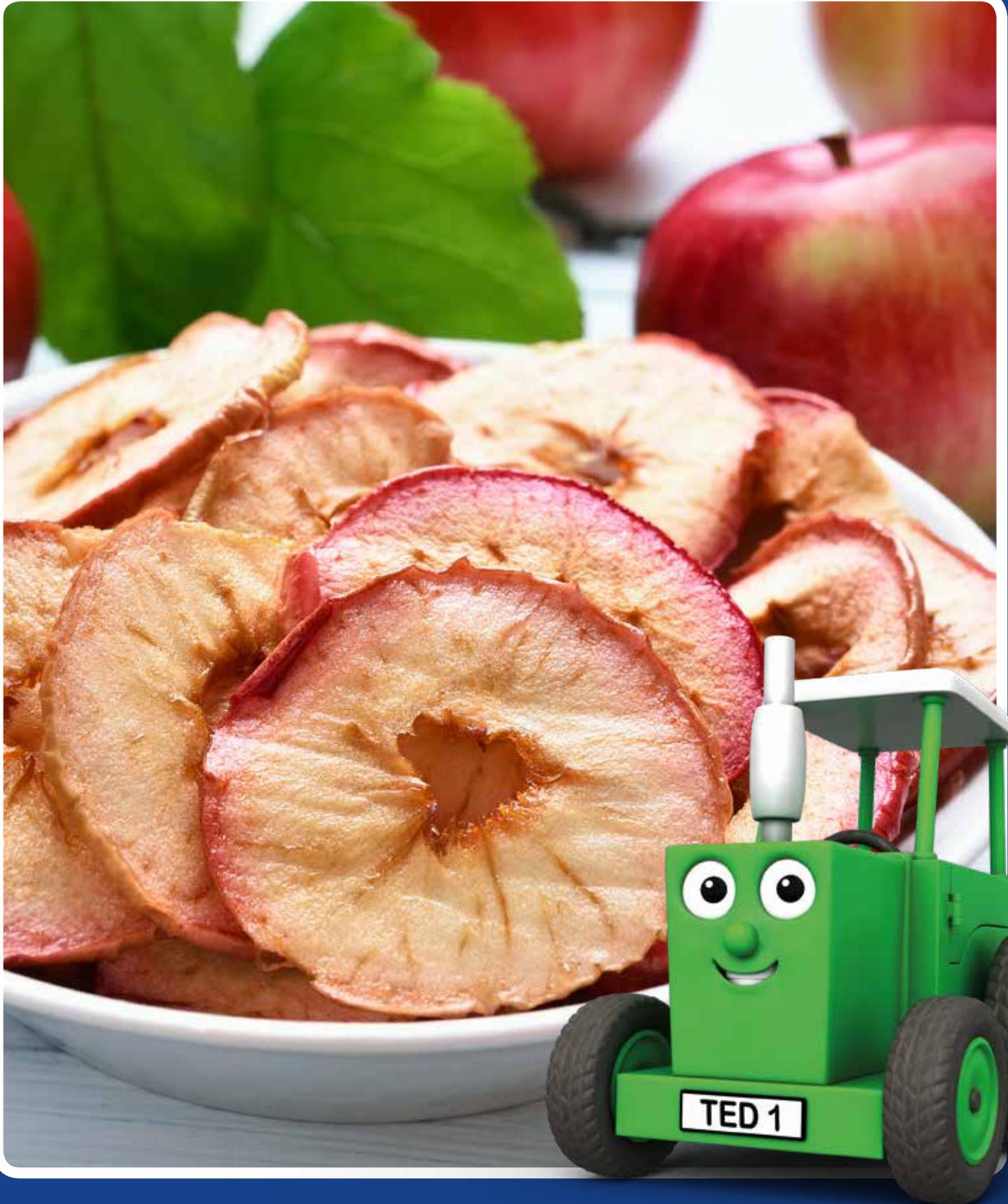




Three Ways With Apples



It's Autumntime down on the farm, and Tractor Ted is helping to harvest apples. Apples are a versatile fruit, and they can be used as the basis for lots of delicious and healthy treats.

