



FOOD FOR THOUGHT:

Amazed by Apples

APPLE FUN FACTS:

- Red apples may help keep your heart healthy. They are a good source of dietary fiber, which is healthy for your digestion.
- Apples also have Vitamin C, which may help fight germs.
- The average American eats about 65 apples a year.
- About 2,500 apple varieties are grown in the United States and more than 7,500 are grown worldwide.
- The ancient Greeks' and Romans' thought apples were a symbol for beauty.



TRY THIS AT HOME!

- Fresh, dried, or cooked
- As applesauce
- Baked in an apple pie
- Juiced or blended in a smoothie



DID YOU KNOW?

- October is National Apple Month.
- The Spanish word for apple is manzana.
- Crabapple is the only apple native to North America.
- March 11 is Johnny Appleseed Day.



TRIVIA QUESTION:

Apples are members of the rose family. What other fruit is a member of the rose family?

- A PEAR** **B WATERMELON** **C ORANGE** **D MANGO**

Flip page for answer *



MEXICAN APPLE SALAD

Servings: 12

Ingredients:

- 4 red or green apples, chopped
- 1-14oz can diced pineapple, drained
- 1 cup Mexican cream (e.g. La Vaquita, media crema)
- ½ cup sweetened condensed milk
- ¼ cup pecans, chopped
- Sugar to taste (optional)

Instructions:

1. In a large bowl, whisk together cream and sweetened condensed milk until smooth.
2. With adult supervision, chop pecans and apples into ½ inch cubes.
3. Add apples, pineapple and pecans to the milk mixture. Fold in with a spatula.
4. Add sugar to taste (optional).
5. Serve chilled and enjoy!

Chef tip:

Use the drained pineapple juice for a fruit holiday drink!



FOOD FOR THOUGHT:

Amazed by Apples

SOLVE THE CROSSWORD PUZZLE

DIRECTIONS:

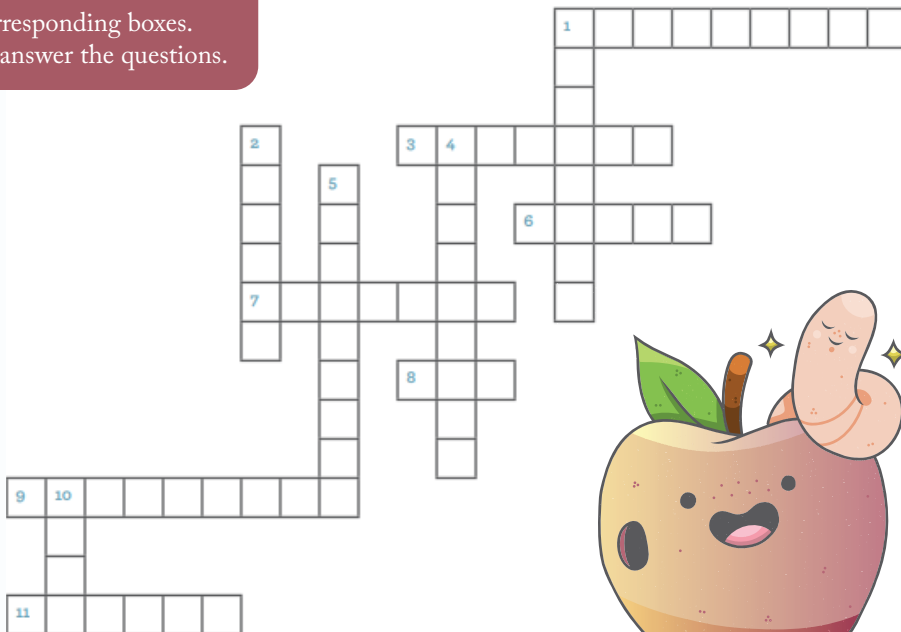
Read the clues and fill in the answers in the corresponding boxes.
Use the Fun Facts on this handout to help you answer the questions.

DOWN:

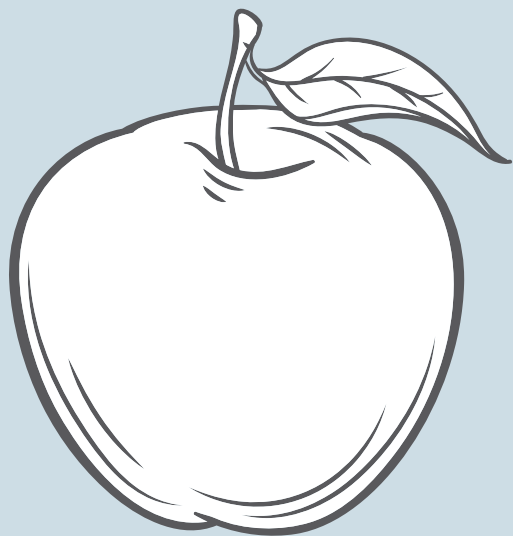
1. Found in apples that helps fight germs.
2. An apple a day, keeps the ____ away.
4. Johnny ____ is famous for planting apple trees in the U.S. during the 1800s.
5. Number of apples the average American eats each year.
10. Apples are part of which family?

ACROSS:

1. There are 7,500 ____ of apples in the world.
3. Spanish word for apple.
6. Found in apples - helps keep heart and digestive system healthy.
7. Month of National Apple Month
8. What color apple helps keep your heart healthy?
9. Native apple of North America
11. The ancient Romans and Greeks believed apples were a symbol of ____.



COLOR IN THE APPLE



CAN YOU NAME THE PARTS OF AN APPLE?

1. SKIN

2. FRUIT

3. SEED

4. CORE

5. STEM

