



# Everything You Need to Know

Revised for 2010!






Participating in **The Great Big Crunch** can be as easy as purchasing a bag of delicious local apples and coordinating a classroom or school wide synchronized crunch. No matter how you crunch, you'll be sending a message to your students about the nutritious and delicious benefits of apples, while taking part in a cross-Canada celebration.

We'd love to see photos, hear stories and feedback on your event so we invite you to register at [thegreatbigcrunch@foodshare.net](mailto:thegreatbigcrunch@foodshare.net) and tell us how great and big your crunch was! We'll be sending all registered schools and classes a certificate of participation and will keep you posted on the final numbers.

The following are some ideas and guidelines to help make your crunch great, whether you are looking for a 5 minute, 30 minute or half day crunch.

## You Will Need:

### Enough apples for all of your students:

-  Bags of local apples can be found in most grocery stores for under \$5 a bag. If necessary check with your local grocer and see if you can negotiate a better price or donation for your event. Make sure, when possible, you are buying local apples and supporting the hard work of local apple growers.
-  Alternatively you can ask students to bring in their own apple and have some extra apples on hand for any student that does not bring one in.
-  Toronto schools can order local apples from the FoodShare warehouse (90 Croatia Street at Dufferin and Bloor West). For more information, email [thegreatbigcrunch@foodshare.net](mailto:thegreatbigcrunch@foodshare.net) or call 416.363.6441 ext 278. Orders will need to be received by Wednesday March 3<sup>rd</sup> and without a prior account, picked up on Monday March 8<sup>th</sup> (delivery may be possible for those schools with existing accounts).

## Some apple facts, trivia and activities:

- 🍏 Review the following pages for extra tips and ideas including how to introduce and coordinate the crunch, activities for the classroom, and delicious recipes to try.

## How to Get Crunching:

Introduce your students to **The Great Big Crunch** by telling them that they are a part of a cross-Canada, record-setting event promoting the healthy crunch of apples! Your students will be joining thousands of students from coast to coast.

**Distribute apples to each of your students ...** but don't crunch yet!

### Before the crunch, encourage your students to:

- 🍏 Think about how the apple was grown. Picture it first as an apple blossom flower on the tree in Spring, being pollinated by bees and then transforming into a fruit, ripening in the sunny weather.
- 🍏 Imagine what the orchard looked like, the growers who work there, and the workers who harvest and wash the apples.
- 🍏 Think about the journey the apple took from the orchard to the grocery store. Were your local apples transported to you on a bike, in a car, truck, train, plane or ship?

**Share some fun apple facts** (below).

**Have a Great Big Crunch Countdown**, making sure to emphasize the fun in crunching all at once!

- 🍏 For an even *bigger* crunch invite students to crunch into the P.A system, a microphone or in an echoey hallway, gymnasium or auditorium
- 🍏 Don't stop at the first crunch – keep crunching until the apples are finished.



# Fun Apple Facts

- 🍏 Apples are the most varied food on Earth. **7500** varieties of apples are grown throughout the world!
- 🍏 Canadians eat on average, **86 apples per year**
- 🍏 60% of our apples are eaten out-of-hand; the remainder are **processed**
- 🍏 The science of apple growing is called **pomology**
- 🍏 The largest apple ever picked weighed **three pounds**
- 🍏 Archeologists have found evidence that humans have been enjoying apples since at least **6500 B.C.**
- 🍏 Apples have five seed pockets or **carpels**. Each pocket contains seeds. The number of seeds per carpel is determined by the vigor and health of the plant. Different varieties of apples will have different number of seeds.
- 🍏 Planting an apple seed from a particular apple will not produce a tree of that same variety. The seed is a cross of the tree the fruit was grown on and the variety that was the **cross pollinator**.
- 🍏 Apples are a member of the **rose family**
- 🍏 It takes energy from **50 leaves** to produce one apple
- 🍏 Fresh apples float because 25% of their volume is **air**
- 🍏 It takes **four apples** to make a glass of pure apple juice!



## Apple Geography:

- 🍏 According to Agri-Food Canada, apples are mainly grown in British Columbia, **Ontario**, Quebec, New Brunswick, Nova Scotia and Prince Edward Island.
- 🍏 **China** is the largest producer of apples, followed by US, Turkey, Poland and Italy.
- 🍏 The apple tree **originated** in an area between the Caspian and the Black Sea.

# Apple History & Customs:

- 🍏 Apples have existed as a wild fruit since prehistoric times and have been cultivated for more than **3,000 years**.
- 🍏 During the California Gold Rush apples sometimes fetched more than **\$100 a bushel** because of their versatility, durability and capacity to be preserved by drying.
- 🍏 Sir Isaac Newton, the renowned Mathematician and thinker, supposedly discovered the **laws of gravity** in 1660 after seeing an apple fall from a tree.
- 🍏 In parts of Scotland, after successfully bobbing for apples, the first name a man heard was supposed to be that of his **future wife**.
- 🍏 Apples are associated with good health and healthy eating. They have been used as cures for many ailments. The most common one being for **warts**.
- 🍏 People used to believe that if it was a good year for apples, then it was a great year for **twins**.
- 🍏 In mainland Europe, it was believed that an apple tree that bloomed out of season would bring the owner **good fortune**.

