

Early Care and Education



NEBRASKA CRUNCH OFF

October 2023

Join the Mountain Plains Region states of Nebraska, Kansas, Missouri, South Dakota, North Dakota, Montana, Wyoming, and Colorado in celebrating National Farm to School Month in October by crunching into locally and regionally grown produce this fall. It's important that everyone get a chance to Crunch, so we welcome you to Crunch any day or time in October that works for you! Participants of all ages, and at all different sites, are encouraged to Crunch!



Register your own event:

https://ksde.sjc1.qualtrics.com/jfe/form/SV_3Cw1w1Uz2WwKLOW

There are so many ways to engage with CRUNCH!

Read!



- *How Do Apples Grow*
 - By Jill McDonald (0-3 years)
- *Muncha! Muncha! Muncha!*
 - By Candace Fleming (2-4 years)
- *Cool as a Cucumber*
 - By Sally Smallwood (3-5 years)
- *Apples*
 - By Gail Gibbons (3-6 years)
- *Grandma Lena's Big Ol' Turnip*
 - By Denia Lewis Hester (4-8 years)
- *Up, Up, Up! It's Apple-Picking Time*
 - By Jody Fickes Shapiro (4-8 years)



Sing!

Farmer Brown Had 5 Red Apples |
Apple Songs for Kids | Fingerplay &
Counting Song | Miss Nina
<https://www.youtube.com/watch?v=uVYCcs87eTI>

Apple Is Its Name, Oh!
(Sung to the Tune of
Bingo was His Name, oh.)
Poster Included on Page 3.



Eat!

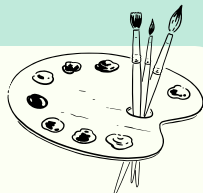
Recipes on Pages 9 & 10
Apples and Yogurt Dip
Chicken Salad with Apples



Learn!

Print out the Apple Fun Facts sheet
on Page 5 and send it home with
your children so they can learn
more about apples with their
family.

Create!



Coloring Pages of items that your class
could CRUNCH are included on Pages 6-8.

Craft Popsicle Stick Apples with your
classroom. Instructions and a Materials
Needed list are included on Page 4.

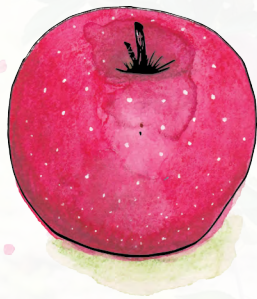
Purchase a few apples at the
grocery store. Carefully cut or slice
an apple to show the different
parts of an apple (stem, skin, core,
seeds, flesh). Take a look at each
part and discuss similarities,
differences, what parts we eat, and
which parts we don't.

I KNOW A FRUIT THAT
GROWS ON TREES AND
APPLE IS ITS NAME, OH!



A P P L E

A P P L E



A P P L E

AND APPLE IS ITS NAME, OH!

CRAFT ACTIVITY

POPSICLE STICK APPLES

Standard (CA.02): Develops foundational skills that support creative expression through the process, production, and appreciation of visual art forms.

Creating art helps children develop observation and interpretation skills. Children learn important concepts like symbolism and abstraction while also strengthening pattern recognition and visual-spatial skills to understand relationships between parts of a whole.

THE GOAL

Students will create their own piece of art that represents what an apple looks like when we have eaten it to its core. Students will discover that the apple's core is where we can find the seeds of the apple.

INSTRUCTIONS

This activity is best implemented as a small to medium center with 2-4 students creating at a time.

