“An Apple a Day, Keeps the Doctor Away!”
UConn Café Lesson Plan

Materials Needed:

- 7 MacIntosh apples
- 7 Granny Smith apples
- honey
- sunflower butter
- graham crackers ~4 boxes
- napkins
- paper plates
- apple corer(2)
- construction paper
- recipe handouts
- name tags and markers
- non-latex gloves
- spoons to serve sun butter
- bowls/container (to put cut up apples in)
- plastic knife

Overview: (5-10 mins)

Teach the children how eating an apple each day is beneficial to their health.
- An apple has natural sugars (fructose) which keeps the body energized.
- The sugars are different than the sugar in candy- it’s called fructose, and it will not make them feel hungry.
- Apples have vitamins and minerals in them too, which are very important!

Icebreaker: (5-10 mins)

Have the teachers ask questions such as:
- How many different kinds of apples can you name?
- What are two reasons that you like to eat apples?
- What is your favorite kind of apple?
- What is your favorite fruit? (each child will go around and share their favorite fruit and why)

Objectives: (~5 mins)

- Why are apples a tasty, nutritious snack?
- Why are the natural sugars better to eat than candy and added sugars?
- Apples contain vitamins and minerals- why is this important?
- Show that you can add things to apples to make them taste even better! (Sunflower butter, peanut butter (if not allergic), honey)
- Also say that they are a convenient, portable snack!
- Why do apples turn brown? (Process called oxidation- the oxygen in the air turns the apple brown)

Physical Activity (~15 mins)

AppleUp! (Similar to 7up)
- Designate 4-5 children as “doctors” who will distribute pretend apples to the other children.
- Have all the other children sit at their tables/desks with their heads down, hands out, pretending to be sick and waiting for an apple from the doctors.
– The doctors will quietly go around and give pretend apples (just hit the child’s hand) to the children they think need them the most.
– When everyone is done, they doctors go back to the front of the room and the children who were tapped on the hand stand up.
– Each child guesses which doctor picked them. If they pick correctly, they are now a doctor.
– The game continues, with the doctors consistently trading places with the children.

**Activity: (10-15 mins)**

Distribute both green and red pieces of construction paper. Have the children draw a big apple on their paper. Allow the kids to decorate however they like; putting a face on the apple, drawing more fruit, putting their name on it, or other foods they like to eat with apples. Suggest hanging up the papers on a board or part of the wall, if permitted. If not, allow the kids to go home with their cutouts in reminder that they learned how apples are a healthy and tasty snack!

**Second Activity (To be a part of the Snack) ~10-15 mins**

Cut up some of the apples into bite size pieces and have each student close their eyes and taste both the MacIntosh and Granny Smith apples, seeing if they can detect a difference in taste.

**Snack:**

Apple S’mores: allow the children to assemble their own snack; graham crackers, apple slices (cut the apples ahead of time), allowing them to pick either red or green slices, or both. The honey and sunflower butter is to be used as the “glue” for the graham crackers and apple slices.

**Recipe**

**Apple S’mores**

– graham crackers
– red and green apple slices (pre-cut by teacher ahead of time)
– honey and sunflower butter

Cut apples into ¼ inch or less thick slices. Place “glue” (honey, sunflower butter, peanut butter) on one side of each of the 2 graham crackers to be used for the s’more. Put 1-2 apple slices on the graham cracker, adding extra “glue” if necessary. Eat like a s’more and enjoy!

Allow the children to pick which kind of apple slices they want to put in their sandwich. Have the younger kids have the tutors do this part for them; Have the Teachers or Tutors put the honey or sunflower butter on both insides of the graham cracker and place the apple in between. If anyone wants to make a bigger sandwich, put more honey in between the apple slices so they all stick together. Each student should make about two sandwiches to have each.

Note: If a child wants to make this at home and is not allergic to peanuts, suggest using peanut butter; a wonderful alteration!