# Apple Nutrition:

- 🍏 With the skin on, apples are a great source of both **fibre and Vitamin C**.
- 🍏 We've long known about the health benefits of apples. Ever heard of the saying, "**An apple a day keeps the doctor away**"?
- 🍏 Many people love apples for their **versatility in the kitchen**. You can enjoy them raw, baked, stewed, as a dried snack or even as apple cider just to name a few!

## Apple Facts and Trivia were sourced from:

Websites [www.allaboutapples.com](http://www.allaboutapples.com), [www.agr.gc.ca](http://www.agr.gc.ca) and [www.onapples.com](http://www.onapples.com)  
and booklet *Apple Games and Customs*, Common Grounds, UK (2005).

# Apple True or False Activity

This is an easy activity to set up and perfect if you are looking for something simple to build up the student's appetites before the Great Big Crunch, at the same time testing their knowledge of apple trivia.

## Material/Resources:

- 🍏 A safe space for running back and forth
- 🍏 Two markers, flags or signs – one representing the word **True** the other **False**

Set up the True and False markers or signs on opposite sides of the gymnasium, classroom or outdoor space you are using. Have students stand directly in between the True and False signs. Call out an apple fact (either from above or one you've fabricated for the sake of the game) and have the students run to one of the signs – True if they think the statement is correct or False if they do not believe the statement. Once students have chosen their answer reveal the truth and start again.

# Exploring Different Apple Varieties

There are an estimated 7500 varieties of apples grown around the world.

- 🍏 *How many varieties are available at your local grocery store and where did they come from?*
- 🍏 *What kinds of apple products can you find at the store (for example: apple sauce, fruit leather, apple chips)?*

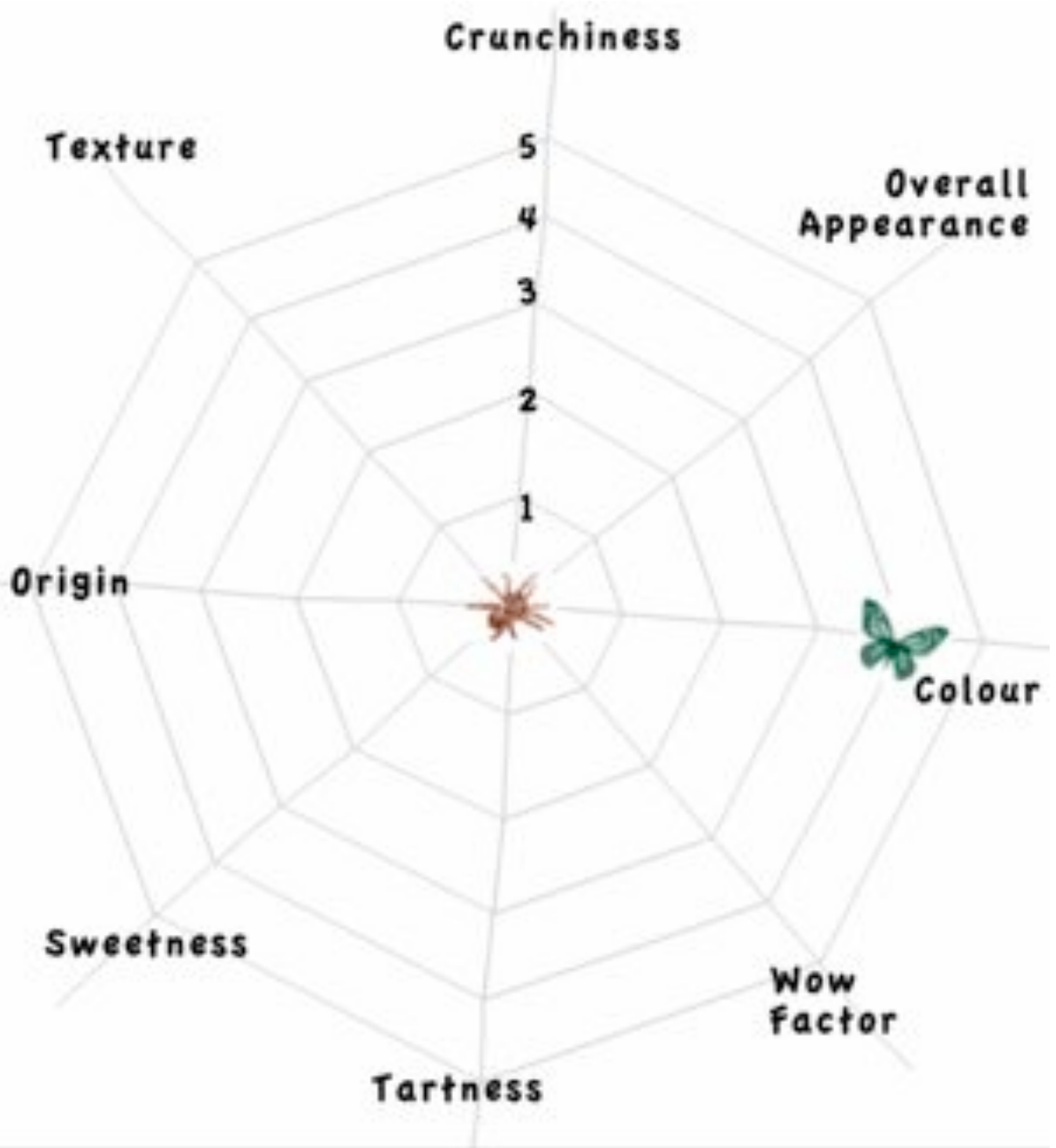
Bring in a variety of apples and apple products to share with your class. Have your students document the different names, sizes, shapes and colours. Take a look at the apples both inside and out.

