

Taste Test: Apple



Apples are a delicious autumn fruit with a crisp skin and a white inside. There are over 100 varieties of apples grown in North America. The most common colours of apples are either red or green¹. The flavour of an apple is sweet but somewhat tart, with the green apples being sourer and the red being sweeter.

Food Fact

Apples are a source of vitamin C, are high in fibre and are very low in sodium²

How to Choose:

- Look for an apple that is firm.
- Make sure the apple skin is intact and has minimal cuts or bruises.
- The colour of the apple does not need to be uniform.
- If you prefer sweet, choose Red and Golden Delicious apples.
- If you prefer sour, choose Granny Smith and Fuji apples.
- To check if an apple is ripe, gently squeeze it. It's ripe if it feels soft.

How to Prepare:

- To wash the apple, run it under cold water. You can bite in with the skin intact.
- Or, cut the apple into slices. To prevent browning, coat cut surfaces with lemon juice.²

How to Store:

- Keep apples in the fridge, where they can be stored for about a month.

Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

I Tried It!

My Rating (circle one):



Would you like to try apples again?

YES NO

Ideas for Serving Apples:

- Apples cut into bite-size pieces are a delicious addition to both fruit or green salads.
- Make fruit kebabs with bite-size cubes of apples, bananas, strawberries, and grapes.
- Drizzle honey on chopped apple and warm in the microwave for 20 seconds. Sprinkle apples with chopped walnuts and cinnamon. Serve warm.

Apple Treats

Makes 2 servings (½ sliced apple)

Ingredients:

- 1 apple sliced ½ inch thick, unpeeled
- 2 bsp almond butter
- 1/3 cup granola
- Cinnamon to taste

Directions:

1. Spread one side of sliced apple with almond butter and sprinkle with cinnamon.
2. Dip the apple slices into granola to cover the almond butter.

Recipe adapted from <https://whfoods.com/genpage.php?tname=recipe&dbid=273>.



Getting children involved in cooking at home makes them more likely to eat fruit and vegetables and select healthy foods. For more information please contact APPLE Schools at info@appleschool.ca.

¹Ministry of Agriculture (British Columbia). Apples. <http://www.agf.gov.bc.ca/aboutind/products/plant/apples.htm> Accessed July 19, 2012.

²Live Science. Apples:Health Benefits, Risks, & Nutrition Facts <https://www.livescience.com/44686-apple-nutrition-facts.html> Accessed Oct. 17, 2017

³EaTracker.ca. Recipe Analyzer. http://www.eatracker.ca/recipe_analyzer.aspx Accessed July 19, 2012.