

Food Explorers

Eat different foods every day!

Teacher Guide



Teach
Nutrition.caTM

By Dairy Farmers of Canada's
Registered Dietitians



Food Explorers is a kindergarten and grade 1 program that uses concrete, first-hand experiences to explore the mysteries of the tastes, textures, and colours of food.

The goal of this program is to explore a variety of foods in a safe and positive manner. Research has shown that the more foods an individual is familiar with, the more varied their diet will be.

LEARNING OUTCOMES

After completing this program it is expected that students will:

Identify a wide variety of foods

Develop a greater understanding of where foods come from

Demonstrate a willingness to experiment with new foods, including touching, smelling, preparing, and tasting

PROGRAM OVERVIEW

Food Explorers is an open-ended program – the activities build upon each other and can be repeated as often as you wish. You may use the program regularly throughout the school year, you may tie it to your current teaching areas, or you may offer your nutrition education over several weeks.

We recommend the exploration of eight foods to meet the program outcomes.

CURRICULUM FIT

Food Explorers is designed to fulfill outcomes in the Health & Life Skills curriculum. In addition, many activities integrate the subject matter into English Language Arts, Science, Social Studies, Mathematics, Fine Arts, and Physical Education.

UNITS

The introduction of apples easily integrates into one of the following units:

- **Autumn Harvest**
- **Seasons – Fall**
- **Shapes**
- **Colours**

MYSTERY FOOD

Choose a green or yellow apple to place in the Mystery Can (most students are already familiar with red apples).

Try a crabapple for something a little different.



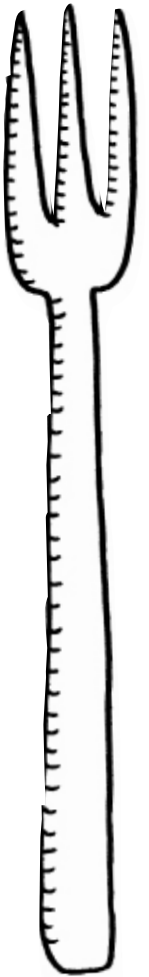
APP

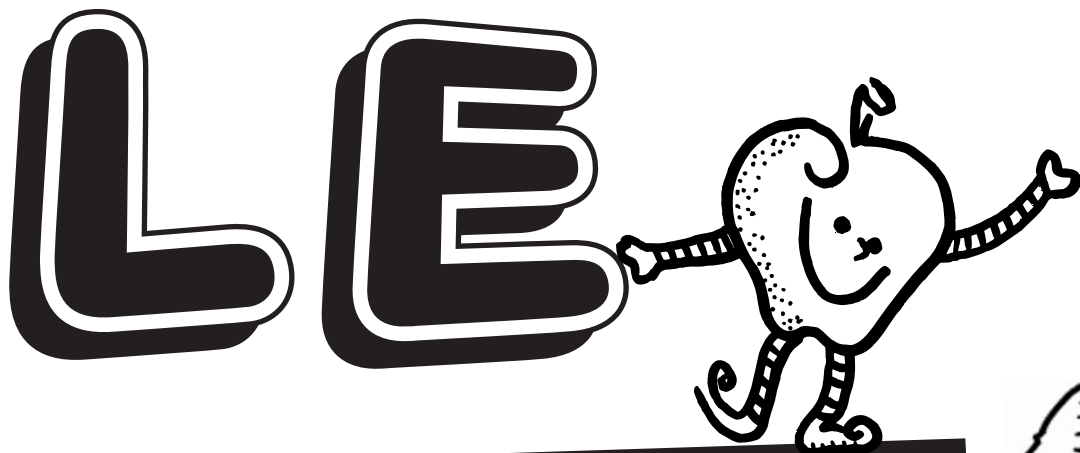
DISCUSSION

- What is found in the centre of an apple? *core, seeds*
- What hard part sticks out of the apple? *stem*
- What can you make with apples? *applesauce, apple pie, apple crisp...*
- How do you eat apples? *fresh, baked, dried...*
- How many kinds of apples can you name? *McIntosh, Red or Golden Delicious, Granny Smith, Gala, Fuji, Braeburn, Jonagold, Spartan, Newtown...*

BOOKS, POEMS, SONGS

- *A Day at the Apple Orchard* by Megan Faulkner and Adam Krawesky
- *Eating the Alphabet: Fruits & Vegetables from A to Z* by Lois Ehlert
- *Fall Apples: Crisp and Juicy* by Martha E.H. Rustad and Amanda Enright





TASTING

Choose a variety of apples (e.g., McIntosh, Fuji, Spartan, Granny Smith, Gala, and Red and Golden Delicious) to slice and sample with your students. Have them choose their favourites.

If you have access to a juicer, bring in a variety of apples to juice. Try sprinkling a little cinnamon into the juice. Serve immediately.

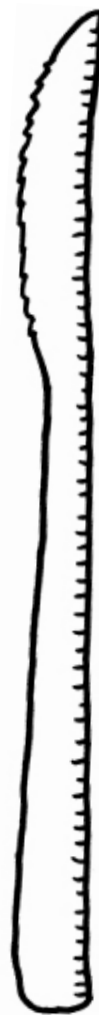
Or, select one of the following recipes to prepare and sample:



A simple, nourishing sweet snack. Try several apple varieties to see how they change while baking. Page 49



Quick! Core apples...zip in blender... done! Page 54

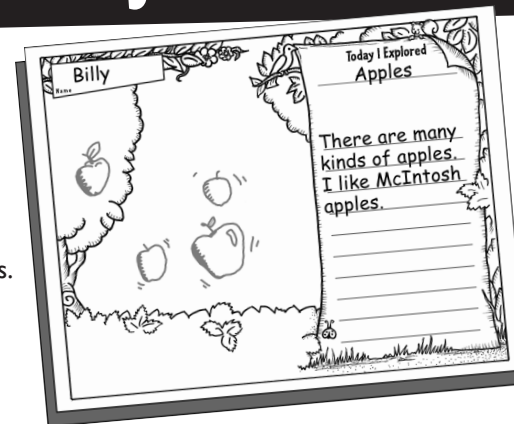


The following recipes also contain apples:

- APPLE CRISP P 48
- "INSTANT" OATMEAL (& APPLESAUCE TOPPING) P 63

STUDENT JOURNAL

Choose one of the journal pages for students to record something they learned about apples. For example:



EXTENSIONS

- Watch the video "Harvest time for Ambrosia Apples" at ambrosiaapples.ca/videos-life-of-an-apple/.
- Go for a class walk in your school community and identify local apple trees.
- Take a trip to a "pick your own" farm or a grocery store to see the varieties available. Bring some back to the classroom to try. Visit ca.PickYourOwn.farm for information on farms in your area.
- Have the students pretend to be a tiny seed. Seated in a circle, they can close their fingers very tightly. As the seed sends roots underground, the students begin to open their fingers and as the seed sends shoots up from the ground, they stretch their fingers upward. As the sun warms the soil and the rain sprinkles down, the plant stretches upward (hands and arms up in the air). As a breeze blows, have the students sway with arms overhead until the fruit is ripe.

LINK TO HOME



- Distribute the Apple collector card, which includes a recipe for Baked Apples.
- Have students write a note home indicating their favourite type of apple.