Local Apples!

Description
Students learn about the nutrients found in apples and prepare apple sauce.

Guiding Question
How can we eat local food through the winter in Maine?

Big Idea
The food we eat gives our body the nutrients it needs to stay healthy.

Learning Objectives:
→ List two nutrients found in apples and cranberries and what part of the body the nutrient helps.
→ Identify apples and cranberries as foods grown in Maine.
→ Create a recipe based on experience

Vocabulary:
Fiber – Keeps you full and helps food move through the digestive tract (rub stomach)
Antioxidants – Helps the body fight cancer (light saber motion)
Vitamin C – Fights off germs and strengthens immune system (shield with hands)

Materials:
- KWLS (Know, Wonder, Learned) chart
- Recipe Appendix A
- Ingredients
- Hot plate
- Pot
- Cutting boards
- Kid friendly knives
- Apple corers
- Apple peelers
- Food mill or potato masher
- Bowls
- Measuring cups
- Fruit of the Bogs book
- Life and Times of the Apple book
**Introduction to Lesson (7 mins)**
Today we will be learning about two other local foods to Maine. Can anyone remind me what the word local means? *(We can grow it nearby).* Two local crops to Maine we will use today are apples and cranberries. Apples are important because they store well through the winter and are healthy for us. Cranberries are important because they are healthy and selling them brings money to Maine.

Let’s learn the main nutrients in each food. Apples have a lot of fiber *(rub stomach).* Cranberries have vitamin C *(shield with hands)* and antioxidants *(light saber).*

Since we have already learned about apples before, let’s brainstorm our knowledge about what we already know about apples. If you know things about Cranberries you can also offer those facts. *(Record on KWL chart).* Are there any things you wonder about apples or cranberries? At the end of class we can discuss if we have learned anything new.

**Explore: Stations (30 mins)**

*Station 1: Cutting and Cooking*
Students use tools to core, peel and cut apples. Teacher assists with placing cranberries, apples, and cinnamon into boiling water. Teachers assist with preparing apples based on age of students.

*Station 2: Milling*
Students use food mill to strain apple sauce.

*Station 3: Tasting Center*
Students will demonstrate the main nutrients found in apples and cranberries. They will get to taste the apple-cranberry sauce. Teacher will show pictures and talk about cranberry bogs and apple trees.

**Evaluation (8 mins)**
Bring the class back together and try to fill in the blanks to write the recipe together. Students taste the apple sauce and try to fill in what they learned on the KWL chart.

**Common Core Standards**

- ELA K/1/2/3/4/5.SL.1 Engage effectively in a range of collaborative discussions with diverse partners about grade level topics and texts
- ELA K.RL.5 Actively engage in group reading activities with purpose and understanding
- ELA K.L.5.c Identify real-life connections between words and their use
- ELA 1.SL.4 Describe people, places, things and events with relevant details, expressing ideas and feelings clearly
- ELA 1.W.3 Write narratives in which they recount two or more appropriately sequenced events, include some details regarding what happened, use temporal words to signal event order, and provide some sense of closure
- Math K.CC.4 Understand the relationship between numbers and quantities; connect counting to cardinality
- Math K.CC.6 Identify whether the number of objects in one group is greater than, less than, or equal to the number of objects in another group, e.g. by using matching and counting strategies
- Math K.MD.1 Describe measurable attributes of objects, such as length or weight. Describe several measurable attributes of a single object
- Math 3.MD.2 Measure and estimate liquid volumes and masses of objects using standard units of grams, kilograms, and liters. Add, subtract, multiply, or divide to solve one-step word problems involving masses or volumes that are given in the same units by using drawings to represent the problem
Cran-Apple Sauce

Ingredients
- 4 apples - peeled, cored and chopped
- ¼ cup cranberries
- 1 cup of water
- 1 teaspoon ground cinnamon

Directions
In a saucepan, combine apples, cranberries, water, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.