



Let's Explore: Apples!

harvest of the month lesson

Grade Level: pre-K

Total Time: 30 minutes

Objectives:

- Students will be introduced to the Harvest of the Month
- Students will learn the six parts of a plant

Standards:

PDM1: The child will participate in activities related to nutrition.

PDM5.4b: Demonstrates coordination and balance in a variety of activities.

Action Steps:

Welcome & Introduction (3 minutes)

- The Harvest of the Month is a seasonal, locally-grown fruit or vegetable that we will celebrate each month
- *What month are we in now?*
- The HM for this month is apples! Another way to say apples is “manzanas” in Spanish
- Show ASL sign for “apple”
- *Did you know apple pie grows on trees?*

Watch Video/Read Book (5 minutes)

- Read *The Apple Pie Tree* or show video

Discussion of Text (3 minutes)

- Apples grow on trees (show ASL sign for “tree”)
- Apples are the fruit of the tree. What other parts of the tree were mentioned in the story? (leaves, flowers)
- What is inside an apple when you cut it open? (seeds)
- What part of the tree grows into the ground? (roots)
- What part of the tree helps it stand big and tall and holds up all the branches? (stem/trunk)

Teach Roots/Stems/Leaves Song (5 minutes)

- Have students stand up. Explain that we will review all parts of the plant (apple tree) using our bodies.

materials needed

- › Book: *The Apple Pie Tree* by Zoe Hall (alternately, a video of the story being read can be found here: [The Apple Pie Tree](#))
- › Computer (if using video link)
- › Visual aid: poster or worksheets with parts of the apple tree labeled
- › Samples: (prepared ahead of time):
 - Small plastic cups
 - “Apple pie” yogurt dip: vanilla yogurt flavored to taste with a sprinkle of cinnamon (about 2 Tbsp. per child)
 - Fresh apple slices (1-2) per child
- › Recipe cards to take home
- › Optional: Liked it/Tried it poster with stickers for voting



- Ask students to spread themselves out and “plant” themselves by doing a little hop.
- Teach “Roots, Stem, Leaves” song by modeling each step and asking students to copy.
- Repeat sequence 2-3 times.

Serve Snack: (10 minutes)

- Check for dairy/cinnamon allergies
- Pass out samples
- Remind students to wait until everyone has a snack before tasting
- *We will all taste together by counting “1, 2, 3” before taking a Class Crunch.*

Nutrition Education:

- There’s an old saying that “an apple a day keeps the doctor away.” This is because apples provide nutrients that give us energy and keep us growing strong.
- *Does anyone know what yogurt is made from?* Yogurt and other foods made from milk belong to the Dairy food group. Dairy foods are known for giving us calcium, which helps us grow strong bones so we can run and jump at recess!

reflection questions

- > Do you think this is a healthy snack?
- > Did you think the dip tasted like “apple pie?”
- > Would you have this as an after-school snack?
- > What other fruits would taste good with this yogurt dip?



Recipe Card:

Apple Pie Yogurt Dip	
Ingredients: ½ cup vanilla yogurt ¼ tsp. cinnamon Fresh apple slices	Steps: 1. Stir cinnamon into vanilla yogurt. 2. Enjoy with fresh apple slices!