

Where's my Apple?

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

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



Individual Counseling:

Individual counseling is a learner-centered approach that focuses on the learners' needs and involves the learner in decision making and problem solving, and can be provided via a bulletin board, display or individual counseling session.

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: 5 to 7 minutes; time depends upon the amount of discussion with the participant.

Procedure:

Set-up:

- 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

Methods for sharing participants' ideas (choose one):

- Flip chart on a stand or bulletin board, small cards and pins or tape, pens or markers.
- Binder of white paper that participants can write their ideas on and pens.
- Box for ideas, small cards and pens.



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 participant 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 participant. Read the story together.
- Ask the child to count the apples on the tree. Ask the child where the mouse is on each page.
- Discuss ways that the child could help in the kitchen, like washing apples and stirring the Cinnamon Yogurt dip.
- Ask the participant 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: The participant will name a snack with fruit(s) that they can eat together.
Participants will name an activity their child can do in the kitchen.

