

EAT, SMELL AND TASTE THE FLAVOURS OF KENT

- Investigate the texture, smell and taste of different Kentish apples
- Record on a chart some simple information about the apples and award stars for the best
- Make a collage to help show the words used to describe the apples e.g. rough, smooth, shiny, juicy, tasty, crunchy, sweet
- Use adjectives to make a class poem in the shape of an apple
- Explore the names of the apples, clapping out the syllables
- Make a glossary of apple related words e.g. orchard, pip
- Make a list of the phrases we use with the word apple in them

APPLE ACTIVITIES

WHAT'S INSIDE THE APPLE?

- Make a careful observation drawing of what the apple is like on the outside
- Cut the apple in half vertically so that the pips can be seen and draw the apple again
- The two pictures could be attached so the top layer can be lifted up to show the inside and the outside of the apple

HOW DO APPLES GROW

- Make a sequence of pictures to show what happens during the life of an apple tree from the young tree/graft to the blossom and the apple growth
- Hold an apple and find out where it was attached to the tree and the part that is the remains of the apple blossom
- Find out which apple is in the shops around your birthday

AN APPLE A DAY

- Why do people say an apple a day keeps the doctor away?
- Design posters to encourage friends to eat apples

APPLE STORIES

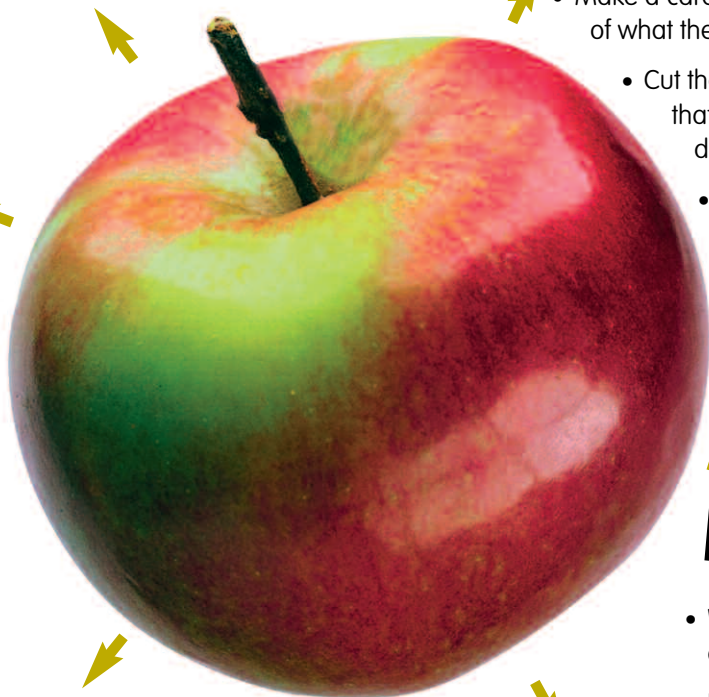
- Tell the story of Johnny Appleseed. Discuss what the story tells us about Johnny
- Find other stories that have apples in them to make a library display on the theme of apples

APPLE DESIGN

- Use small apples cut in half to print a repeating design to use as a border or a backing sheet for an apple display

MATHEMATICAL APPLES

- Weigh apples in non-standard measures to see how heavy they are
- Find out everyone's favourite apple and make a class bar chart



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COOKING WITH APPLES

This is a simple recipe that you can try with your students using Bramley or other type of Kentish apple.

Bramley apples, also known as cooking apples, are grown in Kent all year round.



Apple Crumble

INGREDIENTS

- 1 kg Kentish apples
- 1 tbs sultanas
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1 tbs Kentish honey

For the crumble topping:

- 1 cup wholemeal flour
- 1 cup caster sugar
- 1 cup sunflower spread

METHOD

- Peel and slice the apples and lay flat in a casserole dish
- Cover apples with a layer of sultanas
- Sprinkle brown sugar, cinnamon and nutmeg over sultanas. Spoon on honey
- Mix crumble ingredients in a bowl and work with fingers for 2 minutes
- Sprinkle mixed crumble over the top of the casserole dish
- Bake in a preheated oven to 180°C for approximately 1 hour or until crumble is golden brown



HEALTH AND SAFETY AND GENERAL PRECAUTIONS

- Apples must be washed and everyone involved in the apple tasting should wash their hands
- An adult should be in charge of cutting fruit and using hobs, microwave ovens and stoves
- Care should be taken to ensure food is not too hot to eat



USEFUL WEB SITES CONTAINING INFORMATION ABOUT APPLES

- <http://www.countrylife.co.uk/lifecountry/food/applehistory.php>
History of apple growing in this country
- <http://applesource-education.co.uk/>
Information on Bramley apples. Pages for teachers, children and families which contain activities and recipes
- <http://www.bestapples.com/kids/index.html>
American site. Pages for children and recipes
- http://www.britishfoodfortnight.co.uk/pdfs/2005/school_guide_web_version.pdf
A pack for schools on British Food Fortnight. Case studies to show what schools have done to introduce British food into the curriculum
- <http://www.appleseed.org/johnny.html>
Story of Johnny Appleseed and links to the area in which he lived
- <http://www.sdcoe.k12.ca.us/score/apple/appletg.html>
American site with apple ideas for teachers
- <http://atozteacherstuff.com/Themes/Apples/>
American site that contains lots of apple activity ideas for teachers
- <http://www.kinderthemes.com/apples.html>
American site with ideas for teachers
- <http://www.brogdale.org>
Website for the National Fruit Collection at Brogdale. Information on varieties and about growing apples



Flavours of the region