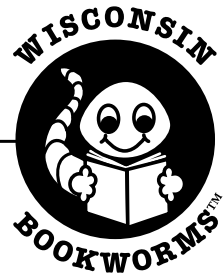


Activity Sheet



"Ten Red Apples"

By Pat Hutchins

This wonderful book blends rhyming, counting, repetition and animal sounds into a folksy story. "Horse!" cried the farmer, "Save some for me!" When there is just one apple left, he picks it. Along comes his wife, who finds no red apples to bake in a pie. The farmer saves the day when he finds another tree and they fill the basket with more red apples.

Before you read this book: Practice counting to 10. Talk about all the things you can make with apples — baked apples, sliced apples, apple cake, apple pie, caramel apples, apple juice, apple dumplings and apple cider.

While you read this book: After you read each page, have the children count the red apples on the tree with you.

After you read this book: Make Friendship Shakes — let your children choose ingredients based on the list below. (Adjust amount, but keep same ratio to serve more children.) Then you mix the drink in a blender or food processor and serve.

- 1 cup of soft-peeled fruit — apples, oranges, grapes, blueberries, etc.
- 1 cup fruit juice or milk
- ½ cup crushed ice
- ¼ - ½ cup sugar

Try this at home: Visit a local apple orchard and pick your own apples. Use them to make an apple treat together at home.

Additional activities:

1) Sid the Science Kid Super Fab Lab Lunch Investigation (Related episode: "I Want Cake")

- Goal: learn about different food groups by sorting a lunch into grains, fruits, vegetables, meats/beans/proteins, dairy and "sometimes" foods.
- As you sit down to lunch, have children identify each food item on their plate. Then ask which group it belongs in. Is it a fruit or vegetable? Is it from the dairy group? Grains? Is it a meat or fish or beans? Maybe it's a "sometimes" food like cake or chips.

2) Play www.pbskids.org/sid/mixitup.html and choose healthy foods for a lunch for Sid.

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