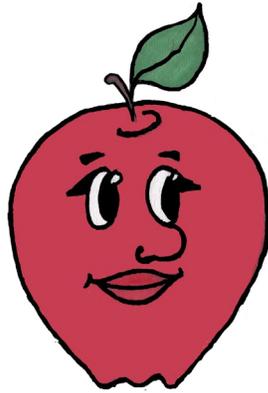




K-2nd Grade



# October

## HARVEST OF THE MONTH

# APPLE

### NC Standard Course of Study

#### Language Arts:

**SL.K.1** Participate in collaborative conversations with diverse partners about kindergarten topics and texts with peers and adults in small and larger groups.

**SL.1.1** Participate in collaborative conversations with diverse partners about grade 1 topics and texts with peers and adults in small and larger groups

**SL.2.1** Participate in collaborative conversations with diverse partners about grade 2 topics and texts with peers and adults in small and larger groups.

#### Math:

**NC.K.CC.4** Understand the relationship between numbers and quantities.

**NC.K.OA.1** Represent addition and subtraction, within 10:

**NC.1.OA.1** Represent addition and subtraction with objects, fingers, drawings or sounds (e.g. claps) within 10.

**NC.2.MD.10** Organize, represent, and interpret data with up to four categories.

#### NC Essential Standards

#### Health:

**K.NPA.1** Understand MyPlate as a tool for selecting nutritious foods

**K.NPA.2** Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.

**1.NPA.2** Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.

**2.NPA.2** Understand the importance of consuming a variety of nutrient dense foods and beverages in moderation.

#### Science:

**K.P.2** Understand how objects are described based on their physical properties and how they are used

**1.L.1** Understand the characteristics of various environments and behaviors of humans that enable plants and animals to survive

#### Social Studies:

**1.G.2.2** Understand how humans and the environment interact within local community.

### Goal:

Students will learn about apple life cycle to get familiar with concept of life cycle of seed plants. During the apple snack, students can sample different varieties of apple and use the five senses to compare.



### Activity Length:

45 minutes



### Location:

Classroom

### Materials needed:

- *How Do Apples Grow?* by Betsy Maestro
- A large sheet of poster paper with tree outline
- Enough apple paper cutouts for each student
- Tape
- Writing utensils

# Apple Life Cycle

## Question for the class:

How do our APPLES GROW? What does it need to grow?

Read *How Do Apples Grow?* by Betsy Maestro

- After finishing the book, review the life cycle of a plant:

*It starts off as a tiny little SEED. If that plant gets SOIL + WATER, it will start to GERMINATE. It will send ROOTS down into the SOIL. Then it will send up its STEM toward the sky. On an apple tree, this little sprout is called a SAPLING which then grows into a TREE. It sends out its LEAVES to collect more sun. When it wants to make more plants, it will open up a FLOWER. Visitors like BEES & BUTTERFLIES (Pollinators!) (buzzzzzzz) will help the flower turn into a FRUIT! Inside the fruit are tiny SEEDS, each of which can make a new apple tree!*

**Act out the life cycle:** Students start as seeds (ball on the ground) press their roots (feet) into the ground, stretch their stem (body) towards the sky, spread branches (open arms), open a flower (spread fingers in a circle), form an apple (fist). (Can be in shaded tab to the side)

# Supply Chain

## Question for the class:

WHERE do APPLES GROW? .....> They grow on an orchard.

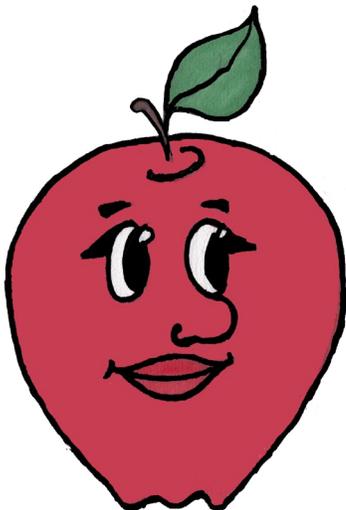
Where can we get or buy APPLES? .....> We can buy them at the grocery store, farmer's market, or we can eat them at the cafeteria. Or we can pick them from a tree in an orchard!

HOW did the APPLE get from the farm to our plate? WHO helps? .....> **Harvest:** The farmer had to harvest (pick) the apples and pack them in a box.

