

Did You Know?

Johnny Appleseed was a legendary American whose dream was for a land where blossoming apple trees were everywhere and no one was hungry. He was a skilled nursery man and created apple orchards in Illinois, Indiana, Kentucky, Pennsylvania and Ohio. After 200 years, some of those trees still bear apples. Although he was a very successful man, Johnny lived a simple life. It is said that as Johnny traveled, he wore his cooking pot on his head as a hat!



Fuji Apple

Nutrition Facts

Serving Size 1 Large Apple

Amount Per Serving

Calories 130

Total Fat 0g

Saturated Fat 0g

Sodium 0mg

Potassium 260mg

Total Carbohydrate 34g

Dietary Fiber 5g

Sugars 25g

Protein 1g

Vitamin A 2% Vitamin C 8%

Calcium 2% Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.



Try this recipe!
Homemade
Applesauce

What you need:

- 2 small fuji apples
- 2 tbsp. lemon juice
- 2 tsp. sugar
- 2 pinches of cinnamon

Utensils:

- knife (You'll need help from your adult assistant.)
- blender or food processor
- measuring spoons
- serving bowls

Directions:

Peel the apples and cut them into small pieces. Throw out the core. Put the apple pieces and lemon juice into the blender or food processor. Blend until the mixture is very smooth. Pour the mixture into two small bowls and stir in the sugar and cinnamon. Enjoy your awesome applesauce!



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a	b	c	d	e	f	g	h	i	j	k	l	m
26	25	24	23	22	21	20	19	18	17	16	15	14
n	o	p	q	r	s	t	u	v	w	x	y	z
13	12	11	10	9	8	7	6	5	4	3	2	1

match the number with the missing letter

1. I am juicy and yellow on the inside. I am a fruit, but not an apple, but I have "apple" in my name. What am I?

11 18 13 22

2. I am a cross between the Ralls Janet and the Red Delicious apple. What am I?

21 6 17 18

3. "An apple a day keeps the _____ away"

23 12 24 7 12 9

4. Apples are a member of the _____ family

9 12 8 22

Joke

1. What kind of apple has a short temper?

Answer: Crab Apple

Lewis the Bookworm™

Recommends:

Amelia Bedelia's
First Apple Pie
By Herman Parish

