

Get active!

Create Class “Tree Treats”

Students can learn about measurements, simple ratios and nutrition by preparing some tree treats. Best of all, they will enjoy a tasty snack! In this class activity, students prepare a simple dish like trail mix or fruit salad at school as a group.

Cooking Class

1. Prepare

Have students bring ingredients. Use the worksheet to tell parents what kids should bring. Visit allrecipes.com and enter “trail mix” or “fruit salad” for suggested ingredients and proportions, or simply mix everything together.

- Trail mix: assortment of nuts and dried fruits
- Fruit salad: assortment of canned fruits or pre-cut fresh fruit
- Utensils: mixing bowls, spoons; serve in paper cups

2. Create

Write down the recipe's proportions and steps on the chalkboard.

- Show students each of the ingredients.
- Show how to measure ingredients.
- Break students into small groups. One group can be “mixers,” who will stir all the ingredients together.
- Give each group an ingredient to measure, with the appropriate measuring cup or spoon.
- Follow the steps in the recipe. Have each group bring its ingredient to the “mixers.”

3. Enjoy!

While the students eat their Tree Treats, talk about the experience:

- What kind of tree did the ingredients come from?
- Where does that tree grow?
- What time of year is the tree's fruit/nut available?
- How does that treat taste – sweet, sour, salty?

Be sure to have paper plates, napkins and forks on hand.

Eat an Apple a Day

Have students bring in different apple varieties and compare their tastes. Those usually found in supermarkets include: Braeburn, Red Delicious, Golden Delicious, Fuji, Gala, Granny Smith, Honeycrisp, Jonathan, MacIntosh, Pink Lady, Stayman, Rome and Winesap.

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(Student Name)

I am learning about trees, how they are important, and all the things we get from trees. It is part of Project Plant It!, an exciting tree planting and educational program developed by Dominion for elementary school students.

We are going to taste foods made from trees on _____
(time, date)

I have been tasked to bring in the following from home to class on that day:

