

Name of activity / method / program

APPLE DAY

Category

Food literacy project
Tasting & learning
Getting started

Tags

#apple #cook #project
#foodliteracy #holistic
#zerowaste

What is it? (short description)

An Apple Day is a 1-day-project that's all about apples. Activities from all subjects can be included, e.g. science (pollination, fruit development, gravity, buoyancy); art/history (apples as symbols; still lifes); language classes (description of/stories about apples); economy/geography (global apple market) and most importantly a setting where students can taste different apples, bake and cook using apples or make their own apple juice. Cooking/home consumer classes can even include topics like low-waste cooking and storage.

It's suited for... (age/region/context)

All ages really, as the activities can be adapted to every level of schooling.

Regions where apples grow (in other regions, you might go for a local fruit, e.g. Mango day)

In practice it could look like this: (pictures, sequence)



5th-graders of IGS Bonn-Beuel (Germany) measuring their apples' volumina; collecting and juicing fallen apples

That's what you need: (material/funds/preparation)

- 2-4 staff teaming up to organize the Apple day (parents might support the project, too)
- 3-4 different subjects' perspectives on apples (see Section 1 "What is it?")
- An apple tree (public, school garden, parent's house...) where you can collect apples
- optional: An apple juicer (can often be borrowed from a local cidery)
- optional: A cooking facility where you can prepare food (applecake, apple jelly, salad with apples etc.)

That's why you should do it (purpose/benefits)

- ☆ it's a great opportunity for interdisciplinary and holistic learning centered around food
- ☆ it increases your students knowledge of (and possibly, preference for) a healthy, sustainable fruit
- ☆ your students build key food competences like healthy/zero-waste cooking, storage of food.
- ☆ it's a way to unleash the potential for cooperation and engagement around food in your school

You should also consider (links to resources, ideas for adaptation)

- ▷ expanding the project to several days (there's apple activities and topics enough!)
- ▷ the website "[Apples & people](#)"