**Transport:** A driver had to drive the apples from farm to store or market.

**Prepare:** Someone (a chef or a family member) had to wash the apples.

**Eat:** And finally... after all that... YOU get to eat it!



# Harvest of the Month Moment!



Before diving into the lesson, introduce the featured produce! If space, gather in a circle or around the poster. Feel free to use this space to share your own experiences with the harvest and celebrate what students know.

*The Harvest of the Month for OCTOBER is APPLES!*

*Apples grow on trees in orchards*

*Apples grow especially well in the fall months*

*Apples are a great source of Vitamin C which supports your immune system, Potassium, and Fiber (for healthy digestion)*

Ask students to find the harvest on the What's Growing On? Poster. If available, pass around the harvest and invite students to share observations (How does it feel, look, smell, sound? Does it remind you of another harvest we've done this year?).

Consider asking some warm-up questions for students:

*Have you tried it? When did you try it?*

*How does your family like to prepare this fruit/vegetable?*

*Do you have anything that you know about this harvest that you'd like to share?*

## What's Growing On?



### 1. Apple Facts

What are some ways that we can eat apples? (Invite responses)

*Examples: slices, whole, baked, apple sauce, apple cider, apple chips, apple juice, apple muffins, apple pie, apple salad.....this list goes on! Yes, there are lots of different ways to eat apples! Americans eat on average 45 pounds or 120 apples per year.*

*Did you know? There are over 7,500 cultivars of apples. Define "cultivar" for students (a plant variety that has been produced in cultivation by selective breeding. AKA an entirely new kind of apple!)*

[http://www.blountweb.com/apples/apple\\_facts.htm](http://www.blountweb.com/apples/apple_facts.htm)

Explore apple facts with students. Let them know that they are going to get a chance to share their favorite apple fact, either from this list or another one that they know, with the class in the upcoming activity.

## 2. Students Write & Share an Apple Fact

Distribute an apple cut-out to each student and ask them to write a fact they learned about apples.

*Possible sentence starters:*

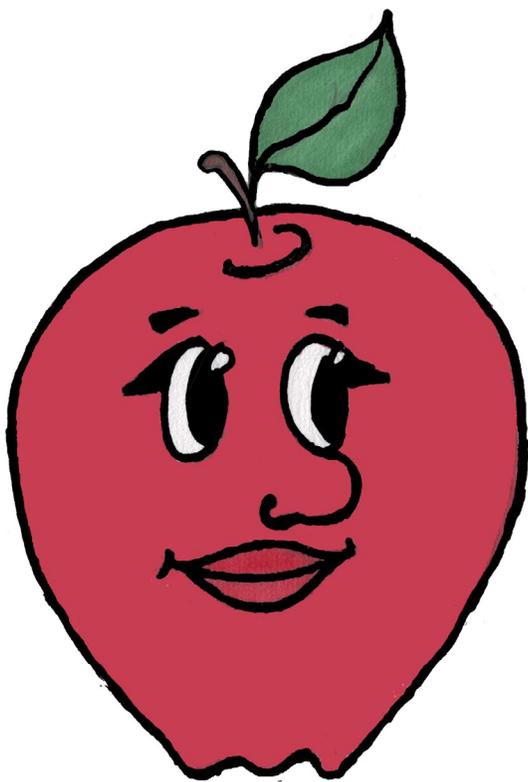
*Apples taste \_\_\_\_\_. Apples are \_\_\_\_\_*

- Ask students to circulate the paper apples around the room, so that everyone is holding an apple that is not theirs. Ask students to read out loud the apple they are holding and then come post it on the board.
- Together we decorate a tree with apples! You can hang the apple tree in your classroom or hallway, or take a picture of the finished board.

## 3. Snack

Wash hands break!

Pass around slices of each variety of apple to each student. Have students vote by raising their hands or tally on board which apple they like best!



### LESSON EXTENSIONS

#### MATH CONNECTION:

- Ask students to vote for the type of apple they liked best
- Kindergarten: Count the votes for each type of apple
- First and second grade: Count the votes for each type of apple. Which type had more? How many more? Can work together to make a bar graph to compare.

#### SCIENCE

- Print a copy of blank apple plant life cycle worksheet for students to label OR
- Paper-plate life cycle activity

<http://www.science-sparks.com/2017/09/21/flowering-plant-life-cycle-plate-spinner/>

