

PRESCHOOL EXPLORERS

24 TO 36
MONTHS
TRADITIONAL

APPLE TASTING

MATERIALS:

- A VARIETY OF APPLES, PREFERABLY SEVERAL DIFFERENT COLORS SUCH AS RED (FUJI, GALA, RED DELICIOUS), GOLDEN, GREEN, ETC.
- AN APPLE SLICER OR KNIFE TO CUT THE APPLES (THIS IS FOR THE GROWN UPS!)
- IF YOUR CHILD IS OLDER, A PLASTIC KNIFE SO THEY CAN PRACTICE CUTTING WITH ADULT ASSISTANCE ONLY

OBJECTIVES:

- EXPLORATION OF SEASONS AND NATURE
- COLOR EXPLORATION AND RECOGNITION
- SENSORY EXPLORATION: TOUCH, SIGHT, AND SMELL
- LIFE SKILL DEVELOPMENT: CUTTING PRACTICE (FOR OLDER CHILDREN)
- LANGUAGE DEVELOPMENT: COLORS, SWEET, SOUR

INSTRUCTIONS:

- WASH AND PREP YOUR APPLES TO EAT.
- USE YOUR APPLE SLICER OR KNIFE TO CUT THE APPLES INTO THIN SLICES. BE SURE TO LEAVE SOME SKIN ON SO YOU CAN DISCUSS THE VARIOUS COLORS WITH YOUR CHILD, BUT BE SURE TO CUT THE SLICES RELATIVELY THIN SO THEY ARE SAFE FOR A TWO-YEAR-OLD TO EAT (LARGER CHUNKS CAN PRESENT A CHOKING HAZARD)
- LAY OUT THE APPLE SLICES SO YOUR CHILD CAN SEE THEM ALL. SAY "LOOK AT ALL THESE DIFFERENT TYPES OF APPLES!" AND THEN ASK THINGS SUCH AS, "WHAT COLORS DO YOU SEE?" "WHAT DO YOU THINK THEY TASTE LIKE?" "DO YOU THINK THEY MIGHT TASTE SWEET OR SOUR?" (TIP: USE FACIAL EXPRESSIONS WHEN DESCRIBING THE FOOD, SUCH AS A PUCKERED FACED WHEN YOU SAY 'SOUR')
- ASK YOUR CHILD IF THEY'D LIKE TO TASTE THE APPLES. IF THEY DO, ASK THEM TO PICK WHICH ONE THEY'D LIKE TO TRY FIRST, AND THEN DESCRIBE IT "WHAT COLOR IS THIS ONE?"
- ASK YOUR CHILD HOW THEY THINK EACH ONE WILL TASTE, THEN LET THEM TASTE THEM ONE AT A TIME.
- AFTER EACH TASTING, ASK THEM TO DESCRIBE IT. THEY MAY NEED HELP FINDING THE CORRECT WORDS. "IS THIS ONE SWEET?" "DID THIS ONE TASTE SOUR TO YOU?" "IS THE APPLE SOFT OR CRUNCHY?"
- FOR OLDER CHILDREN, YOU CAN EVEN DO SOME COMPARISONS SUCH AS "DID THE YELLOW APPLE OR THE GREEN APPLE TASTE SWEETER TO YOU?"
- AFTER THEY'VE HAD A CHANCE TO TASTE ALL OF THE APPLES, ASK YOUR CHILD WHICH ON WAS THEIR FAVORITE. IF THEY ARE A BIT OLDER, ASK THEM WHY THEY LIKE THAT ONE THE MOST.

*TIP: YOU CAN ALSO TRY THIS ACTIVITY WITH OTHER FOODS LIKE, SUCH AS VEGETABLES, THAT CHILDREN ARE SOMETIMES HESITANT TO TRY. MAKING IT A FUN LESSON WILL ENCOURAGE THEM TO TRY NEW THINGS!

We'd love to see photos of your at home learning! Tag us on Facebook and Instagram with hashtag #SkipwithAtHome

