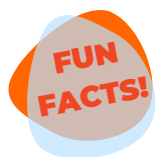


HARVEST OF THE MONTH

F2SFREDERICK.ORG



APPLES



Juicy, crunchy, and crisp! Apples are a delicious and nutritious year-round treat. Did you know that most of the fruit's fiber and antioxidants are found in the peel? Are you interested in growing apples at home? Look out for dwarf varieties at your local garden center.

NOTABLE NUTRITION

Apples are a good dietary source of:

Vitamin C, a water-soluble vitamin. Vitamin C is an antioxidant that helps support a healthy immune system. To boost your child's intake of iron, pair foods high in iron with foods high in Vitamin C.

Dietary Fiber. Foods high in fiber are whole grains, fruits, and vegetables. Fiber helps control blood sugar, improves cholesterol levels, and is good for gut health. Foods that are high in fiber also keep us feeling full for longer, which may help us control our weight.

READING ROOM

- 1 "The Seasons of Arnold's Apple Tree" by Gail Gibbons; Grades K-2
- 2 "How Did That Get in My Lunchbox: The Story of Food" by Chris Butterworth; Grades 3-5; For programs working with MD SNAP-Ed, books can be acquired through a MD SNAP-Ed educator.

HOMEGROWN VARIETIES

Types of unique apples grown in the Mid-Atlantic region:

Ginger Gold, Jonagold, and Mutsu Crispin

LINK TO LEARNING!



Apple Taste Test Activity

In this investigation, students use all their senses to choose which apple variety they like best. Remind students that there is no right or wrong answer about favorite apple choices.

Visit [FRESHFARM FoodPrints website](#) for the FREE [Exploring with Our Five Senses](#) lesson (Grades K-2).

Meets National Standards:
Please see the lesson for MD early learning standard equivalents.

Story of Food Activity

Students will guess the main ingredients and steps to make three simple foods.

Visit the University of Maryland Extension SNAP-Ed program [Teacher Toolkit](#) for the FREE "How Did That Get Into My Lunchbox?" lesson in the Read for Health Curriculum; (Grades 3-5)

Meets National Standards:
Specific curriculum objectives not provided.

Food	Main Ingredient(s):	Steps to make:
Applesauce		
Crackers		
Spaghetti sauce		

USDA DAILY VEGETABLE RECOMMENDATIONS

CHILDREN

2-4 YRS 1 - 2 CUPS

5-8 YRS 1.5 - 2.5 CUPS

GIRLS

9-13 YRS 1.5 - 3 CUPS

14-18 YRS 2.5 - 3 CUPS

BOYS

9-13 YRS 2 - 3.5 CUPS

14-18 YRS 2.5 - 4 CUPS