

# NUTRITION EDUCATION LESSON PLAN

## LESSON NAME

Apple Nutrition

## GRADE LEVEL

Pre-K - 8

## TIME

5-30 minutes

## CONTENT AREA

Health, Math, Science,  
English Language Arts

## MATERIALS & PREPARATION

Review the **Apple Handout** to familiarize yourself with the content and select one or more activities for your lesson.

Review and modify the **Apple Slides** as needed and project on screen (optional).

Print 1 copy of the **Apple Handout** for each student (optional).

Prepare the apples to serve to the students during the lesson.

## OBJECTIVES

### Pre-K - Grade 8

Identify apples as member of the fruit food group.

### Grade 3 - Grade 8

Describe the role of nutrients found in apples.  
Understand where/how apples are grown.

### Grade 6 - Grade 8

Assess personal need for nutrients found in apples.  
Plan healthy meals and snacks that incorporate apples.

## LESSON OUTLINE

**#1 Serve:** Provide each student with a serving of apples to consume during the lesson.

**#2 Teach:** Use the first page of the Apple Handout to teach the students about apples.

**#3 Explore:** Select one or more activities from the second page of the Apple Handout for the students to complete.

**#4 Discuss:** Use one or more of the questions below, or create your own, to assess your students' understanding of the material covered:

- Which apple variety is your favorite? Why?  
*Examples: Honeycrisp apples because they are sweet and crunchy*
- What type of plant do apples grow on?  
*Example: tree*
- What nutrients are found in apples?  
*Examples: fiber, Vitamin C, potassium, phytochemicals, etc.*
- What should you look for when selecting apples at the store?  
*Example: Look for apples that are firm and free of bruises, decay, broken or shriveled skin*
- What is your favorite way to eat apples?  
*Examples: fresh, sliced, with peanut butter, in a salad, baked, etc.*

