3 Truths & A Lie

1. Fresh apples are harvested August through early November.

2. There are approximately 4,500 known varieties of apples grown in the United States.

3. ½ cup of applesauce or 100% apple juice is equal to one serving of fruit.

4. John Chapman sold apple seeds to settlers as they moved west.
Apple Nutrition

- Apples belong to the “Fruits” group on My Idaho Plate.
- Apples are a good part of a healthy, balanced diet.
- Idaho apples are full of nutritious vitamins and minerals, including vitamin C, fiber, and phytochemicals.
How Much You Should Eat?

Try to consume fruits at least 3 times a day.

One serving of fruit equals:
- ½ whole small Idaho apple
- ½ cup sliced, diced, or cooked apples
- ½ cup of 100% apple juice
- ½ cup of applesauce
Apples in the United States

Apples have been produced in the United States for over 400 years! Apple tree seeds were first brought to our country by the early colonists in the 1600’s. They were the most commonly grown fruit in colonial America. The apple trees provided a permanent source of food each fall.
Apples in American Folklore

Johnny Appleseed, whose real name is John Chapman, is known as a great American frontier hero. He was a real person who traveled west from his home in Massachusetts to frontier America. Johnny sold his apple seeds to the settlers moving west. He is given credit for spreading apple trees across the United States.
Apples in Idaho

- Idaho has been growing apples for more than 100 years – since the 1890s! Idaho farmers helped start the apple industry in the northwestern United States.

- Today, the apple-growing region of Idaho is in a small area in the southwestern side of the state near Boise. The optimal weather, soil, and water in this region makes it perfect for growing high quality apples.

- Idaho is the 10th largest producer of apples in the United States.

- The top apple producing counties in Idaho are Payette, Canyon, Gem, Ada and Washington.
Apple Orchards

Apples are grown in fields known as orchards. An orchard is like any other field, except the plants that grow in rows are trees that grow for many years instead of annual plants.
Types of Apples Grown in Idaho

Idaho apple farmers grow many different varieties of apples. Some of them include:

- Braeburn
- Fuji
- Granny Smith
- Gala
- Jonagold
- Jonathan
- Gold Delicious
- Red Delicious
- Rome

Fresh apples are harvested August through early November, but available throughout winter and spring due to storage in large chilled warehouses.
Fun Apple Facts

- There are approximately 2,500 known varieties of apples grown in the United States.
- Approximately 7,500 varieties are grown worldwide.
- An apple tree begins producing fruit when it is about 6 years old and can bear fruit for 35 years or more.
Fraction Math Activity

**KEY:** 8 slices = 1 whole apple
Fraction Math Activity Part 1

Write what fraction of a whole apple you see on each plate.

7/8
Fraction Math Activity Part 2

Write a mathematical sentence to express the following problems. Please solve each of the problems you write out. Reduce answers to the lowest terms.

- How many apples are on plates 1 and 3?
  \[ \frac{1}{8} + \frac{5}{8} = \frac{6}{8} \]

- Is there another way we can write this answer?
  \[ \frac{6}{8} \text{ is the same as } \frac{3}{4} \]
Have an Apple a Day!

- When you finish your math assignment, please turn it in and take an “Idaho Apples” handout to take home and share with your family.

- Grab 4 apple slices to eat as your snack. If there are not enough apple slices at your table for you to have 4, please go to the back table and get enough to make sure you have 4 slices. Enjoy your healthy apple snack!