Apple Taste Tour

Objective: Students will explore and compare four apple varieties through sensory observation, mindful tasting, and illustration. Students will collect, organize, and interpret data by identifying their favorite apple variety and participating in a class vote.

Materials: 4 different varieties of apples (enough for each student to sample a piece), clip boards, colored pencils.

1. Introduce apples as a fall fruit. Discuss how apples grow.
2. Distribute clipboards, paper, and colored pencils. Have students divide their paper into four equal sections and number each section to correspond with the four apple-tasting stations.
3. Guide students through four stations located throughout the garden, each featuring a different apple variety.
4. At each station, encourage students to observe the apple's appearance, smell, texture, and flavor before and during tasting. Discuss similarities and differences among the varieties.
5. Have students draw each apple variety in its corresponding section, paying attention to its physical characteristics.
6. After visiting all four stations, ask students to review their drawings and place a star beside their favorite apple variety.
7. Have students cast a vote for their favorite apple variety by placing a sticker on the corresponding class voting chart.
8. Count the votes together, identify the most popular apple variety, and discuss which varieties received more or fewer votes.
9. Closing Reflection: Ask students to share one new observation about apples and explain what influenced their favorite choice.

Mindfulness Activity- Apple Breathing

In addition to mindful eating above, give this closing activity a try.

Length: 1 minute

Materials: none

Have students imagine holding a large apple in their hands. As they slowly inhale, encourage them to spread their hands apart, imagining the apple growing bigger. As they exhale, bring their hands closer together, imagining the apple shrinking. Repeat three times.

Virginia Standards of Learning (SOL)

SOL Strands: Scientific and Engineering Practices; Living Systems and Processes; Probability and Statistics (Mathematics)
Primary Science SOL Alignment: K.1, K.5, K.7, 1.1, 1.4, 2.1, 2.4, 3.1
Primary Mathematics SOL Alignment: K.PS.1, 1.PS.1, 2.PS.1, 3.PS.1

Month: September