



ALL ABOUT NEW JERSEY!

JERSEY TASTES! ACTIVITY SHEETS

Awesome Apples



ACTIVITIES:

Pre-K: Apple Print Number Line

Lower Elem: Observing Apples

Upper Elem: Apple Oxidation Science
Experiment

Middle: Apple Genetics- A Tasty
Phenomenon

HS: Apples and the
Science of Selection

Apples are in season in New Jersey from July until December. Apples grow on trees and can be red, green, or yellow. There are over thirty varieties of apples grown in New Jersey including Braeburn, Golden & Red Delicious, Fuji, Gala, Jonagold, Rome Beauty, Granny Smith, Winesap, McIntosh, Pink Lady, Cameo, York, Ginger Gold, Jonathan and many more. What variety of apple is your favorite? Do you prefer tart or sweet?



HOW DOES IT GROW:

How is it Grown: Apple Video

NUTRITION FACT:

If you eat two small apples, you will fulfill your fruit requirement for the day! Which is typically 1-2 cups of fruit.



RECIPES:

Breakfast: Basic Applesauce

Lunch: Peanut butter Apple Sandwiches

Dinner: Pulled Chicken Slider with Apple Slaw

Dessert: Healthier Apple Crumble



FUN FACTS:



2,500 varieties of apples are grown in the United States, and 7,500 varieties around the world!

