

APPLES

To present this program, I formed teams of 4 people and asked them to choose the name of an apple to represent their team. Each team got 1 apple for each correct answer. I made sure that each team ended up with one apple for each team member. We had lots of laughs as I prompted the team until they got the answer. At one point someone from another team shouted out the answer when a team was having trouble. I laughed and said, "See how much they wanted you to get your apple!" And handed the apple to the team that was supposed to answer and suggested they thank their TOPS friend for the assistance! (I happened to use Empire Apples as I thought they would be unfamiliar to the group and want to encourage trying new healthy foods) Along with this I handed out apple recipes (some from TOPS) that had were low calorie and showed portions and calories. I also have these in a document and can send them along if anyone wants them.

Most info gleaned from University of Illinois Extension site called **APPLES & MORE**. They got their info from USDA National Agricultural Statistics Service United States Apple Association

1. **To eat an apple before going to bed, will make the doctor beg his bread. Is an old English adage.**

How do Americans express it? *An apple a day, keeps the doctor away.*

Don't know that either adage is true, but there are definitely lots of nutritional benefits packed in apples. Let's see what you know about them.

Maybe we'll find out why Eve wanted one so badly!!

2. **How many calories in a medium apple?** about 80 calories.
3. **How many grams of fat in an apple?** 0 grams
4. **How many grams of fiber in an apple?** 5 grams
5. **What type of fiber is in an apple?** *Pectin fiber*
The pectin fiber is especially important because it gives you more staying power. Unlike the bran fiber in your cereal, pectin fiber absorbs more water and stays in your stomach longer - - That means you feel fuller.
6. **Where is most of the fiber found?** *The skin.*

Don't peel your apple. Two-thirds of the fiber is found in the peel.

7. What is another reason to leave the skin on?

Lots of antioxidants are concentrated in the skin. Antioxidants help to reduce damage to cells, which can trigger some diseases. SO DON'T PEEL BEFORE EATING.

8. How many grams of sodium in an apple? 0 grams

9. Do apples affect your lungs? *An apple a day strengthens lung function and can lower the incidence of lung cancer, as well.*

10. Do apples affect your bones? *Apples contain the essential trace element, boron, which has been shown to strengthen bones - a good defense against osteoporosis.*

11. Does the color of an apple make a difference in its nutritional value?

Yes

Apples come in all shades of reds, greens, and yellows. Red apples are among the fruits highest in quercetin. American Association for Cancer Research states: The flavonoid quercetin, ... inhibit chemical carcinogenesis in rodents and may have a role in the prevention of human cancers.

12. How much cholesterol is in an apple? Cholesterol free.

13. Are cholesterol levels affected by eating apples? *Research confirms it! The antioxidant phytonutrients found in apples help fight the damaging effects of LDL (bad) cholesterol.*

14. What mineral in apples helps to prevent strokes? Potassium

15. How do apples benefit the teeth? *The mildly acidic and astringent quality of apples cleanses and brightens your teeth. Chewing foods like apples, celery, and carrots, actually helps scrub away stubborn stains over time. It is almost like brushing your teeth with a nature's toothpaste; a toothpaste which not only acts as a teeth whitener from the outside but also promises good dental health from the inside. Be sure to rinse your mouth after - just as you would with toothpaste.*

16. How can apples be kept from browning after being cut? *Use **lemon juice, lime juice, orange juice, pineapple juice or apple juice, Sprite or similar lemon-lime sodas, ginger ale, salted water, cinnamon, water and crushed vitamin C tablets, even dry white wine or flat Champagne!** There is also a commercial product called **Fruit Fresh**, but like everything mentioned so far, it has a distinct effect on the taste and the flavor of the sliced fruit.*

- 17. What can applesauce be used as a substitute for? Oil**
Applesauce is generally substituted best in recipes that are oil-based, not butter or margarine based. Applesauce is considered a liquid and butter a solid. Substitute applesauce for your vegetable oil, one for one. For example, if your recipe calls for 1/2 cup of oil, substitute 1/2 cup applesauce in its place
- 18. What is the difference in ripening time between refrigerated apples and those left at room temperature? They ripen six to ten times faster at room temperature than if they were refrigerated.**
- 19. What type of apple have I been handing out today? Empire**
- 20. What two apple varieties are the Empire's parents? McIntosh and Red Delicious.**
- 21. How many varieties of apples are grown in the United States?**
2,500
- 22. How many varieties of apples are grown throughout the world?**
7,500
- 23. Who planted the first United States apple trees in the Massachusetts Bay Colony? The Pilgrims**
- 24. What was Johnny Appleseed's real name? John Chapman**
- 25. Where was he born? Leominster, MA**
- 26. What did he wear on his head? A tin pot which he also used for cooking!**

If more needed make these into questions:

Apples are a member of the rose family.

The largest apple picked weighed three pounds.

Europeans eat about 46 pounds of apples annually.

In colonial time, apples were called winter banana or melt-in-the-mouth.