

# FOOD EXPLORERS

Step by Step — Learn about and taste different foods

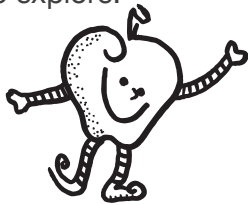
Apples!!!



## Step 1

### Mystery Food?

- Choose a green, yellow, or red apple to explore.
- Place the apple in a paper bag.
- Tell your students a mystery food is inside and they are going to solve the mystery.
- Have your students reach their hand into the bag and feel the food. Don't peek!
- Ask your students questions, such as: Is it round or flat? Is it hard or soft? Can you eat the whole thing? What colour is it?
- Reveal the apple.



## Step 2

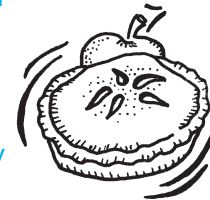
### Explore the Food

- Ask your students questions and use the stories from the read-aloud options below to explore this food.
- What can you make with apples? *applesauce, apple pie, baked apples,...*
  - What kinds of apples have you tasted? *Granny Smith, Fuji, Golden Delicious, Gala, Pink Lady, Jonagold, Newton, Spartan and many more.*
  - Do you know how apple cider is made? Find out by watching the video [Bennett's Apple Cider](#).
  - *Story options:*
    - [Apples](#) by Ken Robbins
    - [Picking Apples & Pumpkins](#) by Amy and Richard Hutchings

## Step 3

### Cook and Eat Together

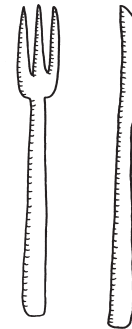
- Use one of the recipes below or visit [Better Together](#) for other tasty ideas.
- [The Murphy Family's Apple Snack Caterpillar](#)
- [Izzy's Apple Turnovers](#)



Feel free to share what you did with your child's caregiver.

Did you use your own recipe?

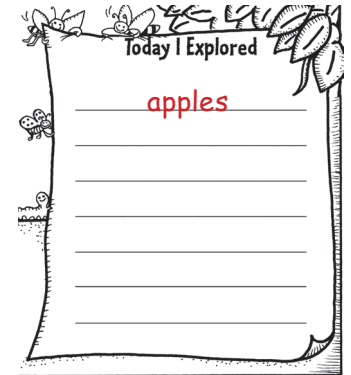
Consider sharing it with the [Better Together](#) community.



## Step 4

### Journal the Experience

- Have your students journal their experience by writing or drawing what they learned about the food on a blank piece of paper.



Explore our [Food Explorers program](#) and other [downloadable resources](#).

