

Where's my Apple?

ISBN 978-1-942530-62-6 English & Spanish (Bi-lingual)

ISBN 978-1-942530-54-1 English

ISBN 978-1-942530-55-8 Spanish

This lesson plan is provided in two different learner-centered education methods - facilitated group discussion and individual counseling.



Facilitated Group Discussion:

Facilitated Group Discussion is an interactive form of learner-centered group education where the learners discuss a specific topic and share their questions and knowledge with other group members.

Target Audience: Families with children

Goals:

This lesson is offered to encourage families to:

- learn the process of how apples come from a garden or farm, to the market, and to our table.
- involve children in buying and preparing fruit.
- eat healthy snacks together, as children like to copy what their parents and caregivers do.

Learning Objectives:

- Participants will name an activity their child can do in the kitchen.
- Participants will name a snack with fruit(s) that they can eat together.

Time: 15 to 30 minutes; time depends upon the number of participants, and how much discussion there is in different activities. Try to share ideas with the entire group. However, if the group is too large, participants can be broken into groups of 2 to 4 for the sharing activities. Ask for comments from a few small groups or all the groups, depending on time.

Procedure:

Set-up:

- Chairs placed in a semicircle.
- Table with bulletin board or flip chart.
- Title of lesson written on the bulletin board or flip chart - "Where's my Apple?"
- Goal written on the bulletin board or flip chart - "Goals - "Name a snack with fruit(s) that you can eat together." and "How can your child help in the kitchen?"

Materials:

- Where's my Apple? storybooks
- Cinnamon Apple Dip and sliced apples (*optional*)



Methods for sharing participants' ideas (optional):

- Box for ideas.
- Small cards and pens to write ideas on.

Key Content Points:

- Apples grow on trees, are transported to markets where they can be purchased, and taken home to eat.
- Children love to eat what they help to cook. Start with simple cooking skills like washing apples and stirring a dip.
- Eat apples in a variety of ways. Eat apples and other sliced fruit with the Cinnamon Yogurt dip.

Lesson Overview:

1) Welcome

- Introduction of self and session - *"Hi, my name is Carol and today we're going to read the storybook, 'Where's my Apple?' and learn where apples come from."*
- Ask the participants if they have been to an apple orchard or grown apples at their home?

2) Read the storybook

- Give the Where's my Apple storybook to the participants. Read the story together.
- Ask children to count the apples on the tree. Ask children where the mouse is on each page.
- Discuss ways that children could help in the kitchen, like washing apples and stirring the Cinnamon Yogurt dip.
- Ask the participants how their child could help in the kitchen.

3) Ways to eat fruits

- Ask the participant if they have ever made the Cinnamon Yogurt dip.
If not, would they like to make it at home?
- Ask participants what is a favorite snack with fruit that they like to eat together?
- Ask the participant if they have additional questions or thoughts they would like to share.

Evaluation: Participants will name a snack with fruit(s) that they can eat together.
Participants will name an activity their child can do in the kitchen.