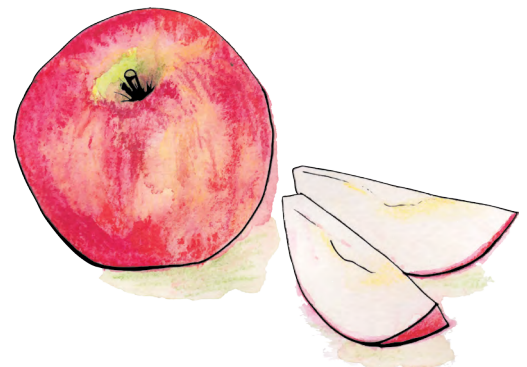
HINT: Having a pre-made craft for students to see will allow them to see what it is they will be creating and will allow them to successfully place each piece

1. Have students roll up their sleeves as they will be using glue during this art activity.
2. Place two pre-cut umbrella shaped foam pieces in front of each student along with four popsicle sticks. (HINT: Having a pre-made craft for students to see will allow them to see what it is they will be creating and will allow them to successfully place each piece).
3. Students will glue each stick to the back one of the red foam pieces until they are all in a row like a fence.
4. Have students glue the back side of the second red pre-cut umbrella shape to the opposite side of the popsicle sticks. Once both ends are glued students will turn their project over.
5. Place three pre-cut seeds in front of each child.
6. Instruct the students to glue the seeds to the "core" of the apple.
7. Place a pre-cut stem and leaf in front of each child. Have them glue these on the top back side of their apple.



MATERIALS NEEDED

- 2 RED pre-cut umbrella shaped foam pieces
- 4 popsicle sticks
- 3 BLACK pre-cut apple seeds (Construction paper or foam)
- 1 BROWN pre-cut apple stem
- 1 GREEN pre-cut leaf
- Glue



APPLE FUN FACTS

Students are learning about APPLES! Extend learning outside of the classroom by creating a positive experience for students with a conversation about apples. Help them learn more about new foods and farming in Nebraska!



THERE ARE MORE THAN 2,500
VARIETIES OF APPLES GROWN
IN THE UNITED STATES

They come in all shades of red,
green, and yellow.



BE SURE TO EAT THE SKIN.

Most of the fruit's antioxidants,
vitamin C, and fiber are located in,
or just under, the skin.



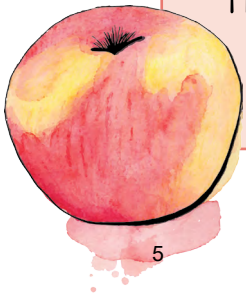
APPLE TREES TAKE 4-5 YEARS TO
PRODUCE THEIR FIRST FRUIT.

Apple trees can live to
be about 100 years old.



ON AVERAGE, AMERICANS EAT MORE
APPLES THAN ANY OTHER FRUIT.

Apples are naturally fat-, sodium-, and
cholesterol-free and are an excellent
source of dietary fiber and antioxidants.



