



FRUITS

Apple

FOOD\$ENSE
UtahStateUniversity
NUTRITION, DIETETICS, & FOOD SCIENCES

Objectives

Participant will:

1. Explain a health benefit provided by apples.
2. Describe cost- and time-effective strategies for incorporating apples into family meals.
3. Explain how to select apples.
4. Describe preparation and storage techniques for apples, including cleaning, trimming, cooking, and storing.
5. Prepare and taste food that includes apples.

Required Materials:

- Recipe ingredients and utensils for demonstrations.
- Lesson handouts (see pgs. 6-7).
- Required paperwork for program.

Optional Supplemental Materials:

- Apples in various forms such as fresh, dried, canned, puree, jam, etc.

Preparation Required:

- Practice lesson material so you are comfortable giving lesson.
- Practice recipes for demonstrations and understand recipe instructions and techniques.
- Gather ingredients and utensils needed for lesson and demonstration.
- Pre chop fruits and vegetables needed for each demo.
- Make copies of handouts – enough for all class participants.
- Make copies of paperwork required by program.
- Cook chicken and pasta for Apple Pasta Salad (see recipe pg. 7 – canned chicken may be also be used.)
- Sauté the onions and curry for Apple and Butternut Soup (see recipe pg. 7). **Begin simmering squash and apples 20 minutes before class begins.**
- **20 minutes before class starts, assemble Baked Apples and put in oven so it will be ready to sample at end of class. Set timer for 50 minutes (see recipe pg. 7).**

LESSON PLAN

Introduction:

Time: 2-3 minutes

- Welcome the class and thank them for making time to come.
 - Briefly introduce yourself and the program.
 - **Ask the class:** Does anyone know why the protrusion in a man's neck is called an Adam's apple?
 - The answer dates back to biblical times. Adam, apparently, could not swallow a bite of the forbidden fruit and it became lodged in his throat. The apple was thought to originate in Central Asia, near present day Kazakhstan. Early evidences of apples have also been traced to Greece in the 4th century B.C.
 - The apple symbolizes hardiness, pioneering spirit, and goodness.
 - With over 10 billion pounds produced every year, the apple is the primary fruit of the United States. Although apples can grow in most moderate climates, Washington State produces about half of them grown domestically.
 - **Ask the class:** Does anyone know why apples are a traditional gift for a teacher?
 - Between the 16th and 18th centuries, teachers were so poorly paid that parents would compensate the teacher by sending food. Apples were sent most often because they were such a common crop.
 - There are thousands of apple varieties worldwide and they are available in many shades of red, yellow, and green. The most popular varieties in American grocery stores are Red Delicious, Granny Smith, Gala, Fuji, Braeburn, and Honeycrisp.
 - In general there are three main categories of apples: Eating, cooking, and all-purpose.
 - Crisp, crunchy, juicy apples such as Fuji, Gala, or Red Delicious are best for just eating. When cooked, eating apples lose a lot of their flavor and turn to mush.
 - Firm, tart apples hold their shape better in high heat and are better for cooking. These would include Golden Delicious, Granny Smith, and Rome Beauties.
 - All-purpose apples like Braeburn, Jonathan, McIntosh, and Pink Lady, can be eaten plain but tend to be slightly mushier when cooked.
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Objective 1: Explain a health benefit provided by apples.

Time: 2-3 minutes

- **Ask the class:** A common folklore phrase states that "an apple a day keeps the doctor away." Can anyone guess what is in an apple that would keep the doctor away?
 - Like other fruits apples are a good source of vitamin C, but what makes the apple a standout is the amount of pectin it contains.
 - Pectin is a source of soluble fiber that helps lower cholesterol in our bodies, which helps to prevent heart disease.
 - Another cool thing about soluble fiber is that it helps to prevent colon cancer. Apples are a delicious way to add fiber to your diet.
 - The USDA recommends adults get at least 25 grams of fiber per day. A medium sized apple contains 3 grams, making them a delicious way to increase your fiber intake.
 - Best of all, apples are low-calorie and very portable. They are an easy snack that can be enjoyed anywhere.
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Objective 2: Describe cost- and time-effective strategies for incorporating apples into family meals.

