



PROMOTING OREGON APPLES

Kids love eating apples. Oregon apples are harvested from July through November. Plan an apple promotion for your school. Involve students in learning about Oregon apples with one of more of the following ideas.

Easy Marketing with Oregon Harvest for Schools

Display this poster the week or month you feature Oregon apples on your menu. Place a poster at the entrance to the cafeteria and another near the serving line. As students come through the serving line, point out the Oregon apples. Remember to ask the principal to announce the availability of fresh Oregon apples. Let teachers know that you will be featuring Oregon apples and share the apple related lessons in Classroom Elements.

Invite Your Local Apple Farmer to Lunch

Feature a local apple farmer as the VIP in the cafeteria. Invite him or her to eat school lunch with students. Ask if they can bring photos of their apple trees or different varieties of apples for students to sample. Invite a student newspaper reporter to interview the local farmer.

Apple Tasting Table

Purchase three or four varieties of Oregon apples for a special “Apple Tasting Table” in the cafeteria. Students can taste the apples and vote for their favorite variety. Be sure to post the results and consider offering the winning variety on your salad bar. For more information see A Guide to Taste Testing Local Food in Schools from Vermont Farm to School at <http://www.vtfeed.org/materials/guide-taste-testing-local-foods-schools>

Map It!

Display a state or county map and mark the spots where apples are grown close to your community. Include school and community gardens too! Display a sign with the map asking students if they know of additional apple tree locations (family gardens count!). Ask students to add new locations to the map by speaking with nutrition service staff. Go to <http://www.localharvest.org/> to find local farms, farmers markets and other sources of Oregon grown apples in your area.

Play Apple Trivia in the Cafeteria

Students enjoy trivia contests. Put trivia questions on table tents in your cafeteria. Or create a trivia questionnaire that you distribute as students come through the lunch line. Provide a place for students to put their answers. Post the Trivia Contest winner names and photos in a prominent place. Here are some trivia questions and answers to get you started.

Q: How many pounds of apples do Oregon farmers grow each year? The closest guess wins!

A: One hundred thirty million pounds of apples in 2009

Q: Why is it a good idea to eat an apple with the peel still on it?

A: Because the peel is a good source of fiber

Q: Name at least three varieties of apples that grow in Oregon

A: Possible Answers: Fuji, Gala, Red Delicious, Granny Smith, Jonagold, Braeburn, Golden Delicious, Honeycrisp, Newtown Pippin and Pink Lady.

Q: This mineral found in apples maintains the heart beat, regulates body fluids, and is important for muscle and nerve functioning. It also begins with the same first four letters as potato. Can you name it?

A: Potassium

Q: When is Oregon's apple harvest?

A: July through November

Promote Apples with Student Art

Invite a classroom to get involved in promoting Oregon apples by creating art with an Oregon apple theme. Display the student art in the cafeteria or in another area of the school the week or month that you feature Oregon apples.

OREGON HARVEST FOR SCHOOLS CLASSROOM ELEMENTS

ELEMENTARY SCHOOL

Read A Book

Get a copy of the book, *Apples to Oregon*, and read it to a class along with an apple tasting.

Apples to Oregon by Deborah Hopkinson is for children four to eight years of age. It is the fictional story of a family moving from Iowa to Oregon. See this Ag in the Classroom link for a related lesson plan: aitc.oregonstate.edu/resources/pdf/activity/bracelet.pdf

A Bushel of Books for the Apple Season

The books highlighted on the following link blend dynamic text with luscious artwork to explore apples from seed to skin. Serve these books – along with apple slices – as part of an apple-themed unit, or incorporate these curriculum-crossing offerings into studies of the changing seasons, nature appreciation, agriculture and farming, cooking and food preparation, family traditions, folklore, and American history.

Go to <http://www.schoollibraryjournal.com/article/CA6699338.html>

Apple Research

Tell the students that in a few weeks the cafeteria will offer local apples as part of the school lunch. Ask each student to think about something they would like to know about apples. Have them write down their questions. Encourage students to interview the school cook or a local farmer or look in books and on the internet for information about their question. The week that apples are featured in the cafeteria, have students share their questions and their answers.

MIDDLE SCHOOL

Science Investigation

Oxidation is the browning reaction that occurs when the atoms in an apple come in contact with air and lose electrons.

Cut two apples in half. Pour one tablespoon of lemon juice over the first half. Pour one tablespoon of water over the second half. Pour one tablespoon of apple juice over the third half. Do not pour anything over the fourth half. Leave all four halves in a visible spot in the classroom. Have students note the differences in the browning after one hour. Ask which method worked best and discuss possible reasons why.

School Garden: Savvy Seeds

As fall weather spells an end to some school gardens, encourage students to become seed detectives by identifying, collecting, and saving their own seeds from the garden or in the wild. Some fruits and vegetables to consider: melons, tomatoes, beans, peas, peppers, pumpkins, squash, and corn.

Start a Class Discussion with the following questions.

How do plants grow from seeds? What nutrients do plants need for optimal growth? Compare plant nutrients with the nutrients humans need. Explain why it is so important for us to eat plenty of plant foods, especially fruits and vegetables. For more ideas, visit kidsgardening.com

HIGH SCHOOL

Decomposition

Cut an apple in quarters and set two quarters on a paper plate outside and two quarters on a paper plate inside. Check on them every 24 hours and note any changes. See which quarters decompose faster. The quarters outside should decompose more quickly, since there are more microorganisms and insects outdoors. The quarters inside should brown quickly, but may attract no bugs at all. Read more: Apple Science Projects |

http://www.ehow.com/list_5764363_apple-science-projects.html#ixzzI62yZcw8b

Student Sleuths

- Why is fiber important?
- Apples contain natural fructose. What is natural fructose and what are its benefits?
- Why do apples float in water?
- True or false: Apples have their own layer of natural wax.
- For information, visit:

<http://www.fruitsandveggiesmatter.gov/>

usapple.org

calapples.or