Collect the stickers from different apples and using a map, track how far they have traveled to get to your supermarket.

- 🍏 *How do you think they traveled? By boat, truck, airplane or train?*
- 🍏 *Ask how many of your students have traveled as far as the apples.*

Cut up some different types of apples and have students taste test and describe the flavours of each variety. You can use the following spider graph to guide budding apple connoisseurs. Use a scale of 0-5 (the least to the most).

# Apple Tasting Graph



Adapted from Slow Food, *In What Sense?*, 2007.

# Apples Commonly Grown in Canada:

Use the following information for activities such as, **word finds**, **class art projects**, **graphing** of apple variety availability and **taste testing**.

-  **Braeburn:** Medium to large, round to round conic, yellowish to cream, very juicy, crisp, somewhat coarse. Used for fresh eating, desserts and juices. Available at the end of October.
-  **Cortland:** Medium to large, round to round conic, striped or blushed red. Flesh is white, sub-acid and non-browning. Excellent for fresh eating, salads and sauce. Good for pies, baking and freezing. Available early October to May. Great in salads because they stay white longer!
-  **Empire:** Medium to medium small, round to oblong, blushed dark red. Flesh is greenish cream, slightly aromatic and sub-acid. Empire apples, known as excellent fresh eating apples, are available from mid-October to June.
-  **Fuji:** Medium size, round-conic, white, juicy, fine, crisp flesh both sweet and tart. Good for fresh eating and desserts. Availability: early November.
-  **Gala:** Medium size, yellow-red. Flesh is creamy yellow, crisp, mild juicy flavour. Good for fresh eating and salads. Available in September.
-  **Golden Delicious:** Yellow skin; elongated shape, 5 bumps on bottom; yellowish flesh; tart to sweet taste; firm, keeps shape when cooked. Good for fresh eating, pies, baked, sauces. Availability: Oct.-Jan.
-  **Golden Russet:** Medium or small, globular; golden brown, with roughened skin due to russeting. Good for fresh eating, pies, baked, sauces. Availability: Oct. - Jan.
-  **Gravenstein:** Medium to large, round, red blushed with yellow background. Flesh is cream, juicy and tart. Excellent for fresh eating, sauce and freezing. Good for salads and baking. Available mid-September to December.
-  **Greening:** Large, irregular globular; bright green turning yellow. Used for fresh eating and commercial processing (juice, etc). Availability: Nov.-Feb.
-  **Ida Red:** Medium to large, round oblong, blushed red. Flesh is cream, firm and sub-acid after storage. Excellent for pies and baking. Good for fresh eating, salads, sauce

and freezing. Available November to July; primarily February to July.

