

APPLES

FAST FACTS

- Around 7,500 varieties of this fruit are grown throughout the world (100 varieties are grown commercially in the US)
- The peel of the apple contains about two-thirds of the fiber and the majority of the phytonutrients
- The apple tree originated between the Caspian Sea and the Black Sea
- Apples are grown in all 50 states and they come in all shades of red, green, and yellow



IMPORTANT NUTRIENTS

- **Fiber** – good for your gut and heart
- **Vitamin C** – helps with wound healing
- **Potassium** – a diet rich in potassium seems to lower blood pressure
- **Phytochemicals** – apples contain phenolic phytochemicals which are powerful antioxidants that help protect against oxidative damage

SELECTION & STORAGE

Apples should be ripe when picked from the tree. Select firm apples that are free of bruises, decay, broken or shriveled skin.

Store apples in the refrigerator in a perforated, plastic bag. Wash apples prior to eating or adding to a recipe.

IDEAS FOR SERVING

- A fresh apple is a simple snack on its own or paired with peanut butter
- Add diced apples to your salad for extra sweetness
- A baked apple sprinkled with cinnamon makes a tasty dessert



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ACTIVITIES

Five Senses Fun!

Use your five senses to describe how apples look, feel, taste, sound, and smell.

Apple Varieties

Brainstorm as many varieties of apples as you can on your own. Then, share your list with a partner!

Compare & Contrast

Make a list of similarities and a list of differences between apples and another fruit. Are there more similarities or differences?

Parts of an Apple

Identify the following parts of your apple: peel, flesh, stem, seeds, and the core.

Write a Recipe

Invent a new recipe that includes apples as one of the ingredients.

Watch a Video

Find and watch a video online that shows how apples are grown, harvested, and distributed in the United States.

CHECK FOR UNDERSTANDING

Which apple variety is your favorite? Why?

What type of plant do apples grow on?

What nutrients are found in apples?

What should you look for when selecting apples at the store?

What is your favorite way to eat apples?

REFERENCES

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