

## Day 2: Fruits

### AWESOME APPLESAUCE

**TYPE OF ACTIVITY:** Science

**KEY CONCEPT:** Eat a variety of foods

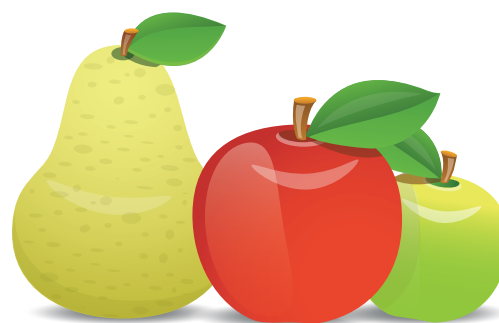


#### OBJECTIVES:

- › Children will identify apples as fruits.
- › Children will practice measuring and combining ingredients.
- › Children will predict and observe changes in apples.

#### MATERIALS:

- › Blender
- › 5-7 large apples
- › 2-3 pears
- › 1 Tbsp Sugar
- › 2 Tbsp Brown sugar
- › 2 Tbsp Water
- › 1 Tbsp Nutmeg
- › Cinnamon
- › Lemon juice
- › Metal table knives
- › Sharp knife (for adult use)
- › Bowls or cups
- › Spoons
- › Wooden spoon
- › Food service gloves (optional)



#### PROCEDURE:

1. Set-up: Select several different types of apples and pears for this activity. Wash all fruit well. Set aside one apple and one pear for children to observe the whole fruits. Use a sharp knife to slice the remaining apples and pears into fourths and core them. Leave the peel on the fruits. Sprinkle cut apples with lemon juice to prevent browning. (Be sure to keep the sharp knife out of children's reach.)
2. Show children an apple and a pear. Help children identify each fruit. Identify the peel on the fruit, and talk about its color. Cut up the apple and talk about what it looks like inside. Suggested phrases:
  - a. *What color is this apple? Did you know that apples can be different colors?*
  - b. *There's a special part of the apple on the outside called the peel. The peel helps protect the apple and keep the inside juicy. The peel also has vitamins that help to keep our bodies healthy.*
3. Help children recognize that apples and pears are fruits. Tell children fruits are one kind of food that helps to keep our bodies healthy.

4. Have children wash their hands. (For cleanliness, children may wear food service gloves during this activity.) Give each child a plate, a metal table knife, and a slice of apple and pear. Encourage children to cut up the fruit. When children are finished, have them pour the fruit pieces into the blender.
5. Show children the measuring spoons, explain that they help us measure out exactly the correct amount of food for the recipe. Compare the teaspoon and the tablespoon, and ask children which one is larger. Show children how to measure a level tablespoon of sugar, and how to pack the brown sugar into the tablespoon to measure it.
6. Have children add 1 tablespoon of sugar, 2 tablespoons of water, 1 teaspoon of nutmeg, and 2 tablespoons of packed brown sugar to the blender bowl. Have a child give the cinnamon container four shakes into the blender bowl.
7. Put the lid tightly on the blender, and blend until the fruit reaches the consistency of applesauce. You may need to stop the blender and stir the fruits with a wooden spoon to ensure that all of the fruit gets blended. Ask children to describe what happens to the fruit when the blender is turned on. Suggested phrases:
  - a. *What do you think will happen when we turn on the blender? The blender has a blade in the bottom that blends the fruit.*
  - b. *What is happening while the blender is running? When we mix it with a spoon, we are making sure all the fruit gets down to the bottom so the blade can blend it.*
  - c. *What does it look like now? (Use words like thick, chunky, or smooth to describe the texture.) The peels make it colorful. What colors can you see in the applesauce?*
  - d. *What do you think the applesauce will taste like?*
8. Pour the applesauce into small bowls or cups. Serve immediately or refrigerate until snack time. As children taste the applesauce, talk to them about the taste and color.



### ADAPTATIONS/EXTENSIONS:

**Math/Science:** Make several small batches of applesauce using different types of apples, or replacing the pear with other types of fruit (e.g. peach or strawberry). Make a batch without sugar, and have children compare the tastes with and without sugar. Encourage them to talk about similarities and differences in the various batches. Graph children's choices.

## AWESOME NO-COOK APPLESAUCE

### INGREDIENTS

- › 5 to 7 large apples
- › 2 or 3 pears
- › 1 Tbsp. sugar
- › 2 Tbsp. water
- › 1 tsp. nutmeg
- › 2 Tbsp. packed brown sugar
- › Cinnamon



### INSTRUCTIONS

- ★ Core apples and pear(s). Leave peel on fruits.
- ★ Cut fruits into small pieces. Place pieces in the bowl of a blender.
- ★ Add sugar, water, nutmeg, and brown sugar to the blender bowl. Shake a small amount of cinnamon into the blender bowl.
- ★ Cover tightly. Blend until fruits reach the consistency of applesauce.
- ★ You may need to stop the blender and stir fruit with a wooden spoon to ensure that all fruit is blended evenly.

**SERVE IMMEDIATELY, OR STORE IN THE REFRIGERATOR UNTIL SERVING TIME.**

The applesauce recipe was adapted by project staff from recipes on [organizedhome.com](http://organizedhome.com), [nyapplecountry.com](http://nyapplecountry.com), and [weightwatchers.com](http://weightwatchers.com) web sites.

**SEE CHILDREN'S RECIPE, NEXT PAGE**

# AWESOME NO-COOK APPLESAUCE, KIDS RECIPE

## INGREDIENTS



5 APPLES



2 PEARS



SUGAR



TABLESPOON



WATER



TEASPOON



NUTMEG



BLENDER

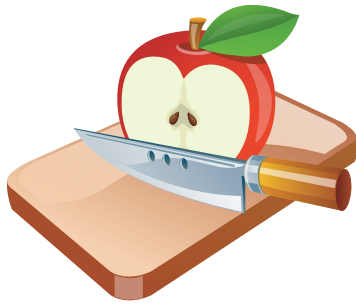


BROWN SUGAR

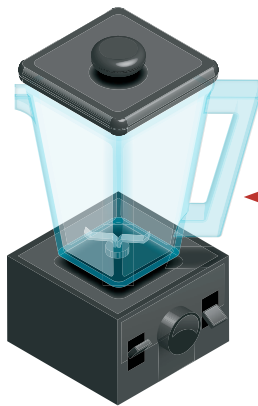


CINNAMON

# INSTRUCTIONS



CUT  
FRUITS



ADD  
INGREDIENTS



1 TBSP. SUGAR



2 TBSP. WATER



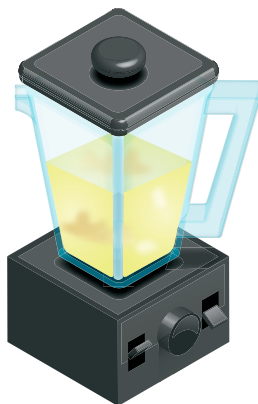
1 TSP. NUTMEG



2 TBSP.  
BROWN SUGAR



CINNAMON



BLEND



SERVE  
AND ENJOY!