-  **Jerseymac:** Medium to large, red with green patches. Used for fresh eating. Availability: Aug.-Sept.
-  **Lobo:** Large, irregular globular; yellow-green with red stripes. Used for fresh eating. Availability: Sept.-Oct.
-  **McIntosh:** Green skin with a heavy red cheek on one side; white flesh; mildly tart to sweet as ripened; firm. Used for fresh eating, pies, salads, and sauces. Availability: mid-Sept. - April. The perfect apple for a snack!
-  **Melba:** Medium, irregular globular; red streaked with yellow. Used for fresh eating. Availability: Aug.-Sept.
-  **Mutsu (Crispin):** Large, oblong; green to yellowish-green. Suitable for fresh eating, cooking and commercial processing. Availability: Oct.-Mar.
-  **Newtown:** Medium, irregular globular; green tinged with yellow. Suitable for fresh eating, cooking and commercial processing. Availability: Jan.-June. Holds its shape well when poached or baked in a pie!
-  **Northern Spy:** Large, globular; bright red striped blushed with green. Used for fresh eating, cooking and commercial processing. Suitable for fresh eating, cooking and processing. Availability: Dec.-June.
-  **Paulared:** Medium, globular slightly oblong; dark red. Used for fresh eating. Availability: Sept.-Oct.
-  **Red Delicious:** Small to large conic, striped or blushed red. Flesh is greenish cream, juicy and sweet. Red Delicious apples' sweet taste makes them excellent for fresh eating. They are available from mid-October through to August.
-  **Rome Beauty:** Large, round; red striped with pin dots. It has a mild flavour and is good for fresh eating and cooking. Availability: Dec.-Mar.
-  **Scotia:** Medium, irregular; dark red, resembles McIntosh. Used for fresh eating. Availability: Sept.-Oct.
-  **Spartan:** Medium, round, red blushed. Flesh is cream, crisp, lightly aromatic and sub-aid. Spartans are considered good for fresh eating, salads and sauce. They are available from mid-October through to May.

- 🍏 **Tydeman's Red**: Large, globular; solid dark red blush over faint stripes. Used for fresh eating and cooking. Availability: Aug.-Sept.
- 🍏 **Vista Bella**: Medium, globular; dark red blush. Used for fresh eating. Availability: Aug.
- 🍏 **Winesap**: Medium, globular; deep red with yellow splashes and white pin dots. Used for fresh eating, cooking and processing. Availability: Dec.-June.

**For more information on apples in Canada visit the Agriculture and Agri-Food website:**

[www.agr.gc.ca](http://www.agr.gc.ca).



# Ideas for Apples in the Kitchen

## **Baked Apples** (adapted from [www.healthy-eating-made-easy.com](http://www.healthy-eating-made-easy.com))

**Recipe Serves:** as many as there are apples

**Notes:** Healthy and scrumptious. The sugar in this recipe is optional as the raisins provide sweetness naturally.

### **Ingredients:**

- 🍏 Firm and ripe local apples, one for each person
- 🍏 1 teaspoon of raisins per apple
- 🍏 Pinch ground cinnamon per apple
- 🍏 Pinch ground nutmeg per apple
- 🍏 Pinch brown sugar per apple (optional)
- 🍏 1 teaspoon of oats per apple

### **Directions:**

- 1) Pre-heat your oven to 350F.
- 2) Using a sharp paring knife or (preferably) a coring tool, cut from the stem end down into the apple and remove the center core, and discard/compost. Try to remove all the seeds and pith. Do not peel.
- 3) Place the apples in a baking dish that has a lip or sides. If the apple does not stand up, slice the bottom off enough to make a flat surface to sit on.
- 4) In a separate small bowl, toss the raisins with the spices, oats and sugar (if using).
- 5) Mix thoroughly. Then spoon the spiced raisins into the core cavity of each apple.
- 6) Bake the apples in the oven for about half an hour.
- 7) To check whether or not it is done, carefully pierce an apple with your fork. If the apple yields easily to the fork, it is done.
- 8) Remove from oven and let the apples sit a few minutes to cool.

## Mulled Apple Cider (from [www.recipezaar.com](http://www.recipezaar.com))

**Recipe Makes:** 1 gallon (~4 liters)

**Notes:** Perfect for those chilly fall or winter days!



### Ingredients:

- |                                |   |
|--------------------------------|---|
| 🍏 4 liters apple cider         | 🍏 5-6 cinnamon sticks                   |
| 🍏 2 Tablespoons whole allspice | 🍏 Orange slices (optional)              |
| 🍏 2 Tablespoons whole cloves   | 🍏 Additional cinnamon sticks (optional) |

### Directions:

- 1) Tie small spices in a small cheesecloth and drop into the cider; place cinnamon in on its own.
- 2) Heat mixture on the stove and simmer for at least 30 minutes before serving, stirring occasionally to agitate the spices.
- 3) Pour into mugs and serve, with a cinnamon stick and orange slice, if desired.

## Red Cabbage and Apple Cold Slaw (adapted from [www.southernfood.about.com](http://www.southernfood.about.com))

**Recipe Serves:** 6

**Notes:** A great combination of colours! Makes a perfect side salad or crunchy addition to a sandwich or burger.

### Ingredients:

- |   |  |
|---|--|
| 🍏 2 tablespoons balsamic vinegar  | 🍏 2 tablespoons fresh lemon juice                                      |
| 🍏 1 Tablespoon apple cider vinegar  | 🍏 3 cups coarsely shredded red cabbage                                 |
| 🍏 1 Tablespoon local, raw honey   | 🍏 2 cups coarsely shredded green cabbage                               |
| 🍏 1 Tablespoon mustard  | 🍏 ¾ cup dried cranberries  |
| 🍏 ¼ cup olive oil   | 🍏 ¾ cup pecan halves, toasted (*Not suitable if nut allergy a concern) |
| 🍏 2 medium unpeeled local apples, cored, quartered, and thinly sliced crosswise |  |

## Directions:

- 1) Whisk both vinegars and mustard in small bowl. Gradually whisk in the honey and olive oil.
- 2) Toss apples with lemon juice, shredded cabbage, and dried cranberries.
- 3) Add dressing and toss. Add salt and pepper to taste. Stir in pecans, if using.

