



FOOD TIPS FOR MOMS & TOTS

MAKE ROOM FOR APPLES

MOTHER -

Apples have a little of a lot of different nutrients, like vitamins A and C. Apples help to reach the amounts you and your child need every day.

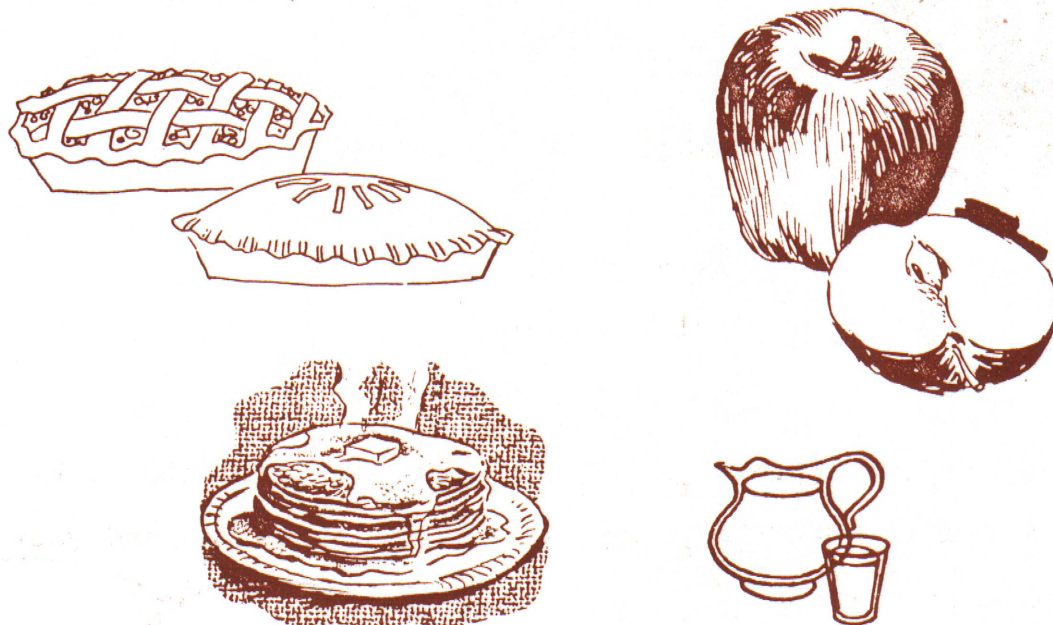
Apples were brought to this country by early settlers and much credit for their population in the U.S. is given to John Chapman (Johnny Appleseed), a 19th Century missionary who traveled the midwest, planting apples and preaching the Gospel.

Crab apple is a smaller fruit, more tough and fibrous, and used mainly in jelly and pickling.

If you ever wondered how, in the pictures they keep the apples looking so white, it may be that they coated them with lemon or orange juice or they are in a sirup mixture. Both methods prevent browning.



Apples can be used in many many ways. To name a few: fried, baked, sauce, juice, dried, pies, crisps, cider, pancakes, canned, carameled, candied, and frozen.



Apples are a good easy snack food for your children.

YOU AND YOUR CHILD








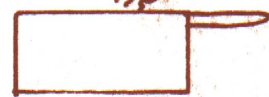

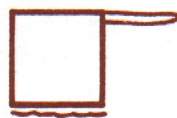








Making Applesauce

It is an interesting experience for your child. They can see how firm, raw apples become mushy, cooked apples. Ask your child to describe the apple and apple sauce. Let them taste the cool apple and the warm applesauce.

STEPS FOR:

MOTHER

CHILD

1. 4 medium cooking apples
pared 
quartered 
cored  
2.  Place apples in saucepan.
3.  Help your child measure 1 cup water. 
4.  Add water.
5. Heat the apples and water over medium heat to boiling. 
6. Once the apples and water boil, reduce the heat and simmer. 
7.  Help your child to occasionally stir the applesauce.
8. Cook 5 to 10 minutes or until the apples are tender. (Test with a fork.)  
9. Help your child measure:
 1/2 cup sugar
 1/4 teaspoon cinnamon
 1/8 teaspoon nutmeg
10.  Add sugar, cinnamon and nutmeg to cooked apples.
11.  Stir until the sugar is dissolved.
12. Then it is ready to serve or chill. (Makes 4 cups.)

Alternate Method: If you have a Foley Food Mill, your child will enjoy using it on the cooked apples to make them mushy.

YOUR CHILD

Your child will need your help to learn this game. Follow the lines and motions and play the game together. Soon you will both know it.

Apple Tree

Hold hands above head, form circles with thumb and forefinger of each hand.

Smile.

Put hands out as if on a tree and shake.

Hands above head and lower to ground.

Rub tummy.

AWAY UP HIGH IN THE APPLE TREE

TWO RED APPLES SMILED AT ME

I SHOOK THAT TREE AS HARD AS I
COULD

AND DOWN THEY CAME,

AND H-MMMMMM WERE THEY GOOD!

