



Ready To Learn.



## Book Activity Sheet

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### ***Picking Apples and Pumpkins***

By Amy and Richard Hutchings

A young girl goes apple picking with her family and friends. The group moves on to explore a pumpkin patch.

#### **Things to Talk About:**

**Healthy Foods:** Children today are inundated with all kinds of convenient, pre-packaged snacks. Just because these snacks are pre-packaged does not mean that they are healthy. Given the fact that childhood obesity has become increasingly more common, you can take this opportunity to discuss the difference between healthy and unhealthy snacks. See if you can your child can brainstorm a list of healthy apple and pumpkin related snacks.

**Science & Nature:** How do apple orchards and pumpkin patches grow? Explore the life cycle of an apple and a pumpkin from seed to fruit. Cut an apple apart and help your child locate the seeds nestled in a star formation. Scoop out the innards of a pumpkin and have your child feel how slimy the seeds are.

#### **Activities to Do:**

##### **1. Walking Apple**

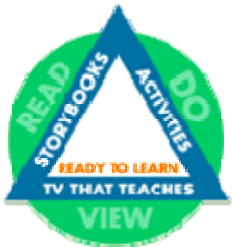
**You Will Need:** One apple per child, peanut butter, raisins, mini-marshmallows, chocolate chips

**What to Do:** Count enough apples to have one apple per child. Core each apple. Fill the empty center in each apple with peanut butter, raisins, small marshmallows, and chocolate chips. This is a walking apple. It can be carried around by a child without making a mess.

##### **2. Pumpkin Planters**

**You Will Need:** Pumpkin seeds, child-sized milk cartons, scissors/knife, potting soil

**What to Do:** You can save Halloween pumpkin and plant them in milk cartons. Cut the bottom portion of each milk carton. (Depending on the age of the children, an adult may want to pre-cut the milk cartons before giving them to children during the planting stage.) The top of each carton will not be needed. Place an adequate amount of potting soil in each milk carton. Have the children use their fingers to create a small tunnel through the soil. Each child can drop his or her seeds into the small tunnel and then cover the tunnel with remaining soil in order to cover each seed. The pumpkin vines will start to grow shortly after planting. Be sure to help the children care for their seedlings with adequate water, light, and warmth.

	<p>To get the most from the TV you and your children watch, create a Ready To Learn learning triangle. Our learning triangle is TV that teaches + storybooks + activities— all related to one theme or skill.</p> <p><b>Watch Smart TV that promotes learning appropriate to your child's age. Extend the Learning with Books. Do Activities to Build On What You've Watched.</b></p>
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