

Activity Sheet

Make a Tree with Apple Stamps!

Materials

- One apple
- Paper and pencil
- Red, orange, brown and yellow paint
- Knife for cutting



Steps

1. Start by cutting the apple in half.
2. Draw the trunk of your tree onto your piece of paper.
3. Use the brown paint to color the tree trunk.
4. Dip apple halves into the paint and stamp onto the tree trunk to create the leaves of your tree.
5. Share your masterpiece on social media and tag Georgia Organics!



Activity altered from: <https://www.craftymorning.com/apple-stamping-tree-craft-kids-make/>

Draw a Picture with Sweet Potatoes

Instructions: Draw a picture of a meal you ate with sweet potatoes. Label the sweet potatoes and all the other fruits and vegetables on your plate.



Recipe for Butternut Squash Mac and Cheese!

Ingredients

- 1 Medium butternut squash
- 2 Cups of macaroni pasta
- 7 oz. of whole milk
- 1 Cup of graded cheese
- 1 Tablespoon of butter
- Salt and pepper, to taste

Steps

1. Preheat the oven to 390 degrees.
2. Cut the butternut squash in half, length ways. Scoop out the seeds and place the two halves of squash flesh side up on a baking tray. Bake in the oven for 30 minutes or until the squash is soft and has fully cooked through.
3. Meanwhile, cook the pasta using the package instructions.
4. Once the squash has cooked, spoon out the flesh and put it straight into a blender or food processor. Add the milk, cheese and butter, and blend all of the ingredients until it has a saucy consistency.
5. Season with salt and pepper, if desired.
6. Drain the pasta and mix it in with the squash cheese sauce.
7. Enjoy your Butternut Squash Mac and Cheese!

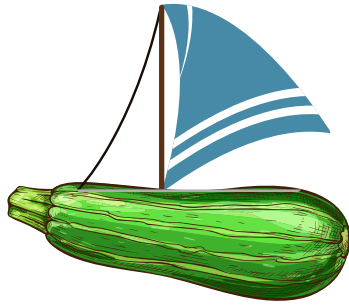


Activity and photo created by <https://www.myfussy eater.com/butternut-squash-mac-and-cheese-kids-toddlers/>

Build your own Zucchini Boat!

Materials

- One large zucchini
- Knife and spoon
- Cardstock
- Skewer
- Tape
- Decorating materials



Steps

1. Cut the top of the zucchini (longways) and scoop the seeds out with a spoon. You zucchini should look a little bit like a canoe.
2. Cut a large flag (triangle) out of the cardstock.
3. Beautify your flag with stickers, markers, etc.
4. Tape the flag to the skewer and push the skewer into your zucchini boat.
5. Find a water source (pool, stream, bath tub - whatever floats your boat!) and let your zucchini sail!

Activity adapted from lets-get-together.com/2014/07/21/zucchini-boats/#_a5y_p=2055619

Grow Your Own Plant with Apple Seeds!

Materials

- Plastic bag
- Apple seeds
- Wet paper towel



Instructions

1. Retrieve apple seeds when eating a snack or creating an apple craft by picking them from the middle of the fruit and saving them.
2. Wet a paper towel and fold the seeds within it.
3. Put the wet paper towel in the plastic bag. Store it in the refrigerator for 3-6 weeks until the hard shell is removed. Check periodically and re-moisten the paper towel as needed to keep it moist.
4. Tape the bag to a window or area of the house that has good lighting.
5. For the next week or two, check the paper towel to ensure that it is consistently wet. That will make it easier for your seeds to sprout!
6. Watch your seeds sprout and then plant them in soil to grow your own plant!



Inspired by <https://inallyou.do.net/apple-activities/>

Finger Paint Carrot



Materials

- Orange and green finger paint
- White construction paper
- Pencils
- Scissors
- Glue



Instructions

1. Give two pieces of paper to your child. One is for the green finger paint and the other is for the orange finger paint. Encourage your child to paint the paper entirely.
2. Allow the paper to dry.
3. Once dry, draw the carrot shape on the orange paper. Then, trace your child's handprint on the green paper. Cut out both outlines.
4. Glue the green handprint onto the carrot shape. Now you have your own carrot masterpiece!

Activity and photo obtained from <https://ourpotluckfamily.com/food-craft-finger-paint-carrot/>