Time: 3-5 minutes

- **Ask the class:** Apples have a delightfully sweet but slightly tart taste. How do you incorporate apples into your family's diet? Do you have any favorite recipes that include apples?
 - Examples of ways to use apples: Alongside meats, in rice pilafs, added to cereal, pancakes, waffles, salads; as a filling for pies, tarts, cobblers, strudels; as a topping for crepes; added to soup; juiced, dried, jammed, canned, jellied; or sliced with a side of cottage cheese or peanut butter.
- If you have access to an apple tree, they can be canned, dried, pureed or juiced.
- Apples can be substituted for pears in most recipes.

Objective 3: Explain how to select apples.

Time: 2-3 minutes

- **Ask the class:** Does anyone have any tips on how to choose a good, fresh apple?
- Different varieties of apples are available in the grocery store all year.
- Choose firm apples that are heavy for their size.
- Apples should have a smooth surface without any soft spots or holes.
- Some apples may have brownish freckles on the skin. This is usually caused by weather and does not affect the flavor.
- Larger apples are usually more mealy than small ones.
- Buy organic apples when you can. Commercial apples are prone to bacteria, fungi, and viruses, making them one of the top chemically treated fruits.

Objective 4: Describe preparation and storage techniques for apples, including cleaning, trimming, cooking, and storing.

Time: 5 - 10 minutes

- Most apples are harvested in the summer and fall. These apples will last a long time stored in a cool, dry place or refrigerated.
- Apples found in the grocery store the rest of the year have been stored in a reduced-oxygen environment to keep them fresh. It is best to use them quickly because they will deteriorate more rapidly once they leave the storage facility.
- Apples are treated with a harmless wax to help hold in the moisture and prevent them from shriveling. It can be washed off before eating. Organic apples do not have this wax and their shelf life is not as long.
- Fresh apples are usually eaten with the skin on. Apples that are cooked are usually peeled because the skins won't soften as much.
- To easily peel an apple, use a U-shaped peeler. Start at the stem or flower end and peel the skin in downward strips.
- Apples can be cored using a commercial corer, a melon baller through the flower end, or by cutting the apple in quarters and using a paring knife to cut out the core. Apple slicer-corers are also available to quickly cut the apple in 6 or 8 slices around the core.
- Cut apples as close to the time you will be serving them as possible. The apple flesh tends to turn brown when it is exposed to air. You can help prevent the browning by dunking the cut apple in a little water with lemon. Lime juice or some ginger ale also helps to slow browning.
- **Ask the class:** Is freezing apples an option?
 - Freezing whole apples does not work because freezing changes the structure. The liquid flows out creating a mushy mess.
 - Sliced apples can be frozen in a sugar solution to use later in applesauce or boiled down as a topping for pancakes or waffles.

Objective 5: Prepare and taste food that includes apples.

Time: 20-30 minutes

- Today we are going to make and taste a variety of recipes using apples.
- Apples aren't just for dessert anymore! This Apple Salsa recipe is perfect with your favorite tortilla chips! It makes a great topping for pork chops, chicken, or as an alternative for the non-tomato eaters in your house. *Demonstrate Apple Salsa (see recipe pg.6).*
- Are you looking for a different side dish? Ditch the potatoes and rice for this spiced dish! Even the kids will scarf this one down! *Demonstrate Apple Sweet Potato Bake (see recipe pg.6).*
- Crisp spinach, juicy apples, and bold onions make a perfectly cool and delicious salad on a brilliant autumn day. *Demonstrate Autumn Spinach and Apple Salad (see recipe pg.6).*
- Short on time? Try this easy, versatile Apple Pasta Salad as a main course salad or side dish. The ingredient options are endless so it can be catered to even the pickiest eater. *Demonstrate Apple Pasta Salad (see recipe pg. 7).*
- Nothing feels better on a crisp fall day than soup. This Apple and Butternut squash soup is a delicious, creamy blend of some of the season's most abundant produce. It is perfect for lunch or dinner and freezes beautifully! *Finish Apple and Butternut Squash Soup (see recipe pg. 7).*
- How could we have a lesson on apples without sampling a classic dessert – baked apples? This recipe trades the traditional sugar and cream for a lighter version and will fill your entire kitchen with a mouth watering aroma. *Show and review the Baked Apples that you started at the beginning of class (see recipe pg. 7).*

Conclusion

Time: 5 minutes

- Apples are a tasty, healthy way to get fruit into your breakfast, lunch, dinner, and snacks. They are packed not only with abundant flavor but are loaded with good nutrition, too.
- **Ask the class:** What did you learn today that you didn't know about apples before taking this class?
- **Ask the class:** What will you do differently to make apples a part of your families' diet now that you have had this lesson?
- **Ask the class:** Are there any questions?
- Thank you for attending.

