



OVERVIEW

In this lesson, students will learn that applesauce is made from apples and that applesauce (i.e. cooking the apples) can be stored much longer than fresh apples. They will learn about the nutrients in apples, whether eaten raw or cooked.

MA STATE FRAMEWORKS

Nutrition and Balanced Eating [PK.1.NE]

1. Identify situations when a nutrition-related decision needs to be made (e.g., when trying new foods, choosing snacks and beverages, eating breakfast).
5. Explain benefits of health-promoting eating choices and habits (e.g., staying hydrated, eating fruits and vegetables, eating nutrient-rich foods, limiting foods high in added sugar).

ESSENTIAL QUESTIONS

- What are some of the nutrients that we can get from eating apples?
- How do we preserve food so that it doesn't rot or become wasted?

MATERIALS

- Slow cooker
- Cutting boards
- Apple slicer
- Bowl, spoons
- Apples, peeled
- Water, ½ cup
- Cinnamon, 1 TB

Apple Sauce Chronology handout
Apples sliced for warm up tasting

PROCEDURE

Warm Up

Ask students if they enjoy eating apples. If so, how do they like to eat them? Do they like a certain variety more than another? If you are able, pass apple slices around and challenge students to eat a mindful bite. Ask students to take a small bite and really taste the apple— what do they notice if they slow down? Discuss the taste and smell of the apple. Tell students that all the parts of an apple including the skin can be eaten except for the seeds. Among other nutrients, apples contain vitamin C, B6, vitamin K, potassium and fiber and are good for your stomach, keeping your immune system strong, your blood and heart.

MAKING APPLE SAUCE

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PROCEDURE, CONT.

Share with your students that one issue with fresh apples, like all fresh food, is that they only last for a short time before rotting, and becoming inedible. Fortunately, to keep from wasting food, there are many ways to preserve food and store it for later. Refrigerators and freezers keep food cold so that it doesn't spoil. Cooking foods, like making bananas into banana bread or cooking fresh tomatoes to make tomato sauce helps food last longer. And turning apples into applesauce will make the apples last much longer than a raw apple on the countertop.

Activity

Have students wash their hands.

Give each student a peeled apple.

Ask students to think of ways to make the apple last for a whole year.

Bring out the apple slicers and cutting boards and let students slice their apples.

Ask students to place their apple slices into the slow cooker.

Choose two students to add water.

Choose two students to add cinnamon.

Choose two students to stir the apples.

Ask students to imagine what the apple slices will look like when they're done cooking.

Will they be bigger or smaller? What will they taste like?

Applesauce cooks on high for 4 hours, and then can be tasted with the class.

EXTENSIONS & VARIATIONS

Students can use the Applesauce chronology to create a recipe to take home. Students cut out each sentence and then put them in order. Once a teacher has checked, they can glue their sentences down on another paper to create a recipe.

MAKING APPLE SAUCE

HANDOUT



APPLE SAUCE CHRONOLOGY

Have students cut out each sentence and then glue them in the correct order!

Applesauce recipe:

We add some water to the apples in the pan. We put the pan on the stove.

The apples are cut into chunks. We put the chunks into a pan.

The apples are picked off the tree. We wash the apples.

The apples cook on the stove.

We take the pan off the stove and let the applesauce cool.
We eat the applesauce!

We peel the apples.

The apples begin to get soft. The apples get mushy.