

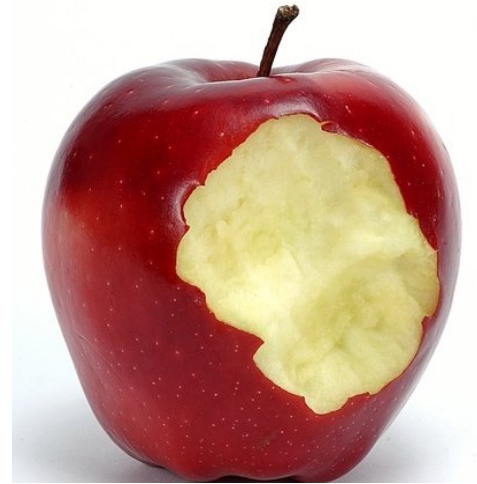


4-H Club Sample Agenda - Apples!

Agenda Outline

WELCOME

As people arrive, play "pin the stem on the apple." Draw a large picture of an apple on a white/black board or easel paper. Blindfold a willing volunteer and hand them a paper stem with a piece of tape on it. Turn them around several times before setting them loose to try to tape the stem to the right place on the apple. Continue with other volunteers to see who does best!



MEETING PURPOSE

Brainstorm club service project ideas and learn about varieties of apples!

BUSINESS (5-10 MINUTES)

Remember if too much business is planned, members might not come back! Below is just a sample. See other [optional business items](#) on our Leading a 4-H Club web page.

- [4-H Pledge](#)
- Roll Call: Share your favorite way to eat apples!
- Recap what we did last time
- Decide on a club service project
- Celebrate any member accomplishments!

EDUCATIONAL ACTIVITY - [Apples!](#) (30-40 MINUTES)

[RECREATIONAL ACTIVITY](#) (10-15 MINUTES)

[REFLECTION](#) (5 minutes)

- How did we do?
- How did we live out the 4-H Pledge today?



Educational Activity - Apples!

4-H project area

Agronomy, Horticulture, Fruits, Plants, and Soil Science

What it is

Identify three or four varieties of apples developed in Minnesota and taste each to find your favorite.



Why it matters

Let's celebrate apples and Minnesota by sampling some of the apples created in Minnesota!

Getting started

Time: 30 minutes

Materials:

- Three or four varieties of apples developed in Minnesota (e.g., Honeycrisp, Zestar, SnowSweet, Sweetango, Rave, First Kiss)
- Plates
- A knife (make sure a parent or adult is around with the kids)
- A notebook to record your reactions
- [Taste Testing Guide](#)

Prep for meeting virtually:

- Set up the Zoom meeting ahead of time and email the link to the members.
- Email reminders about the virtual meeting. Include the Zoom link and materials list, as well as the following instructions.
 - Before the meeting, visit the [University of Minnesota's website](#) to discover apples that call Minnesota home.
 - Find your apples. You can buy them in a store or go pick them at an orchard.

Background

In 1888 the University of Minnesota started its [apple breeding program](#). Since the start of the program, about 30 varieties have been successfully produced. Some of these include the Honeycrisp apple, Haralson, Regents, and the State Fair apple. Sweeter apples, like the Honey Gold, tend to be better for eating fresh. The more tangy apples, such as the Haralson, are great for baking because baking tends to break down the flavor a bit. Let's celebrate apples and Minnesota by sampling some of the apples created in Minnesota.



How to do it

1. Ask youth if they know about the University of Minnesota's apple breeding program and see if they know what kinds of apples were developed there.
2. Show them the apples you brought in (or if meeting virtually, have youth share the apples they brought to the meeting).
3. Sit down with your 4-H club members and select several apples to taste test.
4. Cut the apples into pieces with the help of an adult.
5. Perform a 4-H club taste test of the apples you selected. Record your responses on the [Taste Testing Guide](#).
6. Determine which apples you think would be best for baking and which would be best for eating.
7. Reflect as a group!
 - What apple did you like the most and why?
 - Which apple do you think you'd like to try in baking? How about just eating plain?
 - How could your club donate apples to the food shelf?
 - How could we use apples to address hunger in our community?

Recreation Ideas

Apple Stacking: Build the tallest tower with all your apples.

Apple Bird Feeder: Cut an apple in half and scoop out the insides. Tie a string to each side. Fill with your favorite birdseed and use it for a bird feeder.

Apple relay (in-person only): Participants have to balance an apple on their head and complete some challenges. The one who does not drop the apple wins!

Additional Resources

Watch how apples are commercially produced:

<https://www.youtube.com/watch?v=UWLMeh1HIBw&vl=en>

Learn more about apple breeding in Minnesota: <https://mnhardy.umn.edu/cold-hardy>

If you liked this, check out 4-H Ag & Hort Afternoon Adventures. See <https://extension.umn.edu/projects-and-more/4-h-agronomy> for future topics and dates.

Taste test adapted from: <https://playtolearnpreschool.us/apple-taste-test/>



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Taste-testing guide

Apple #1: _____ **Color:** _____

Taste:

- | | |
|----------|----------|
| • Sour | • Crisp |
| • Sweet | • Mellow |
| • Bitter | • Sharp |
| • Dull | • Smooth |

Texture:

- | | |
|---------|-----------|
| • Firm | • Brittle |
| • Mushy | • Limp |
| • Stiff | • Grainy |
| • Soft | • Smooth |

Did you like it?

1 2 3 4 5 6 7 8 9 10

Is this a baking apple or an eating apple? _____

Apple #2: _____ **Color:** _____

Taste:

- | | |
|----------|----------|
| • Sour | • Crisp |
| • Sweet | • Mellow |
| • Bitter | • Sharp |
| • Dull | • Smooth |

Texture:

- | | |
|---------|-----------|
| • Firm | • Brittle |
| • Mushy | • Limp |
| • Stiff | • Grainy |
| • Soft | • Smooth |

Did you like it?

1 2 3 4 5 6 7 8 9 10

Is this a baking apple or an eating apple? _____

Apple #3: _____ **Color:** _____

Taste:

- | | |
|----------|----------|
| • Sour | • Crisp |
| • Sweet | • Mellow |
| • Bitter | • Sharp |
| • Dull | • Smooth |

Texture:

- | | |
|---------|-----------|
| • Firm | • Brittle |
| • Mushy | • Limp |
| • Stiff | • Grainy |
| • Soft | • Smooth |

Did you like it?

1 2 3 4 5 6 7 8 9 10

Is this a baking apple or an eating apple? _____