



Nutrition Bites

Andi Appie

Spanish name: la manzana

Where do they grow? All over the world and in all 50 states

How do they grow? On trees

How long does it take for the plant to produce fruit? 4-5 years

What colors are they?
Reds, greens, yellows

What is their size? They range from a little larger than a cherry to a little larger than a grapefruit

What nutrients do they contain?
Vitamins C and A, calcium, potassium

How are they eaten?
Raw or cooked

Heroic Facts

Two-thirds of an apple's fiber is in its peel.

The largest recorded apple was 3 lbs.

Apple trees can live and produce fruit for over 100 years.

The apples harvested from an average apple tree can fill 20 boxes that weigh 42 lbs. each.

There are 7500 varieties of apples grown world-wide.

A Harvest of Good Reads

Apple Picking Time

by Michele Benoit Slawson

The Apple Pie Tree by Zoe Hall

Apple Fractions by Jerry Pallotta



Taste Adventure

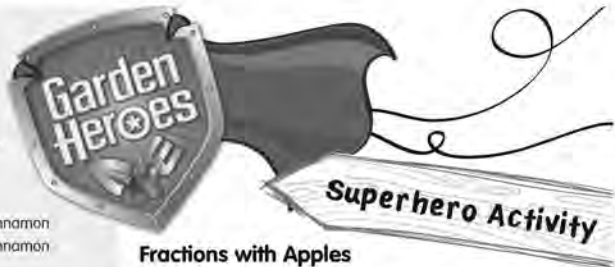
Creamy Apple-Cinnamon Quesadillas

Ingredients:

1 Tbs. packed brown sugar	Cooking Spray
1 Tbs. granulated sugar	1/4 tsp. ground cinnamon
2 whole-wheat tortillas	1/4 tsp. ground cinnamon
1/4 c. reduced-fat cream cheese	
1/2 small apple cut into 1/4" slices	

Directions:

1. In a small bowl, mix granulated sugar and 1/4 teaspoon cinnamon; set aside. In another small bowl, mix cream cheese, brown sugar and 1/4 Tsp. cinnamon with spoon.
2. Spread cream cheese mixture over tortillas. Place apple slices on cream cheese mixture on one tortilla. Top with remaining tortilla, cream cheese side down. Spray both sides of quesadilla with cooking spray; sprinkle with cinnamon sugar mixture.
3. Heat a 10-inch nonstick skillet over medium heat. Add quesadilla; cook 2-3 minutes on each side until brown and crisp.
4. Remove quesadilla to cutting board. Let stand 2-3 minutes. Cut into 8 wedges and serve.



Fractions with Apples

You Will Need:

- 4 apples (one left whole, one cut in half, one cut in thirds, one cut in fourths)
- 4 paper plates (labeled "1 whole", "1/2", "1/3", "1/4")
- Apple Fractions by Jerry Pallotta (Optional)

Directions:

Read Apple Fractions by Jerry Pallotta with the class

Have the students look at the four plates of apples and demonstrate how putting the two halves together makes one whole, putting the three thirds together makes one whole, putting two fourths together makes one half, and putting four fourths together makes one whole.

Take it a step further. Have the class line up (or a portion of the class). Then divide the class into two equal parts, 3 equal parts, etc. to show how fractions can be used in many situations.