

All in for Applesauce

3rd grade

Lesson Time: 30 minutes

of students: 9

BEFORE THE LESSON

- Meet with 3rd grade teacher to discuss the lesson plan
 - Determine cooking location. Make sure the setup is near an outlet. Find out if you can set up prior to the lesson.
 - Go over food safety and PPE
 - Hand washing before and after the lesson
 - Clean up
 - Gloves, Mask and hair net
 - Covid protocol.
 - Roles
 - Teacher's role: setup, during cooking, adding the lemon, cinnamon serving premade applesauce
 - FCSM Role
 - Determine when to do the tasting and voting
 - Snack time, lunch time, etc.
- Meet with Food Service manager/rep:
 - Local apples, speak to your food service manager to order at least 3 varieties of apples. (in advance, depending on location. 2 weeks prior)
 - Ask for gloves and hair nets.
 - Washing up after the lesson.
- Ingredients and cookware
 - Gather all ingredients and cookware and drop off at school prior to the lesson.
- Assign a time checker! (Teacher)

DAY OF LESSON

Covid-19 and time modification:

- Applesauce will be prepped and pre-packed in tasting cups prior to the lesson.
- Apple handout
- Students will come up to a station to core apples.

Prepare:

1. Setup station with 3 bowls, 3 apple corer/slicers, 3 mats.
2. Setup PPE (gloves, hair nets) at each group table.
3. Ensure teacher have students wash their hands prior to class starting during transition period (5 minutes)
4. Preslice apples for tasting

5. Hand out Apple sheet
6. Print out applesauce recipe
7. Have the teacher write out the following prompt on chart paper: "Diverse varieties of apples contribute to a flavorful applesauce. What is your favorite apple? Why do you think we added many different types of apples to our applesauce, rather than just using one type? How do diverse students contribute to our amazing classroom?"
8. Setup voting chart- "tried it", "liked it", "loved it"

LESSON MODELING

Action Steps:

1. Introduction of the activity - We are going to learn how to make homemade applesauce today. We're going to try it and vote. Introduce class agreement: "Don't yuck my yum" (5 minutes)
2. Divide students into groups of 3.
3. Have students put on gloves and hair nets
4. Making the applesauce: Explain to students that the class will be making applesauce using the different apple varieties (Cortland ,_Gala , Empire). Some apple varieties taste sweet and others are tart, so they each contribute something unique to the applesauce. Walk through the list of ingredients. Explain the apple corer/slicer and demonstrate how to use it. Be sure to add the apple to the pot. Then call up one student from each group to come up to the station and use the apple corer to slice and core one apple, and toss it into the pot. Continue until 9 apples are cored and sliced. (15 minutes)
5. Discussion and Group Reflection: Refer to prompt and have students focus on the apple sheet. Ask students to share their favorite apple. Have them locate their favorite apple, and the apples used in the recipe on the apple chart. (5 minutes)
6. ***Tasting: Have the teacher pass out premade apple sauce while the students are coring and slicing apples. Have the students taste and vote. (5 minutes)
***depends on agreement with the teacher. Tasting may occur at another time.

Did you know? Fun Facts for Apples: <https://parleefarms.com/apple-facts/>

