

Apple Shakers



When teaching children about how to be healthy, it is important to talk with them about fruits and vegetables and how they are good for them. Children should have the opportunity to touch, taste, and smell the foods they are learning about, and they will get a sense of their state's agriculture, as well. When discussing the process of plant life, talk with children about the growth of apples because they can relate to something they eat or see almost every day.

You will need:

Paper plates (2 per child)
Red paint, markers, or crayons
Green pipe cleaners (1 per child)
Beans
Stapler with plenty of staples
Hole punch

How to:

1. Discuss with children the importance of fruits and vegetables to our diet. Talk with students about the growth process of apples.
2. As you explain the activity to students make sure you do the steps with them so that everybody is on the right track. Have the materials passed out to students so that they are in reach.
3. Paint or color the back of the paper plates red. After they dry (if you used paint), staple the plates together with the red facing out a third of the way around the edge.
4. Put two hole punches in the middle of children's plates and attach a green pipe cleaner through the holes to make a leaf.
5. Put some beans inside the plates and finish stapling.
6. Create music with the apple shakers!

Suggested Books:

Apples by Gail Gibbons
Amazing Apples by Consie Powell
Apples Here! By Will Hubbell
Apple Countdown by Joan Holub
Apples by Jacqueline Farmer