples are 'in season' in the fall.



Prepare at Home

Yogurt Dip for Apple Slices

Ingredients

- 1 apple per person
- 1/4 cup plain or vanilla yogurt
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon vanilla extract

Directions

- Child:** Wash apples
- Parent:** Cut, core and slice apples
- Child:** Measure ingredients
- Child:** Mix yogurt, cinnamon, and vanilla extract in a small bowl
- Both:** Dip apples in yogurt mix and enjoy!



Learn with Cooking...

Teach 'Same' and 'Different' with Apples

Place a red apple and a green apple in a bag so children can't see them. Let your child feel what is in the bag and let them guess what is in there. If they can't guess by feeling, let them smell – without looking! After they guess, show them the apples.

- Compare differences between the two apples color, firmness, size, and smell.
- Cut into slices and compare the apples' tastes. Do they taste the same or different?
- Ask which apple they like best.



Library Books about Apples and Healthy Food

Reading and talking about books is the best way to school success. Take a trip to your local library and let your child pick a book or two about healthy foods.

Apple by Nikki McClure

Apple Farmer Annie by Monica Wellington

Apples for Everyone by Jill Esbaum

Johnny Appleseed by Steven Kellogg

Ten Apples Up on Top by Theo LeSieg

The Apple Pie Tree by Zoe Hall

The Seasons of Arnold's Apple Tree by Gail Gibbons

Up, Up, Up! It's Apple Picking Time! By Jody Fickes Shapiro

