

# Jersey Tastes!

A Year-Round Celebration of the Garden State's Fruits and Vegetables



## Apple Activity Sheet

### CLASSROOM:

#### NJ Climate Change Standards & Connections to Agricultural Literacy

##### Pre-K:

- Ten Apples Up on Top

##### Elementary:

- Observing Apples
- Apple Oxidation Science Experiment
- The World Travels of Food
  - Read-Along - How to Make An Apple Pie & See the World

##### Middle:

- Apple Genetics- A Tasty Phenomenon
- Solar Apple Dehydrator

##### High School:

- Apples and the Science of Selection

### FUN FACT:

A study, conducted at Cornell University, found that kids were 70% more likely to eat apples if they are sliced. [Read More](#)



## ALL ABOUT NEW JERSEY!

Apples are in season in New Jersey from July until December. Apples grow on trees and can be red, green, or yellow. There are over thirty varieties of apples grown in New Jersey.



### NUTRITION FACT:

If you eat two small apples, you will fulfill your fruit requirement for the day! Which is typically 1-2 cups of fruit.

### HOW DOES IT GROW:

[How is it Grown: Apple Video](#)

### RECIPES:

- Apple Cinnamon Oatmeal

 Cool Food Bowl

 Apple "Donuts"

◦ [Jersey Tastes! Kids Cooking Series](#)

- Apple & Ham Panini

- Crunchy Apple Salad

◦ [Jersey Tastes! Cooking Series](#)



Sliced Apples That Won't Go Brown

Jersey Tastes! Classroom Tasting & Activity



Indicates plant-based, center of the plate meal

MADE IN COLLABORATION WITH:



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