



Author: **Zoe Morgese, Speech Language Pathologist**

Date: **4/15/2020**

Activity: **Apple Fun!**

Materials: Apples- one or more. Varied colors if you like

Cookie sheet or tray to play on

Knife for the adult!

Microwaveable bowl

Paper towels or microwave cover

Ideas and directions: Apples seem to be one fruit that is readily available in the grocery stores right now. Here are some ways to use apples to have FUN and to learn in many areas such as vocabulary, sensory exploration, and concepts.

Exploring the Apple: Explore the whole apple. Talk about the shape,color, texture, and smell. Is it a big apple? Compare it to a small one if possible. Peel at least part of the

apple. Talk about how the peel and the inside of the apple are the same and different. Color!

Texture!

Cut the apple in pieces and talk about the sizes of the sections:  $\frac{1}{2}$ ,  $\frac{1}{4}$ , etc. Make thin slices and thick slices. Cut the slices into shapes. If your

child is able, try licking or tasting the apple. You can crush or grate the pieces if you like. Play with the pieces of the apple together and narrate your play.

Baking an Apple: Cut an apple in half or in slices. Cut out the core. Place apples on a small microwaveable dish. Add a little cinnamon or sugar to the top. Cover with a paper towel or microwave cover. Depending on the size of the apple and the slices, microwave on high for approximately 2-3 minutes. Check the apple approximately every minute.

Crush or mash if you like. The apple will smell and taste wonderful!

TARGETS: shared experiences, mealtime, vocabulary, concepts, sensory fun.