## Dried Apples (from [www.pickyourown.org/apples\\_dried.htm](http://www.pickyourown.org/apples_dried.htm))

**Recipe Serves:** Approximately every 5lb of apples will produce 2 cups of dried apples

**Notes:** This recipe makes a great class project or science experiment. Students will love seeing the physical changes in the apples over time. Preserving your own fruit is also a great way to create a healthy snack without the additives (i.e. sulphur). Finish off with a taste test of the fresh vs. dried apple variety (refer to spider graph earlier).

## Ingredients/Equipment:

- 🍏 Apples. Any will work but some Ontario varieties that are particularly good for drying include: Northern Spy, Winesap, Greening, Red and Golden Delicious and Russets.

## Directions:

- 1) Wash the apples well in cold water and remove any stickers
- 2) Cut out any bruised or soft parts of the apple
- 3) You can remove the skins if desired, but this is not necessary
- 4) Core the apples using a sharp knife or coring utensil
- 5) Slice thinly into rounds

## 6) **Food Dehydrator Method:**

- a. Arrange slices on each rack so that air can circulate, preferably have the slices not touching each other
- b. You can sprinkle with spices such as cinnamon, nutmeg or allspice, but this is

optional

- c. Turn the dehydrator on. If it has a thermostat, set it at 140F
- d. Dehydrate for about 12-24 hours

7) **Oven Method:**

- a. Preheat oven to 150F or the lowest setting available
- b. Arrange the apple slices on cake racks, spread out so they're not touching. Cookie sheets will work but you'll have to flip the apple slices occasionally to ensure the hot air reaches both sides
- c. You can sprinkle with spices such as cinnamon, nutmeg or allspice, but this is optional
- d. Close the oven and dry out for 10-20 hours, checking periodically, rotating shelves (back to front and up and down)
- e. To quicken the process, you can turn the heat up to 200F, but this will require much closer observation

8) **Automobile on a hot sunny day Method:** (Save this one for summer)

- a. Park the car in the sunniest possible spot
- b. Spread the apple slices out on shallow trays
- c. Cover trays loosely with cheesecloth to keep any potential bugs away
- d. Place the trays on the dashboard of the car and roll up all the windows
- e. Drying may take around 2 full days of sun but bring the apple inside over night

9) You can tell apples are ready when they are flexible, like a raisin from a fresh bag, not brittle. Apples pieces should be leathery without free water or a 'tacky' feeling

10) You can ultimately choose the level you want to dry your apples to, but beware, unless they're at least the consistency of a raisin, they won't keep.

11) Let the apples cool and fill ziplock bags, avoiding any air pockets by squeezing. A vacuum sealer bag is useful to ensure no air get's caught.

12) Store bags in a cool, dry place for 6-9 months or longer in the freezer.











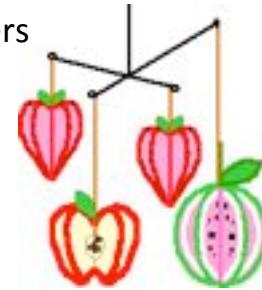
# Ideas for Apple Crafts

## Paper Apple Mobiles (from [www.enchantedlearning.com](http://www.enchantedlearning.com))

These 3-dimensional fruits are made from paper. You can make apples, watermelons, pears, plums, peaches, strawberries, oranges, and other great looking fruit. They are great to hang in a window (from a curtain rod), from the ceiling, or in a mobile.

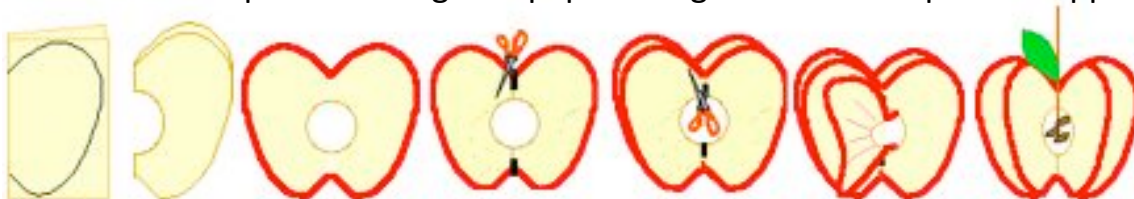
### Materials

- |  |   |
|--|---|
|  White and green construction paper |  Crayons, paint or markers |
|  Glue (or a stapler)                |  Red marker                |
|  Yarn or string                     |  Apple seeds               |
|  Scissors                           |  Wool or heavy thread      |



