Things to do together

- Look at an apple together. Let your child describe it to you.
- Cut an apple open to show your child the "star"
- Eat the apple together and talk about what you hear, taste and smell
- On a piece of paper, write down as many words as you and your child can think of that have something to do with apples (ie—color, shape, smell, seeds, tree, fruit, food, eat, crunch etc) hang this list up on the fridge to share with others
- Take a trip to an apple orchard
- Pick out a favorite recipe that includes apples and make it together. Give your child the opportunity to measure, pour, stir etc.

Other Resources
The Cooking Book : Fostering Young Children’s Learning and Delight
by Laura J. Colker