

Apple Information Sheet

Today's Farm to School Snack features local _____ apples!

While apples originated in Kazakhstan, the apples you will be trying today were grown locally at:

_____ in _____

How Does It Grow?

Apples grow on deciduous trees—trees that lose their leaves in the fall but keep growing and blooming year after year. In the spring, apple trees bloom with beautiful blossoms. Bees and other insects help pollinate these flowers, which help the tree form tiny apples. Over the summer, the apples grow bigger, soaking up sunshine and nutrients. By fall, they're ripe and ready to pick! With the right care, an apple tree can keep producing fruit for many years. Apples can be enjoyed fresh, baked, juiced, dried, or cooked into pies, sauces, and crisps!



Fun Facts

- Sir Isaac Newton, the renowned Mathematician and thinker, is thought to have discovered the laws of gravity in 1660 after seeing an apple fall from a tree.
- It takes energy from 50 leaves to produce one apple.
- Apples clean our teeth by removing bacteria.

Around the World

Apples first grew in the mountains of Kazakhstan over 3000 years ago and were spread by ancient civilizations. They were grown across Europe before being brought to North America in the 1600s. Many cultures celebrate apples, like the Celtic tradition of bobbing for apples at Halloween to mark the end of harvest season. In Nova Scotia's Annapolis Valley, the Apple Blossom Festival is held every year to celebrate the apple-growing season.

Ways to Explore

Ask learners if they would like to share any cultural dishes or family traditions that include apples.

Guide students through a mindfulness taste testing experience:



Look



Feel



Taste



Smell

Enjoy this crunchy snack!

Find more resources at www.nourishns.ca