



### Harvest Out-of-School Objectives

- Participants will review which plant part apples are from
- Participants will review the health benefits of apples
- Participants will make an apple snack



### Harvest Out-of-School Review

- Hold up the apple and ask the participants if they remember, from school:
  - what it is called (apple)
  - what type of plant part do they come from (flower)
- Review with them how apples grow (on trees, from flowers after they are pollinated), why we should eat grapefruit (healthy eyes, healthy immune systems—prevents colds, healthy muscles, healthy digestion), and how to pick good apple (good color, and it should not be mushy when you push on it.) Please see the next pages for images to share with them.

### Harvest Out-of-School Brainstorm—Which food fits the part?

- Hold up the apple, grapes, and cheese. Tell the participants that we will be making a model car out of these items. Ask them, how could we place parts of these foods so they look like a car? Allow participants 1-2 minutes to visit about their ideas with a partner and write/sketch their brainstorms. If time permits, have a group discussion about their ideas.

### Harvest Out-of-School In Action

**Rule of 15** “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

#### Apple Cars (10 participants)

(adapted from: <http://www.craftjr.com/fun-apple-snacks/>)

- |                          |                           |
|--------------------------|---------------------------|
| 2 apples                 | 1 apple corer             |
| 20 grapes                | 3 pieces of string cheese |
| 1 box toothpicks         | 4 Knives & Cutting board  |
| 2 bowls & serving spoons | Plate (1 per participant) |

Healthy Racecar Apple Snacks for Kids



General Directions: Use toothpicks to attach grape/cheese wheels to apple slices.

1. All participants should wash their hands.
  - a. Wet hands with warm water
  - b. Apply hand wash (soap)
  - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
  - d. Rinse both sides of hands with water all the way up to the wrists
  - e. Dry hands and shut off faucet with towel
2. Have 1 participant set out ten plates.
3. Rinse the apples by placing them under running water and rubbing them so any soil is removed. Demonstrate how to use the apple corer. Have 2 participants core and slice the apples and put one apple slice on each plate.



## Out-of-School Learning Plan Apple

4. Rinse the grapes by placing them under running water so each grape is rinsed. Demonstrate how to cut the grapes in half, widthwise. Place the grape on the cutting board. Show them how to hold the knife handle correctly, and how to roll their fingers under, so their fingertips are protected. Have 2 participants cut the grapes in half and place them in a serving bowl.
5. Demonstrate how to slice the string cheese the same width as the grapes. Place the cheese on the cutting board. Show them how to hold the knife handle correctly, and how to roll their fingers over, so their fingertips are protected. Have 2 participants slice the cheese and place them in a serving bowl.
6. Have 3 participants put two toothpicks on each plate.
7. Once all the cutting is done, and each plate has one apple and two toothpicks, demonstrate how to insert the toothpicks in the apple slice.
8. Then allow each participant to serve him or herself 4 wheels to put on the toothpicks. Did anyone brainstorm the car this way? Enjoy!



### Harvest Out-of-School Wrap-Up

- After trying the apple, have the participants record in their HOM journal on their “Like” “Don’t Like” table.
- On the “Why we should eat...” page have the older participants record one health benefit.
- What other fruit & veggie slices can be made into cars? (Cucumber car with carrot wheels, pear slice with banana wheels, etc.)
- If time permits, participants may share their responses in pairs, or with the group.