THIS ACTIVITY...

- encourage children to eat apples
- introduce a variety of food preparation and cooking techniques
- encourage listening, talking and following instructions
- offer lots of opportunity for hand movements, including stirring, spooning and pouring
- enable children to explore 'before and after', and change

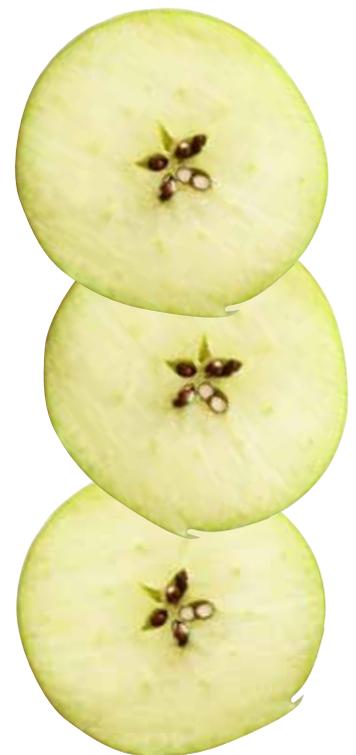
APPLE CRISPS

What to do

Pre-heat the oven to 90°C/gas mark ¼. Slice an apple into thin rings, arrange the rings on a wire rack and place the wire rack on a baking sheet. Put the baking sheet in the oven and bake for one hour. Turn the rings over and bake for a further hour. Switch off the oven, open the door a crack and leave to cool. Store the crisps in an air tight biscuit tin.

Things to think about

- Although the children can't be involved in slicing the apples or managing the oven, they can wash and dry the apples, arrange the rings on the wire rack and put the apple crisps in the biscuit tin.
- Compare the wrinkly, dry apple crisps with a fresh apple slice. What changes can the children see? Put an apple crisp in a glass of water and leave for a while. What happens to it?
- The core of the apple makes a pretty star shape when the apple is sliced thinly. If you plan to use the dried rings for decoration, leave the core intact. If you are intending to eat the crisps, remove the centre as it can be hard to chew.



STEWED APPLE

What to do

Peel and core cooking apples and chop them into small chunks. Put them in a saucepan with a little water and bring to the boil. Turn down the heat and simmer gently until the chunks have broken down and formed a puree. Stir in maple syrup, honey or sugar to taste and serve the stewed apple with creamy Greek yoghurt.

Things to think about

- Maple syrup is preferable to regular sugar as it contains more nutrients. It is, however, more expensive and still counts as an 'added sugar'. Whichever sweetener you choose, use as little as possible.
- Compare the texture, temperature, taste and smell of the stewed apple with the apple chunks before they are cooked. If you make apple crisps, compare them with the stewed apples.
- Give the children cinnamon, nutmeg and cloves to sniff. Let them decide whether they want to add spices to the apples before bringing them to the boil. Cinnamon, nutmeg and cloves have a strong flavour – add no more than half a teaspoon or three cloves. Remove the cloves before letting the children taste the apples



JINGLE TIME

To the tune of
'Sing a Song of Sixpence'

Apples in the orchard,
Apples on the tree,
Apples in the fruit bowl,
Waiting for me.

Apples, apples everywhere,
Gold and green and red,
Apples for my evening snack,
Just before bed!

APPLE COCKTAILS

What to do

Use a juicer machine to make fresh apple juice. Mix the apple juice with sparkling water and serve in coloured plastic tumblers with straws and cocktail umbrellas.

Things to think about

- Make batches of juice using different varieties of apple. Can older children taste the difference, and which do they prefer?
- Look at the dry pulped apple once the juice has been extracted. Help the children to understand how the juicing process has changed the apples.
- Provide edible items such as halved grapes, blueberries, apple chunks, cucumber slices, mint leaves and ice cubes. Let the children choose items to add to their glasses. Ensure that they use a straw for their cocktails, and don't attempt to 'drink' the fruit pieces.