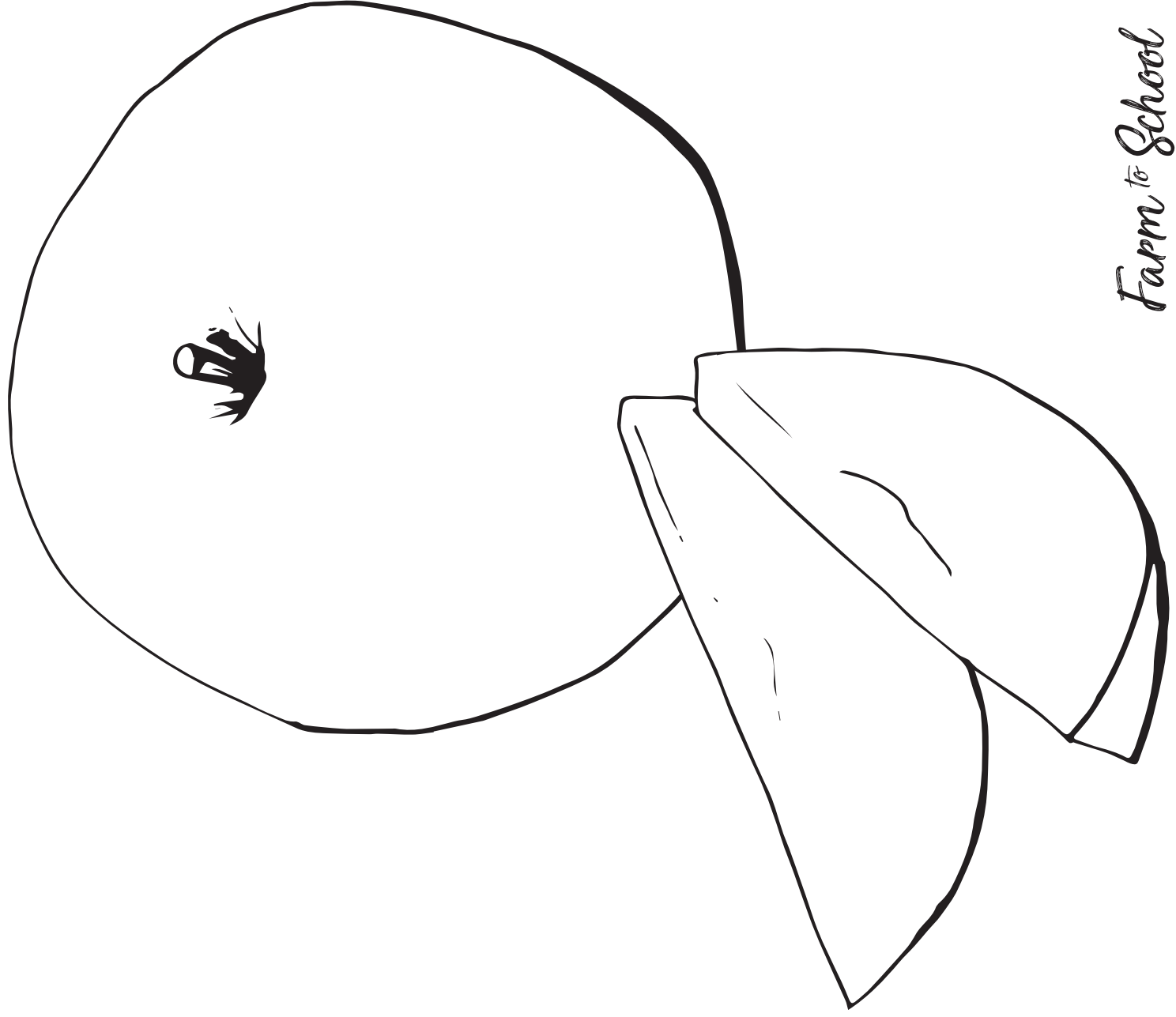
Harvest of the Month

APPLES



HISTORICAL TIDBIT -

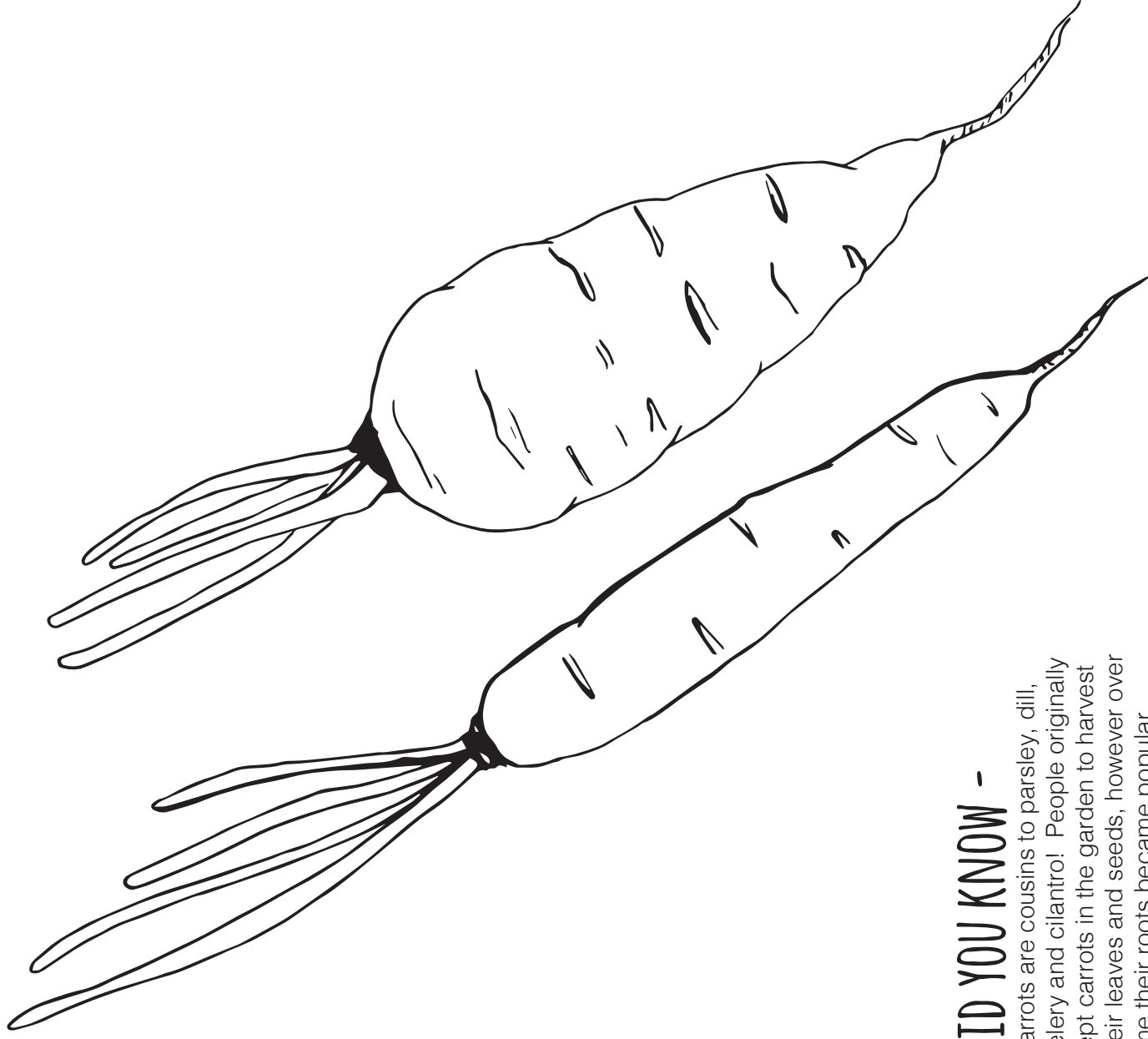
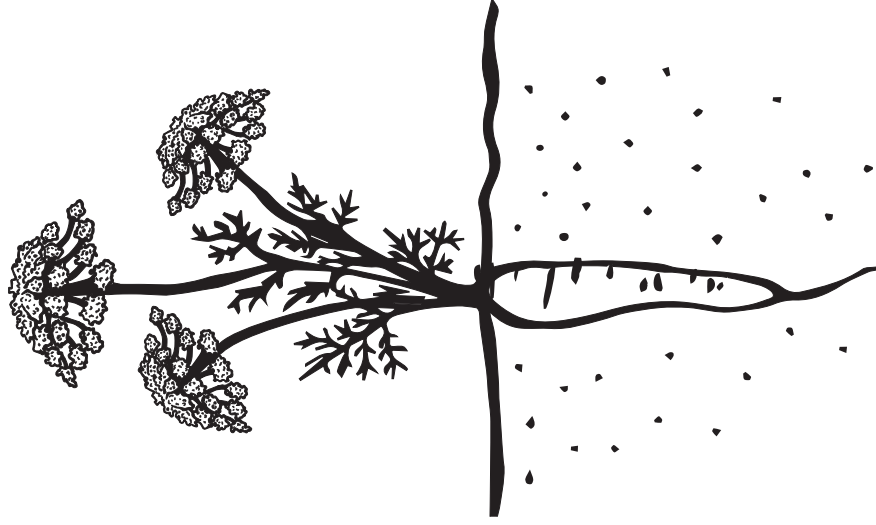
There are over 7,000 types of apples across the world! Apples originate from a region in central Asia near the Tien Shan Mountain range which comprises parts of China, Kazakhstan, Kyrgyzstan, and Tajikistan.