Serve samples.

References:

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The Apple!

~Symbolizing goodness since the beginning of time~

Apple Salsa

2 medium apples, diced
½ cup finely diced red bell pepper
1 jalapeno, seeded and diced
⅓ cup lime juice
¼ cup finely diced red onion

1 tablespoon honey
¼ teaspoon salt
Cilantro, to taste
Pepper, to taste

Combine all ingredients in a medium bowl.
Yield: 12 (¼ cup) servings

Apples contain pectin, a source of soluble fiber that helps lower cholesterol.

Apple Sweet Potato Bake

5 cups thinly sliced sweet potatoes (or yams), peeled
2 cups apples, peeled, cored, and thinly sliced

½ teaspoon cinnamon
1 ½ tablespoons brown sugar

Preheat oven to 375 degrees. In a large bowl, toss together all ingredients. Pour ingredients into a baking dish. Cover and bake for 45 minutes. Remove cover and cook 10-15 minutes longer, until soft.

Yield: 6 servings

Autumn Spinach and Apple Salad

2 tablespoons orange juice
2 tablespoons lime juice
2 teaspoons Dijon mustard
2 teaspoons honey
¼ teaspoon salt

⅛ teaspoon pepper
½ cup thinly vertically sliced red onion
8 cups bagged spinach (about 8 oz.)
1 large apple, cored and thinly sliced
¼ cup crumbled blue cheese (optional)

Combine juices and spices and combine with a whisk. Combine spinach, apple, and onion in a large bowl. Drizzle with dressing and toss gently to coat. Add cheese, if desired.

Yield: 6 servings

Apple Pasta Salad

1 (14-oz.) package whole wheat pasta
1 cup grapes, cut in half
¼ – ⅓ cup light or fat free poppy seed dressing

2 apples, diced
2 chicken breasts, cooked and diced

Other possible additions: Pineapple, water chestnuts, cashews, chopped celery, diced cheddar cheeses, etc.

Cook pasta according to package directions. Rinse and drain. Add other ingredients and toss lightly with dressing to coat.

Yield: 8 – 10 servings

Apple and Butternut Squash Soup

1 tablespoon butter
1 tablespoon olive oil
3 large yellow onions
1 – 2 tablespoons mild curry powder
5 pounds butternut squash (2 large), peeled and cut into chunks

4 apples, peeled, cored, and quartered
2 teaspoons kosher salt
½ teaspoon ground black pepper
3-4 cups water
2 cups unsweetened apple juice

In a large stockpot, sauté onions and curry powder in the butter and olive oil until golden. Add squash, apples, salt, pepper, and water. Bring to a boil, cover, and simmer over med-low heat for 30-40 minutes, until squash and apples are very soft. Process the soup through a food processor, blender, or use an immersion blender until smooth. Return to pot and add juice. Soup should be lightly sweet and quite thick. Check salt and pepper, season as necessary. Serve hot.

Yield: 5 quarts

Baked Apples

4 apples, peeled, cored and cut in half
Raisins

Orange juice
Cinnamon and nutmeg

Preheat oven to 350 degrees. Place apples in baking dish. Fill centers with raisins, drizzle with orange juice, then sprinkle with cinnamon and nutmeg. Bake 45-60 minutes, until apples are tender.

Yield: 4 servings

Eating Apples: Crisp, crunchy, juicy apples such as Fuji, Gala, or Red Delicious.

Cooking Apples: Firm, tart apples that hold their shape in high heat, including Golden Delicious, Granny Smith, and Rome Beauties.

All-purpose Apples: Braeburn, Jonathan, McIntosh, and Pink Lady

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