



All Apples Are Not Alike

Many fruits and vegetables, such as apples, squash, beans, peas, and pears, come in different varieties. And when foods are processed—cooked, baked, dried, or pressed—they have different tastes and textures. Help children explore and compare fresh apples and apple products with these taste tests.

Choose Your Color: Red, Green, Yellow

You will need enough red apples (such as Rome, Red Delicious, Macintosh), green apples (Granny Smith), and yellow apples (Yellow Delicious) for each child to have a small sample.

- Set out the uncut apples. Lead children in comparing them for similarities (they are all apples) and differences (color, shape, size).
- Have children wash their hands and assist in washing the apples. An adult can peel and cut up the apples into small, bite-size pieces. It's best to keep the peel on so that children can distinguish the apples by color.
- Offer children a chance to try each type of apple, but don't push reluctant tasters to sample all three. *Remember to always watch children as they eat. Young children are at risk of choking on food.*
- Record children's preferences on a chart, or build a graph like the one below by giving each child a square of paper—red, green, or yellow—to place in the appropriate column. Discuss the graph. Which color apple did most children pick?

Choose Your Favorite Apple Food



For a second taste test, compare apple products, such as apple juice, applesauce, and apple muffins. Conduct the test the same way you did the fresh apple comparison, creating an "Our Favorite Apple Food" chart or graph. Discuss how these products are different—one is a liquid, one a sauce, and one a bread—and what happens to the apples to create each food (they are squeezed to make juice, cooked to make applesauce, and mixed with flour, sugar, eggs, and spices and then baked to make muffins).

OUR FAVORITE APPLE CHART

