



WEEK 2: APPLES

NATURE WALK

Go on a walk around your local area and look out for apples growing on the trees. If possible can you take a visit to an orchard?

RECIPES TO TRY

Apple Crumble
Apple Pie
Try drinking apple juice
Apple Muffins
Apple Tarte Tartin

Garden Jobs

Check your crops for harvesting

Pull any leaves off your pumpkins to help them be ready for the end of October

Provision

Set up an apple investigation station with a few varieties of apples to observe. Slice some apples into halves and quarters and provide magnifying glasses to help children look more closely at the seeds.

Encourage children to record their observations in their nature journal.

Why not have a go at printing with apples and explore what patterns you can make?

Set up a small world farm and discuss harvesting.

Collect

Different apple varieties. How many different types can you discover?

Book Ideas

Apples, Apples Everywhere!: Learning About Apple Harvests (Autumn)
by Robin Koontz

Orange Pear Apple Bear by Eily Gravett

Hello, World! How Do Apples Grow? By Jill McDonald





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FACT SHEET

Apples are fruits which are ripe and ready to be eaten in the autumn.

Apples grow on trees and start off from flowers.

Apple trees are covered in white blossom in spring.

Apple trees need to have their flowers pollinated if any fruits are going to develop. Bees and butterflies are the very important helpers here. As the bees and butterflies fly from plant to plant collecting nectar to eat, they also take pollen from one plant to another.

When pollen arrives from another plant it fertilises the egg cells in the receiving plant, and these egg cells grow into seeds. The seeds are protected inside a fruit, which grow and ripen in the autumn – and that's the apple!



There are over 7000 different types of apple around the world. In the UK we have around 2500!



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RECIPE- APPLE CRUMBLE

Ingredients

Serves: 6

6 Granny Smith apples, peeled, cored and diced

250g caster sugar

200g plain flour

120g butter 1 clove or cinnamon stick

Method

1. Put the apple chunks into a pan, add three quarters of the sugar, the cinnamon stick or clove and cover.

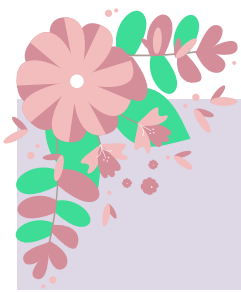
2. Allow to stew gently for half an hour, stirring occasionally with a wooden spoon. Keep checking as they can easily burn at the beginning. Check that the fruit is cooked by mashing it a bit with a wooden spoon. The apples should be soft but not puréed.

3. Put the apples into the serving dish and allow to cool. Set the temperature of the oven to 150 C / gas 2.

4. Mix the flour, remaining sugar and the butter with your fingers in a bowl until it becomes like a breadcrumb consistency. Cover the stewed apples with the crumble topping, without pressing down.

5. Bake for approximately 30 minutes or until the crumble is golden brown and crunchy. Spoon a helping of crumble into a dish and serve with cream or ice cream.





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APPLE VIZUALIZATION

Lay down on the grass under a tree and close your eyes or find a spot to gently focus your eyes on. You could always try this inside too.

Close your eyes and be very still as you feel the warmth of the late Autumn sun on your skin. The rays of sun are making your muscles relax and you notice how soft the grass feels under you. As the sun shines it's rays onto your face it makes your eyes relaxed, your nose and cheeks relax and your mouth is still.

You can hear the sounds of the birds singing happily in the trees and the leaves are making a gentle rustle as they blow in the wind.

The apples are also growing on the tree and the sun is turning them a lovely green. You imagine biting into a delicious juicy apple and how good it tastes.

You feel so peaceful as you rest here. Tell your self 'I am relaxed'

APPLE SONG

Play a singing circle game to the tune of "Here We Go Round the Mulberry Bush." Children skip in a circle, holding hands, while singing the first verse.

Verse 1: Here we go round the apple tree, The apple tree, the apple tree. Here we go round the apple tree, So early in the morning.

Verse 2: This is the way we plant the seeds.

Verse 3: This is the way the little seed sprouts.

Verse 4: This is the way it grows to a tree.

Verse 5: This is the way the flowers blossom.

Verse 6: This is the way the apples grow.

Verse 7: This is the way the apples are picked.