Who Grew My Lunch?
Food Literacy Suggested Activities

Crockpot Applesauce

Materials: Crockpot, forks, mini cups, mini spoons
Ingredients: 4 larges apples, juice from 1 lemon, ½ teaspoon of cinnamon, 1 tablespoon of brown sugar, and ¼ cup of water

Directions: Peel and core apples; cut into quarters. Add apples, lemon juice, cinnamon, brown sugar and water to crockpot. Cover and cook on low 4 to 6 hours, until apples are very tender. Mash with the back of a fork or potato masher.

Allow students to participate in the preparation when applicable.