### Directions (descriptive pictures can be found below)

- 1) Have each child bring an apple to school.
- 2) Have all children take a bite of their apple to simulate the “Great Big Crunch”. When finished eating their apples, remove the seeds from the core and let them dry for a few minutes.
- 3) Fold a piece of white construction paper in half. Cut 3 apple shapes from the construction paper along the fold (apples should be the same size).
- 4) Cut a hole in the center of each shape.
- 5) Outline each shape with the red marker.
- 6) Cut 2 slits in one apple, at the top and bottom.
- 7) Cut 2 slits in 2 apples at the center.
- 8) Insert the slits, forming an apple. When you straighten out the pieces and align them, they will form one 3-dimensional fruit. Glue the tops together at the fold.
- 9) Glue apple seeds onto the wool or heavy thread.
- 10) Glue the thread between one of the apple sections, so that the seeds will hang in the center of the apple.
- 11) Use the remaining thread for a hanger.
- 12) Cut out a leaf shape from the green paper and glue it to the top of the apple.



[www.enchantedlearning.com](http://www.enchantedlearning.com)

# Apple Colouring Sheet

How many different coloured apples have *you* tasted?



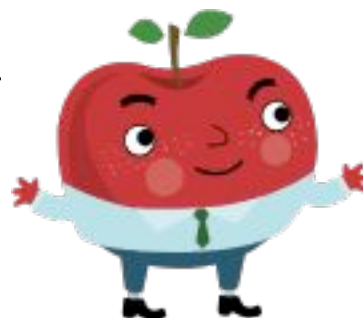
(from [www.familycrafts.about.com](http://www.familycrafts.about.com))

# Aging Apple People (from [www.familycrafts.about.com](http://www.familycrafts.about.com) & *Apple Games and Customs*, Common Grounds, UK, 2005)

**History:** “Loose Feet” dolls were originally made from carved dried apple heads and wrapped cornhusk bodies by the North American Seneca Indians. The doll was very kind spirited, old and wise and would grant the children their wishes.

## You will need:

- 🍏 An apple, the smaller the better as they'll dry quicker
- 🍏 Lemon juice
- 🍏 A pencil
- 🍏 A jar or heavy paper cup
- 🍏 Cloves
- 🍏 A knife.



## Directions:

- 1) Peel your apple and remove a bit of the core from the bottom of the apple.
- 2) Cut holes in the apple for eyes, cut triangular flaps for ears, and deep Xs for a nose and mouth.
- 3) Next, soak your apple head in lemon juice to prevent it from browning and looking gross. Dry it off with a paper towel.
- 4) Insert cloves in the eyes and stick a pencil into the bottom of the apple.
- 5) Now place your apple, balanced on the pencil, in a jar (or take a paper cup, flip it upside down, poke a hole in the bottom center, and place the apple on the pencil upright through the hole) and let it dry. Make sure it doesn't touch anything or it could spoil.
- 6) It will take a couple of weeks to dry out but after a few days you can begin to shape the face and ears.
- 7) When your apple head is dried out, create a puppet body for it by poking a hole through an old glove or sock and inserting the pencil end. Decorate the glove or sock to create a great costume for your apple.

### Super Simple!

For a fun way to make an instrument, collect apple seeds over time, let them dry out and place them in a jar for a noisy apple shaker!

# Apple Stamps

## You will need:

- 🍏 Apples
- 🍏 A knife
- 🍏 Some paper, fabric, cardboard or plain wrapping paper
- 🍏 Paint



## Directions:

- 1) Cut the apples horizontally or vertically (or some of both for different shapes)
- 2) Dip in paint and scrape any excess
- 3) Stamp away!
- 4) Students could glue apple seeds back onto the paper in the space that shows in the middle of the apple

# Draw a Rotten Apple Party

*What happens when we throw our apple cores in the compost pile?* Discuss the different microorganisms present in the compost pile and how they all work together to get the party hot!

## You will need:

- 🍏 Paper
- 🍏 Pencils, pens, crayons or other decorative crafty supplies

## Directions:

- 1) Ask students to draw what they think a rotten apple party might look like.
- 2) Consider: Who's there with the rotten apples? What do rotten apples look like? What are they doing? Is it a big or small party?
- 3) Explain to students that once we throw our apple cores into the compost, bacteria, fungi, worms, molds and other animals work hard to break it down - make sure to include them in the party!
- 4) The chemical reactions that happen during the break down make the compost pile heat up. It can get hot enough to fry an egg!

# What Am I?

Use the following apple-related terms to test the knowledge of your students and increase their awareness of the journey of the apple, from seed to kitchen to compost.

