

Cinderella and the Little Glass Sipper:

Educator's Guide, Pre-K – 3rd Grade

PreK-Kindergarten

Language:

Encourage a class discussion about apples. Ask the following questions and provide information when children do not know answers:

Where do apples come from? (trees, seeds, an apple orchard).

How do apples grow? What do they need to grow? (they need sunlight, water, nutrients).

Where do apples grow? (on trees, in an apple orchard).

What color are apples? (yellow, red, green).

What part of the apple can you eat? (the skin, the white fruit).

What parts of the apple are not good to eat? (the core, the seeds, the stem, the leaves).

How do you get apples from the farm to the store? (pick apples from the tree, put them in bushels or bins, truck delivers to the store).

How are apples good for us? (talk about how apples have nutrients that our bodies need, how apples help fight disease, how apples keep us healthy and give us energy).

Describe an apple with 5 senses: How does it smell? Does it make a sound? What does it look like? How does it feel? How does it taste?

Brainstorm a list of foods and products that contain apples:

Examples include apple pie, apple juice, apple sauce, dried apples, apple fritters, apple cakes, candy apples, fruit salad, etc.

Nutrition:

Apple samples:

Cut different kinds of apples into bite-sized pieces.

You might include Honeycrisp, Granny Smith and Golden Delicious apples for a variety of colors, textures, and flavors.

Have children sample the apples.

Encourage children to describe the difference in taste, color, size, firmness, texture, or smell.

Ask children to compare and contrast the different kinds as well.

Apple snack:

Have the class sample different kinds of apple products, such as apple cider, apple juice, apple butter, apple jelly, apple pie, and apple sauce. Encourage children to describe the differences between the products. For example, when sampling cider and juice, encourage children to describe the difference in texture, tartness, thickness, color, etc.

Art Activities:

Apple prints:

Show children how you can cut an apple in half through the middle of the apple to make a star. Take out the seeds and show children how to dip the apple in the paint and place it on a sheet of paper to make a print.

Paint an orchard:

Have children create their own apple tree as part of the class orchard. Give each child a piece of paper. Have the child draw or paint a tree trunk, some branches, and some leaves. Then, show children how to dip a finger in paint to make fingerprint apples on the tree. Allow children to choose if they want to make yellow, green or red apples, and allow them to make as many apples as they like. When the pictures are dry, hang them together to make a class orchard.

Kindergarten – 1st Grade

Math:

Apple Hunt:

Try this activity after lunch or when you've had some time to prepare the classroom. Use the Apple Hunt template page (see last page) to print 90 apples for the hunt. There should be 30 yellow apples, 30 green apples, and 30 red apples. Cut out the apples and tape them in different places around the classroom. Separate the class into three teams, one for each color of apple. Then ask children to go on the apple hunt to find the apples for their team. Use a poster board to keep track of the apples, and to see which team finds all of their apples first.

Nutrition:

Apple crumble:

Have the class make mini apple crumbles.

Encourage children to wash hands properly before handling food.

What you need: bowls, graham crackers, apple, raisins

What to do: Give each child a bowl, 2 graham cracker squares, a mini box of raisins, and half of an apple, sliced or diced. Ask the children to crumble up the graham crackers on top of the apple pieces, mix in the raisins, and taste.

Science:

Apple tree life cycle:

Introduce children to the life cycle of an apple.

Draw a simple diagram and add labels if you choose. Show children how the life cycle begins with seeds, grows into a seedling, changes into a bud, blossoms and creates an apple tree with fruit. Encourage children to retell how an apple tree grows. (Please visit

http://urbanext.illinois.edu/apples/edu-projects_4B.cfm for reference).

2nd Grade – 3rd Grade

Science:

Apple anatomy:

Review the parts of an apple with a diagram. Draw an apple on a piece of paper or show children a real apple. Talk about the different parts, including the stalk, the stamen, the core, the skin, the seed, the edible part, and the pulp. (Please visit <http://urbanext.illinois.edu/apples/appleparts.cfm> for reference).

Language:

Describe an apple with adjectives. Make a poster or list of the descriptive words.

Retelling of the Ciderella story:

Compare and contrast with the original Cinderella story. Make a Venn diagram to show the similarities and differences between the stories.

Have children research a little bit about apples. Make a graphic organizer or classroom book of apple facts:

- There are 2,500 varieties of apples grown in the United States.
- Apples contain no fat and no saturated fat.
- Apples help reduce the risk of cancer.
- Apples have no sodium.
- Apples help reduce the risk of high blood pressure.
- Apples are an excellent source of fiber.
- Apples help reduce cholesterol and may help prevent certain types of cancer.
- A medium sized apple has only 80 calories.
- Apples contain no cholesterol.

Apple Hunt template (example)

