



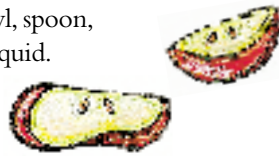
## Let's Investigate!

### What Keeps Apples From Turning Brown?

**Most young children will raise a universal "yuck" at the sight of a brown apple. Here's a discovery activity to find out how to keep apples a bright white.**

- You'll need an apple cut up into small chunks, four small plastic bowls, four spoons, and four liquids to test: water, milk, orange juice, and grapefruit or lemon juice. Guide the activity but encourage children to be active participants.
- Have children place two or three small chunks of apple in a bowl, then spoon a small amount of one of the liquids over the apple. Use a different bowl, spoon, and set of apple chunks for each liquid.

Invite children to guess which liquid will keep the apples from turning brown. Record their ideas on an experience chart.



- Check the apples after 15 minutes and again in an hour. Children should observe that those in the orange and grapefruit or lemon juice are still white. Record their findings and compare to their predictions.
- Help children understand that it's the Vitamin C in the juice that keeps the apples from turning brown. (It prevents oxidation, which causes the fruit to turn brown.)



Point out that when children eat fruits and vegetables or drink juices with Vitamin C, then it can do its special job to protect them. Vitamin C helps to | keep their bodies healthy and their bones grow.

### Why Do We Wash Our Hands Before We Eat?

**Hand washing before every meal is an important good-health habit. Try this activity to reinforce why children need to wash with soap and warm water.**

- You'll need petroleum jelly or baby oil, cinnamon, soap, water, and paper towels. Have children rub a small amount petroleum jelly or baby oil on their palms. Sprinkle on cinnamon. Explain that the cinnamon represents the germs that get on their hands from playing inside or outside. They need to get rid of those germs before they eat.
- Have children wash their hands with cool water. They should find that the cinnamon "germs" don't all go away. Now have them wash their hands with soap and warm water, following this "handy" rule: Children should wash their hands for as long as it takes to sing the ABC's!
- When they are done, the cinnamon should be washed away. Dry hands with paper towels and discuss what children learned.

