



Invitation Apples – Weeks 3 and 4

This week we are going to explore the connections between apples, spices, and our senses (See All About Me – My Senses, Week 3) We will do some experiments and, using our beginning math skills, will chart and tally our findings.

CT Standards of Learning

Taste Test and Graph

With your family members you are going to test different kinds of apples to see which ones you and others like the best.

You will need: apple tasting chart* and pencil.

4-6 different apples (Granny Smith, Golden Delicious, etc.)

Fill in the chart with the names of the apples and the names of participating family members.

Have someone cut the apples in small slices. Keep the slices of the varieties on separate plates.

Write the names of the apples across the top of the page, and then write the names of family members on the side.

Child passes a slice of one of the varieties to everyone. This make take some time, but is good practice for children. "One for Mommy, one for sister, one for me, one for Daddy".

Each person tastes and says if they like it or not. This is a good opportunity to practice sefl-regulation skills, as well. "Mommy's turn, sister's turn, my turn, Mama's turn." Child or adult puts a check for each like.

Pass out slices of second apple, and so forth.

As everyone is tasting and reacting, someone may want to record some words to your apple word bank, like sour, sweet, yummy, delicious, etc.

*EXAMPLE

Kinds of apples (examples)	Granny Smith	MacIntosh	Gala	Rome	Golden Delicious
Me					
Mommy					
Daddy					
Brother					
Sister					

*Apple Tasting Chart

Today is _____

Tally up the total number of likes for each apple. Share your findings with one another.

Extensions

Sort – Gather some fresh fruits, vegetables and nuts that you have and put them on the table. (If you don't have a lot of fresh food available, you can do the sort activity with pots, pans, dishes, cups, and so forth.) Ask your child/ren how they might want to sort them. If they are having trouble, ask if they can find all the big, small and medium ones and put them in separate piles. They can sort by color, by fruit/vegetable/nuts, by what gets cooked/what doesn't, and so forth.

Compare – With the same fruits, vegetables and nuts, ask which is biggest, smallest, roundest, skinniest, fattest, longest, shortest. Children can also discover which ones are round, but which is rounder; or long, and which is longest, etc.



Taste other things – Following the same procedures, taste test other foods together. This can be a fun activity for family to do together that serves several purposes:

1. Fun!
2. Practicing My turn, Your turn – important social and self-regulation skills.
3. Mindfulness of the sense of taste and vocabulary building.

Snack Explorations

Guess How Many The next time you have an apple for snack, before you slice it guess how many seeds there are. The whole family can guess. Even the little ones, who do not have a concept of number correspondence, can learn the concept that there are numbers. If you are slicing several apples you can see if all of them have the same number of seeds.

Count and Match*

Count the seeds by placing one seed in each box. Children who recognize the numbers can say them.

*Counting Apple Seeds Chart

1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10

Find the Star!



Another snack activity would be to slice the apple horizontally through the middle and talk about the shape you see!

Make apple sauce –Involve children as much as possible. If you have a spiral peeler, let them play with the peels while you continue peeling and slicing. Have children put slices in the pot and pour in a cup of water (or however much you need for your recipe.

Do not add anything else if you are going to do a taste test afterwards.
Once the apple slices are very, very soft, have child/ren mash them.

Taste test apple sauce – (to compliment the All About Me – My Senses)
If you like, this would be another great opportunity to taste test and, if your child/ren are inclined, to do another tally. (This practice of data entry is an important foundation for scientific inquiry)

Ask child to put a tablespoon of apple sauce into 5 small containers. Have child/ren measure and put in each bowl a ¼ (less?) tsp of salt, pepper, sugar, cinammon, vanilla.

Taste and discuss each one.

Jot down taste sensation words in your senses word bank.

Game – Polly Hall’s Apple Pie

Child lies tummy down on a bed

Parent says and does the following

I am going to make an apple pie

First I will sprinkle some flour (with fingers on child’s back)

Then pour some water drops (drips with fingers)

Now I must mix it up for the crust (rolls and kneeds imaginary dough on back)

Now it is time to peel (gentle scraping on back) and slice (with finger gentle slicing on back) the apples

And we have to sprinkle sugar (you get the idea), cinammon, and pat down some butter.

We have to put on the top crust and pinch gently around the edges.

And now our pie is all ready to put in the oven.

Hopefully you were gentle but amusing and your child had a wonderful time! An important sensation is for the child to recognize and be mindful of different touches – taps, slices, rubs, drips and so forth.

Tap, Feel and Identify

You can even extend this and ask your child to recognize different touch sensations – Is this a drip or a slice? a rub or a tap?

DOCUMENTATION

For all the activities, parents will want to *Make Learning Visible* through photos and examples of child/ren's work. You may want to create a digital (such as Evernote) and a hard copy folder/portfolio. This will help you and future teachers know what your child has done. You may want to post the Apples Word Bank by the breakfast table to refer to.

Books, poems, songs, movement and games –

Ten Red Apples, Pat Hutchins
read by the author on YouTube
<https://youtu.be/rzR57dI-7FE>

Ten Apples Up On Top! Dr. Seuss
read on YouTube
<https://youtu.be/vdeqBUeEs-k>

Way up High in an Apple Tree
Song on Youtube
Way up high in an apple tree
5 red apples smiled down at me
I shook that tree as hard as I could
Down came an apple! Mmmmmm it was good!
Way up high in that apple tree
4 red apples smiled down at me.

Way up high in that apple tree
4 red apples, etc....

...no red apples smiled down at me.

Way up high in an apple tree
No red apples smiled down at me
I shook that tree as hard as I could
Down came no apples! They're gone for good!
Way up high in that apple tree

No more apples left for me.

Ten Little Apples

One little, Two little, Three little apples,
Four little, Five little, Six little apples
Seven little, Eight little, Nine little apples,
Ten little apples on the tree.
(You can also sing it backwards)

The Giving Tree, by Saul Silverstein