## You will need:

- 🍏 Words or pictures describing an apple's journey through the foods system

## Directions:

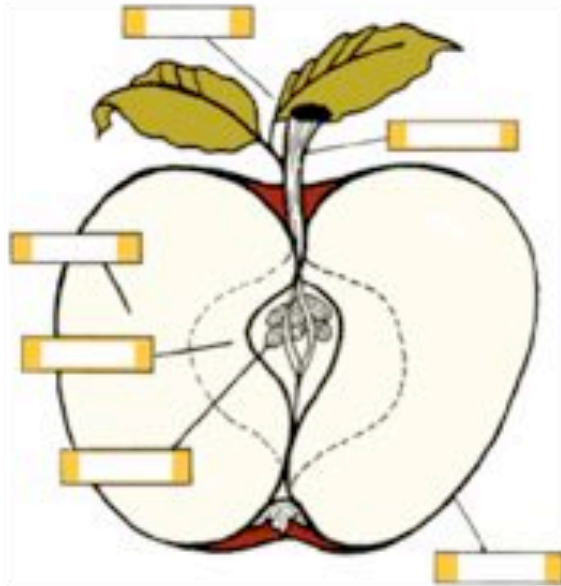
- 1) Type and print off or write the following apple-related terms on paper strips or cards
  - 🍏 *Planting the apple seed*
  - 🍏 *Growing the apple in the orchard*
  - 🍏 *Harvesting the apple from the tree*
  - 🍏 *Transporting the apple*
  - 🍏 *Packaging the apple in a box*
  - 🍏 *Selling the apple to a customer*
  - 🍏 *Preparing the apple in the kitchen for eating*
  - 🍏 *Eating the apple*
  - 🍏 *Composting the apple core*
- 2) Have students colour the words and cut them out.
- 3) Sitting in a circle, pick the words at random and place in a line. Build the line up in order (e.g. So far we have *Preparing the apple in the kitchen...* Do you think *Composting the apple core* comes before or after we prepare it for eating?).
- 4) Once completed, discuss the whole process that the apple goes through to get from the seed to our plates and back into the field.
- 5) Have students draw pictures that correspond with each step and display around the classroom.
- 6) Once students have a grasp on the apple food system, test their understanding with the following scenarios:
  - You turn the apple into cider*
  - You grew the apple yourself*
  - You live in a country that doesn't grow apples*
  - You don't compost the apple core*

\*This activity could be done using pictures only for younger students.



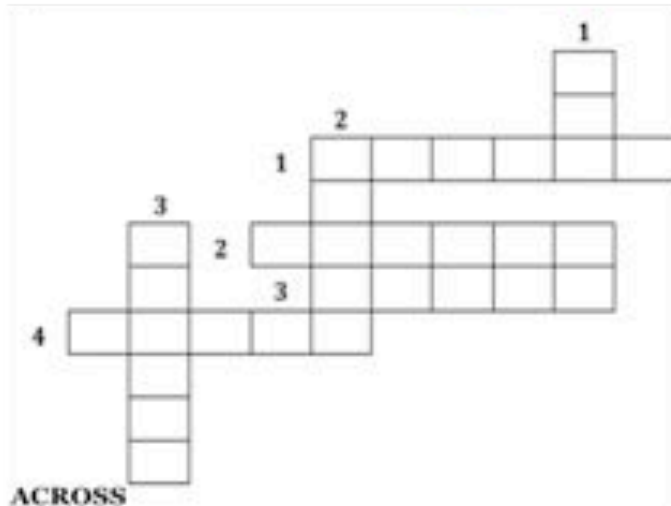


# It's Crunch Time!



Sweet	Juice	Ng
Red	Good	Delicious
Tasty	Pie	Green
	Drink	

O	G	O	O	D	A	W	B	X	D
G	R	I	D	U	C	H	K	E	Z
D	E	O	B	W	K	J	L	O	P
A	E	Q	I	W	E	I	B	G	E
W	N	D	L	E	C	T	I	D	I
T	Y	I	R	I	H	I	O	E	P
H	Y	G	O	I	A	E	U	L	P
I	T	U	D	N	N	F	S	E	C
S	S	W	G	S	C	K	R	I	A
E	A	E	J	U	I	C	E	T	S
Z	T	E	E	W	S	B	D	T	Y

