

Applesauce



GUIDING QUESTIONS

What does a plant need to grow? What do I need to grow and be healthy?

1. WASH HANDS (5 minutes)

Ask students to wash hands. Divide them into three groups and assign each group to a table. Reiterate safety rules for using the Charlie Cart.



2. INTRODUCE THE LESSON (5 minutes)

Today we are making fresh applesauce. We'll chop apples, add lemon juice and cinnamon, and have a chance to taste each type of apple to compare the flavor.

Apples are in season in the fall—this means fall is the time that they are ripe and ready to eat. How do apples grow? (On trees.) [Show apple. Point out how the stem attaches to the tree.] Point to seeds. Why are seeds important? (They are the part of a plant from which a new plant can grow.)

Any plant with a seed is called a fruit. Fruit has a peel that we sometimes eat (apples, not oranges) and flesh, which is the main part we eat. [Show and name peel and flesh.] Why do you think it has a peel and flesh? (To protect the seeds growing inside.) How could we grow more apples? (We would plant apple seeds to grow apple trees.) Today I peeled the apples to make it easier for you to chop them up. But in general, we eat the peel, because the colorful peel is tasty and good for us. The colors in our foods tell us that they have different types of nutrients that our bodies need. The more colors we eat in our diet, the stronger our bodies will become.

There are many types of apples, each with its own particular flavor and texture. We are using three different apples today: a tart Granny Smith apple, a sweet and juicy [name variety] and a crisp [name variety].

I will cook the applesauce at the cart. The cooktop and stockpot are hot, so stay away from the cart unless an adult in the room has given you permission to be there.

3. MAKE APPLESAUCE (20 minutes)

PREPARE APPLES

- Show students the claw and saw technique, pictured on page 1. With one hand, make a claw shape with fingertips touching the top of the produce. Now, curve fingertips in slightly. You can hold the produce in place, but your fingers are protected. With the other hand, grasp the knife or scraper firmly by the handle. Slice or cut slowly and carefully, never taking your eyes from the knife blade. Move your claw hand back away from the knife as the knife moves closer, until the claw hand reaches the end of the produce. Do not slice all the way to the end! Always leave an inch of produce for safety's sake. You can snack on the rest!
- With tot knife or scraper, students chop apple slices into large dice. (If not enough tools, take turns.) Add to large mixing bowl.

JUICE THE LEMON

- Show students how to use a reamer to juice a half lemon: hold the lemon above a small bowl and gently push the reamer into the flesh of the fruit and twist.
- Ask students to juice their fruit into a small bowl, taking turns with the reamer. Students may juice fruit by hand if they are getting impatient.
- Show and name teaspoon measure. Demonstrate how to fill it to the top.
- Assign students to remove seeds from lemon juice, measure 2 teaspoons of juice, pour over apples, and stir to combine with a wooden spoon.

MEASURE SUGAR AND CINNAMON

- Dry the measuring spoon before using it. Show how to measure dry ingredients: fill the measuring spoon to heaping, then use a knife to scrape the top flat.
- Students measure 1 teaspoon cinnamon and 1 teaspoon sugar into apples, and stir to combine.
- Assign students to bring prepared apples to the cart to be cooked.

COOK APPLESAUCE

- Set induction cooktop to medium high, 212°F.

- Add 1 cup water and apples to the stockpot and cook for 1 minute. Reduce heat to 180°F, and cover.
- Cook 5 minutes then check consistency. Add remaining water if mixture looks dry. Cover and cook another 8 to 10 minutes, stirring occasionally.
- Remove from heat and, using a wooden spoon, stir and break up to desired consistency. Allow to cool several minutes before serving.

WHILE APPLESAUCE COOKS, TASTE APPLES

- Slice each apple and distribute small pieces to taste.
- Addressing the class, show and name each type of apple. Slice apple in half and show the inside.
- *What color is this apple? Do you recall the names of the parts?*
- *How would you describe the flavor of this apple? How about the texture?* [**Prompt with descriptive words: crispy, crunchy, sour, sweet.**]
- *Now let's draw and color a picture of the apple you liked best. First draw a whole apple, then draw a half apple. In the half apple picture, point out and write the names of the parts: seeds, peel, flesh, and stem. Describe why this apple is your favorite.*

4. EAT AND DISCUSS (10 minutes)

Clean up and set tables to eat. Serving size is approximately $\frac{1}{4}$ cup.

DISCUSSION QUESTIONS

Describe the flavor and texture of the applesauce. Does it taste the same or different from applesauce out of a jar? How is it different? Can you taste each variety of apple, or do the flavors blend together? What other flavors can you identify?

5. CLEAN UP (10 minutes)

ADDITIONAL ACTIVITY

Investigate the ingredient label of a store-bought jar of applesauce. Read aloud and ask students which ingredient names they recognize. Recall the ingredients from today's applesauce recipe and compare the two ingredient lists. What similarities and differences do they notice?

Applesauce



SEASON: **FALL**

MAKES: **3 CUPS**

INGREDIENTS

3 small- to medium-size apples, 1 of each variety: Granny Smith; Jonagold or Pippin; Sierra Beauty or Fuji

2 teaspoons lemon juice

1 teaspoon ground cinnamon

1 teaspoon sugar

$\frac{1}{3}$ cup water

PREPARATION

1. Wash and peel apples. Discard peel into compost.
2. Cut the apples in half. With flat-side down on cutting board, slice each piece in half again. Cut stem and core out of the apples and discard into compost. Chop apples into large dice. Add apple pieces to large mixing bowl.
3. Add the lemon juice and stir to coat apples.
4. Sprinkle the cinnamon and sugar over apples and mix well.
5. Place the mixture in stockpot. Add the water.
6. Cook for 1 minute over medium-high heat. Reduce heat to medium and cover. Cook, stirring occasionally with a wooden spoon, for 10 to 15 minutes.
7. Remove from heat. Using a wooden spoon, stir to desired consistency. Let cool slightly before serving.

Applesauce will keep, refrigerated and in a tightly sealed container, for 3 to 5 days.

VARIATION

Add $\frac{1}{3}$ cup water to stockpot with 1 stick of cinnamon and 2 cardamom pods. Bring to a boil, then reduce to simmer for 5 minutes. Remove spices, and add apples to stockpot. Add 2 to 3 tablespoons additional water if the mixture looks dry, and cook as above.