Harvest of the Month

CARROTS

7



DID YOU KNOW -

Carrots are cousins to parsley, dill, celery and cilantro! People originally kept carrots in the garden to harvest their leaves and seeds, however over time their roots became popular.

Farm^{to} School
NEBRASKA

8 *Harvest of the Month*

TURNIPS



DID YOU KNOW -

Baby turnips can be harvested young and eaten raw.



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NEBRASKA



APPLES & YOGURT DIP

Ingredients	50 Sample Servings	100 Sample Servings
Apples, sliced	25 medium apples	50 medium apples
Lemon juice	¼ cup	½ cup
Pineapple juice	¼ cup	½ cup
Yogurt Sauce:		
Yogurt, Greek, plain, nonfat	3 qt	1 gal + 1 qt
Brown sugar	¼ cup	½ cup
Cinnamon	1 TBL	2 TBL

Directions:

1. Rinse whole apples under running water and drain in a colander or perforated pan.
2. Combine lemon and pineapple juice (when possible, reserve pineapple juice from pineapple tidbits to use for this recipe).
3. Wedge and core apples into 6 sections using a fruit sectionizer. Place in juice (acid) immediately after cutting to prevent browning.
4. In mixer bowl place yogurt, brown sugar and cinnamon.
5. Whisk until well combined, cover and store in refrigerator. For best flavor, prepare one day in advance of service.
6. Using a #16 scoop, place (¼ cup) the yogurt dip into 4 oz. portion cup. Fill cup with apples (3-4 slices). Cover and hold until service.

Critical Control Point: No bare hand contact with ready to eat food. Hold and serve at 41°F or lower.





Recipe Credit: Illinois Harvest of the Month

SELECTION AND STORAGE

- Apples can last up to two months in the refrigerator. The date an apple was picked and the variety of the apple impacts its shelf life.
- Firmer varieties, such as Granny Smith apples, last longer than softer varieties.
- When selecting apples, check the firmness by gently pressing a small area of the fruit's skin. Visually check for quality.

NUTRITION FACT

Apples are low in sodium, fat, and cholesterol. Apples are a good source of vitamin C and fiber. There are over 2,500 varieties of apples in the United States.



CHICKEN SALAD WITH APPLES

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Diced chicken, cooked	4 lb 12 oz		9 lb 8 oz	
Celery	4 lb, chopped		8 lb, chopped	
Red onion	1 lb, minced		2 lb, minced	
Apples	4 lb 4 oz, diced		8 lb 8 oz, diced	
Dried cranberries	12 oz		1 lb 8 oz	
Walnuts	12 oz		1 lb 8 oz	
Dressing:				
Mayonnaise	14 oz		1lb 12 oz	
Yogurt	8 oz		1 lb	
Lemon juice		¼ cup		½ cup
Black pepper		1 tsp		2 tsp
Salt		1/2 tsp		1 tsp

Directions:

1. Chop all veggies and apples.
2. Combine chopped apples with lemon juice, toss to coat.
3. Drain chicken thoroughly and pat dry.
4. Drain juice from apples, reserving for dressing.
5. In a large bowl whisk mayo or salad dressing, yogurt and lemon juice from apples. Add salt and pepper. Taste for seasonings.
6. In a large tote, combine chicken, apples with lemon juice, cranberries, celery and onions. Fold in dressing. Add walnut pieces. Serve 2/3 cup portions with a #6 scoop.

Critical Control Point: Defrost chicken under refrigeration at 41°F for no more than 24 hours. Cool to 41°F or lower within four hours. Hold at a minimum of 41°F during service.

HACCP Process: #2 Same Day Service.

Yield: 50 servings, 100 servings.

NSLP Crediting Information: 1½ oz. meat/meat alternate, ¼ cup fruit, ¼ cup other vegetable.