



Taste of Tennessee Day brought to you by the Weakley County School Nutrition Department and:



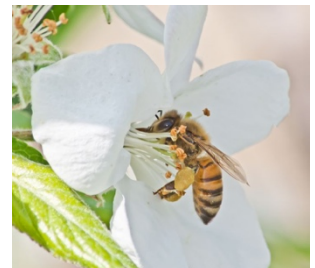
A Taste of Tennessee Day is a celebration of Tennessee grown foods served in our schools during the fall harvest season. This year, instead of going to the farm – the farm is coming to you! We are celebrating with local APPLES to kick-off Farm to School month in October.

Sink your teeth into these fun apple facts:

- Apples can be eaten in so many sweet ways -- off the core, sliced, in applesauce or even dried. Any way you eat them, apples are a delicious snack!
- One serving of apples is a half-cup, or about half of a small apple.
- Apples contain naturally occurring sugars -- that means no sugar has been added artificially. Foods that have natural sugars often provide plenty of vitamins and minerals, while added sugars provide added calories with almost no vitamins or minerals.
- Apples are an awesome source of fiber. Fiber helps fight off illnesses like diabetes and heart disease, and also helps with healthy digestion. An apple a day really could keep the doctor away!

Apple Trivia

- Apples grow
 - a) on bushes b) underground **c) on trees** d) on top of soil
- T/F: Without bees, we wouldn't be able to grow and eat apples.
 - True! Blossoms appear from the tiny buds on the branches of apple trees. When bees pollinate these blossoms, this is the first step in forming an apple.
- T/F: 25% of an apple's volume is air.
 - True! That's why apples float in water.



Know your Farmer. Know your food.

Dixie Chile Ranch, Kenton, TN

Timothy D. Brady & Terri Jenkins-Brady grow strawberries, blueberries, blackberries, peaches, apples, chile peppers, sweet peppers, tomatoes, pumpkins, and local raw honey from their beehives which they sell on the farm in Kenton, TN, and at the Martin Farmers' Market. These McIntosh apples came from their orchards at the Dixie Chile Ranch.



Learn more about Dixie Chile Ranch:
Website: <http://dixiechileranch.com>
Facebook: [@dixiechileranch](https://www.facebook.com/dixiechileranch)

FUN FALL APPLE STEAM ACTIVITIES

The science of apple growing is called pomology, named after the French word for apple – “pomme”. Over the years many people have worked together to refine methods to produce the best formed and tastiest apples.

- Apple Farmers in the US:
<https://vimeo.com/451533574>
- [WHY DO APPLES TURN BROWN EXPERIMENT](#)
- [APPLE VOLCANO EXPERIMENT](#)
- [How Does an Apple Grow](#)

Read more facts at www.FACTSlides.com



An apple didn't hit Isaac Newton in the head, but it did make him wonder if the force that makes apples fall influences the moon's motion around Earth.

#1 BALANCING APPLES

Can you balance an apple on top of your head and walk from one part of the room to another without dropping it? This STEAM activity offers a great opportunity for practicing critical thinking skills. What helps? What works against you?

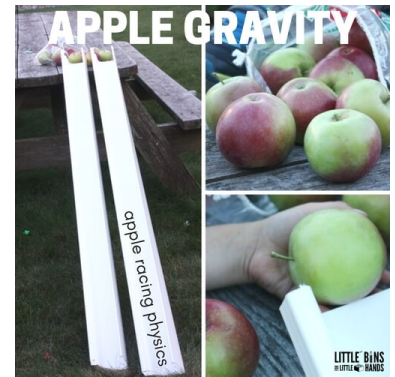
What about stacking apples – how many apples can you stack on top of one another? Why can't the apples be stacked easily? What is it about the apples? Is there a better apple to stack onto another apple?

#2 BUILD AN APPLE STRUCTURE

Chop up an apple and grab toothpicks. What can you make - 3D or 2D shapes, a dome, a tower?

#3 APPLE GRAVITY

Take this one outside! Explore the concept of gravity, slopes, angles, and motion with a super simple apple gravity science experiment. Which apple will win the race? Why does one apple go faster than another.



#4 APPLE PAINTING

Painters observe shapes when they work. Even if an object appears to be all one color, a painter's job is to stare at it long enough until they can reduce it to smaller shapes which may have only slight differences. This art exercise is a great way to help you learn how to start seeing just like a professional painter, while experimenting and having fun with monochromatic color.

#5 TASTY APPLE FRACTIONS

What happens when we cut an apple into smaller pieces? We take a whole apple and cut it in half. We then take a half of an apple and cut it into quarters. Maybe we even go a step further and cut those quarters into eighths! Prepping a tasty snack is most definitely a math activity. You have just set up the perfect opportunity to play and eat with an apple fractions math activity!

This activity was prepared by the Northwest Tennessee Local Food Network, a nonprofit organization, whose mission is to serve as a catalyst for a thriving and equitable local food system that is accessible to ALL. Visit: nwtlfn.org