



ALL ABOUT NEW JERSEY!

JERSEY TASTES! ACTIVITY SHEETS

Awesome Apples



ACTIVITIES:

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

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](#)

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.

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 including Braeburn, Golden & Red Delicious, Fuji, Gala, Jonagold, Rome Beauty, Granny Smith, Winesap, McIntosh, Pink Lady, Cameo, York, Ginger Gold, Jonathan and many more. What variety of apple is your favorite? Do you prefer tart or sweet?



HOW DOES IT GROW:

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

RECIPES:

Breakfast:

- School Breakfast - Apple Oatmeal

Lunch:

- Crunchy Apple Salad
 - Jersey Tastes! Cooking Series: Crunch Apple Salad
- Grilled Cheese, Ham & Apple Sandwich

Dessert:

- Apple "Donuts"
 - Jersey Tastes! Kids Cooking Series: Apple "Donuts"

Snack:

- Sliced Apples (that won't go brown)