



APPLES

- Apples are not native to North America. They originated in Kazakhstan, in central Asia. Alma Ata, the name of the former capital of Kazakhstan, means “full of apples.”
- Dentists call the apple “nature’s toothbrush”... apple fibers gently scrub the teeth, and chewing helps keep the teeth and gums healthy by eliminating bacteria in the mouth.
- Fresh apples float because 25% of their volume is air.
- Apples are a good source of potassium, vitamin C, and fiber.



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



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SCIENCE: Seasons of an Apple Tree

Supplies Needed:

- Drawing paper divided into four sections (one for each season), colored pencils,
- Books-*The Seasons of Arnold's Apple Tree*, by Gail Gibbons or *Our Apple Tree*, by Görel Kristina Näslund.

Directions:

1. Read one of the recommended books.
2. Pass out the paper and colored pencils.
3. Ask students to recall the changes they observed while reading the book, then draw what is unique about an apple tree in each season.

Key Characteristics:

Spring: buds, blossoms, some leaves

Summer: full of leaves, apples beginning to grow

Fall: ripe apples on the tree, some apples on the ground, leaves change, leaves fall

Winter: bare branches, snow collects on bare branches



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