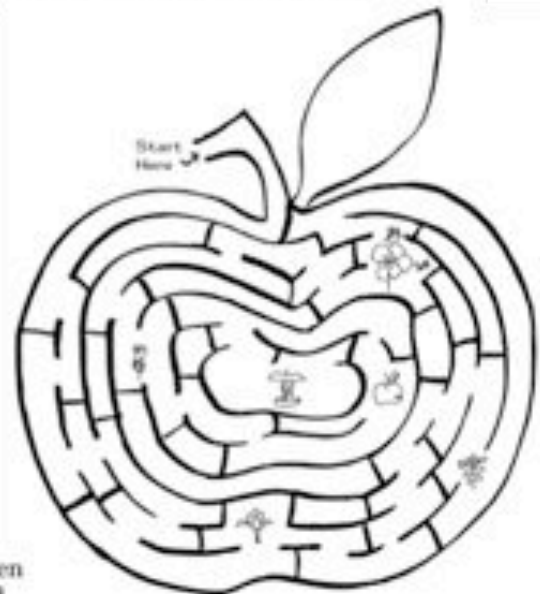


### ACROSS

- 1) You cut apples into \_\_\_\_\_ for bite-sized snacks.
- 2) Apple \_\_\_\_\_ can be spread on bread as a morning snack.
- 3) The traditional apple drink served on Thanksgiving or Halloween is called apple \_\_\_\_\_ and can sometimes be spiced and heated.
- 4) Apple cider that has been filtered and pasteurized is called apple \_\_\_\_\_.

### DOWN

- 1) People love a freshly baked apple \_\_\_\_\_.
- 2) Many people like apple \_\_\_\_\_ by itself as a dessert or snack or as a topping for pork dishes.
- 3) A loud \_\_\_\_\_ can be heard when you bite into an apple.



Find your way through the maze and list the different apple stages along the way!

**First stage:**

**Second stage:**

**Third stage:**

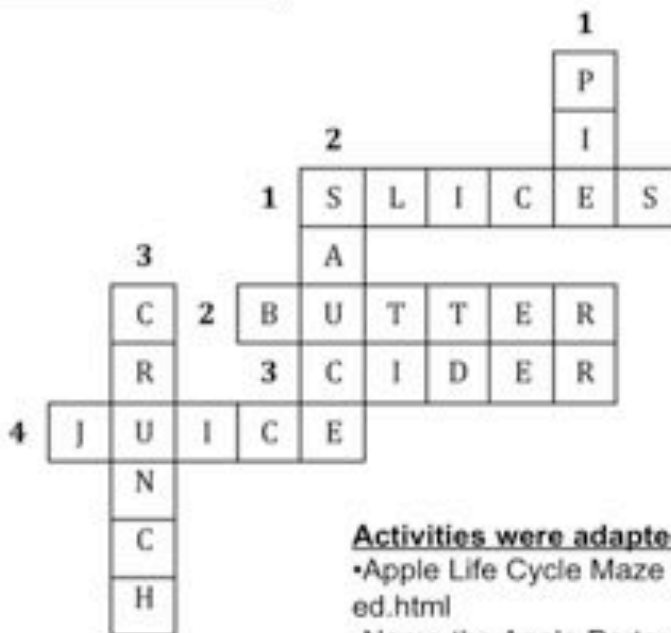
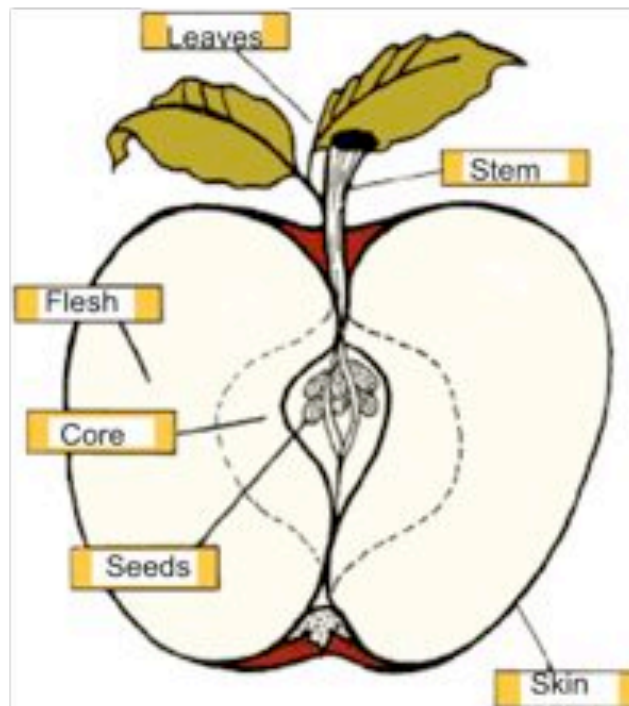
**Fourth stage:**

**Fifth stage:**

**Sixth stage:**



# Answer Key:



### Maze:

- First stage: Bud
- Second stage: Green Tip
- Third stage: Pink Pre Bloom
- Fourth stage: Full Bloom
- Fifth stage: Fruit set
- Sixth stage: Mature Fruit

### Activities were adapted from these websites:

- Apple Life Cycle Maze & Apple Foods Crossword: [www.waga.org/ed.html](http://www.waga.org/ed.html)
- Name the Apple Parts: [www.urbanext.uiuc.edu/apples/edu-projects\\_1.html](http://www.urbanext.uiuc.edu/apples/edu-projects_1.html)
- Word Find: [www.applejuice.org/seekword1.html](http://www.applejuice.org/seekword1.html)