21 Modern-Day Applesauce Making

Grades 1-3

Make a simple microwave applesauce while comparing and contrasting how American traditions have changed from the past to the present.

Materials

- Ten medium-sized apples (will serve approximately 20)
- Vegetable peeler
- Knife and cutting board
- Large, microwave-safe bowl with lid
- Microwave
- Cinnamon
- Sugar (optional)
- Nutmeg (optional)
- Potato masher

Activity

1. Wash your apples under running water. If desired, peel apples.
2. With the help of a grown up, remove the core and slice the apples. If students want to take a more active role, they may be given a cored half and a plastic knife to cut the half into smaller slices.
3. Place the apples in a large, microwave-safe bowl. Add approximately a tablespoon of cinnamon and a teaspoon of nutmeg. Adding sugar is optional, depending on whether your apples are sweet or tart varieties.
4. Place the bowl in the microwave and loosely fit the lid on top. Microwave for six minutes, or until the apples can be easily pierced with a fork.
5. Allow apples to cool until they are safe to handle. Use a potato masher to lightly mash the apples in the bowl until they reach the desired consistency. Serve and enjoy!

Classroom Discussion

- What technology did we use today to make applesauce? How do you think this method compares to how applesauce was made long ago?

- When colonists arrived in North America, they only found wild sour crab apples. How did the apples we enjoy today come to grow in America?
- Prior to refrigeration, applesauce was an inexpensive and convenient way to preserve apples for several months at a time. Often, families would store applesauce in a cellar and open a jar when fresh fruit was not available. How does this compare to how your family enjoys applesauce today? Where does your applesauce come from? When do you eat it?
- What are some other apple snacks you enjoy today? Do you think they had these snacks long ago? Why or why not?

Classroom Activities

Science:

- Observe the changes that occur during the process of making applesauce. Construct an argument with evidence that some changes caused by heating or cooling can be reversed and some cannot.
- Bring a variety of apple products into the classroom. Classify the products based on their observable properties. Identify if the items can be categorized as a solid, liquid, or gas.

Nutrition:

- Conduct a taste test of applesauce made from different varieties of apples.
- Participate in a shared research project. As a class, work together to create a poster highlighting the reasons why eating "an apple a day" is good advice.

California Standards

Grade 1
CA History-Social Science: 1.4, 1.5
CC ELA: W.1.7

Grade 2
CA History-Social Science: 2.1
NGSS: 2-PS1-1, 2-PS1-4
CC ELA: W.2.7

Grade 3
CC ELA: W.3.7

This is one in a series of Ag-Bites developed by CFAITC. Ag-Bites meet the standards of the California Department of Education.
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