

Apple day



If like us, you miss the squelchy leaves and the feel of the light rain [☔] drizzling on your face, as you wait for it to be painted with tiny green and red Apples - fear not, all is not lost!

We know we can't have our normal Apple day activities, the children have won and school is a parent free zone, finally! So we have a fun packed pack (!) for you to enjoy... Can you tell us what the biggest apple was in our quiz? Can you colour in a fantastic Apple? Maybe you can help an adult bake a lovely Apple treat?

What kind of an apple
 isn't an apple?

A pineapple

Send in your pictures to friends@dkh.Southwark.sch.uk after the half term and look out for them in newsletter near you!

Happy Apple Day DKH!

Did you know Apple day was first celebrated in 1990 in the old apple market in Covent Garden!

Have you tried printing with Apples?

Ask a grown up if they can help you cut up an Apple and use the blocks to print with!

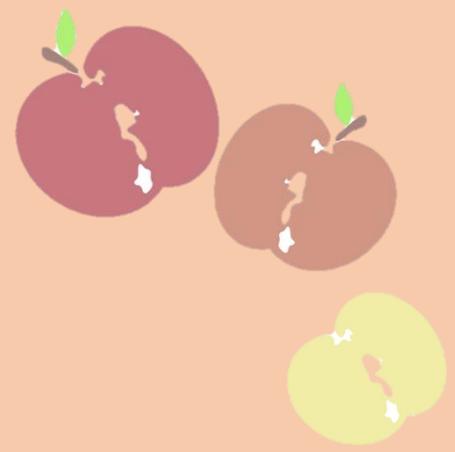
Why did the apple cry?

It wasn't peeling well



To do well you
have to *apply-ly*
yourself

Apple Day quiz



1. Which part of the Apple is best for you?
 - a. The core
 - b. The flesh
 - c. The skin

2. How many varieties of Apple are there?
 - a. 8,000
 - b. 800
 - c. 8

3. Which of these is not a real Apple variety?
 - a. Cameo
 - b. Red Prince
 - c. Royal Flush

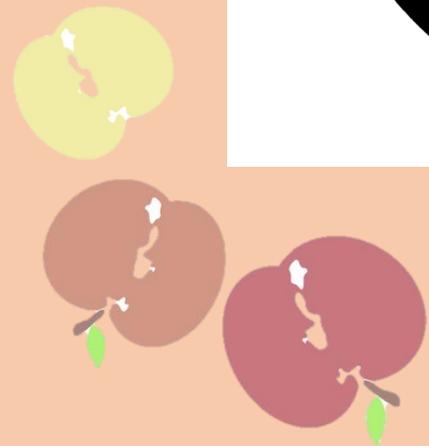
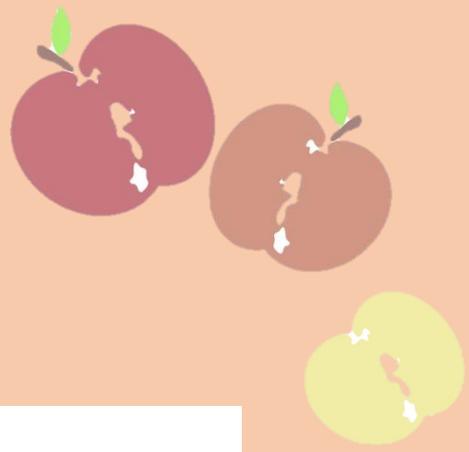
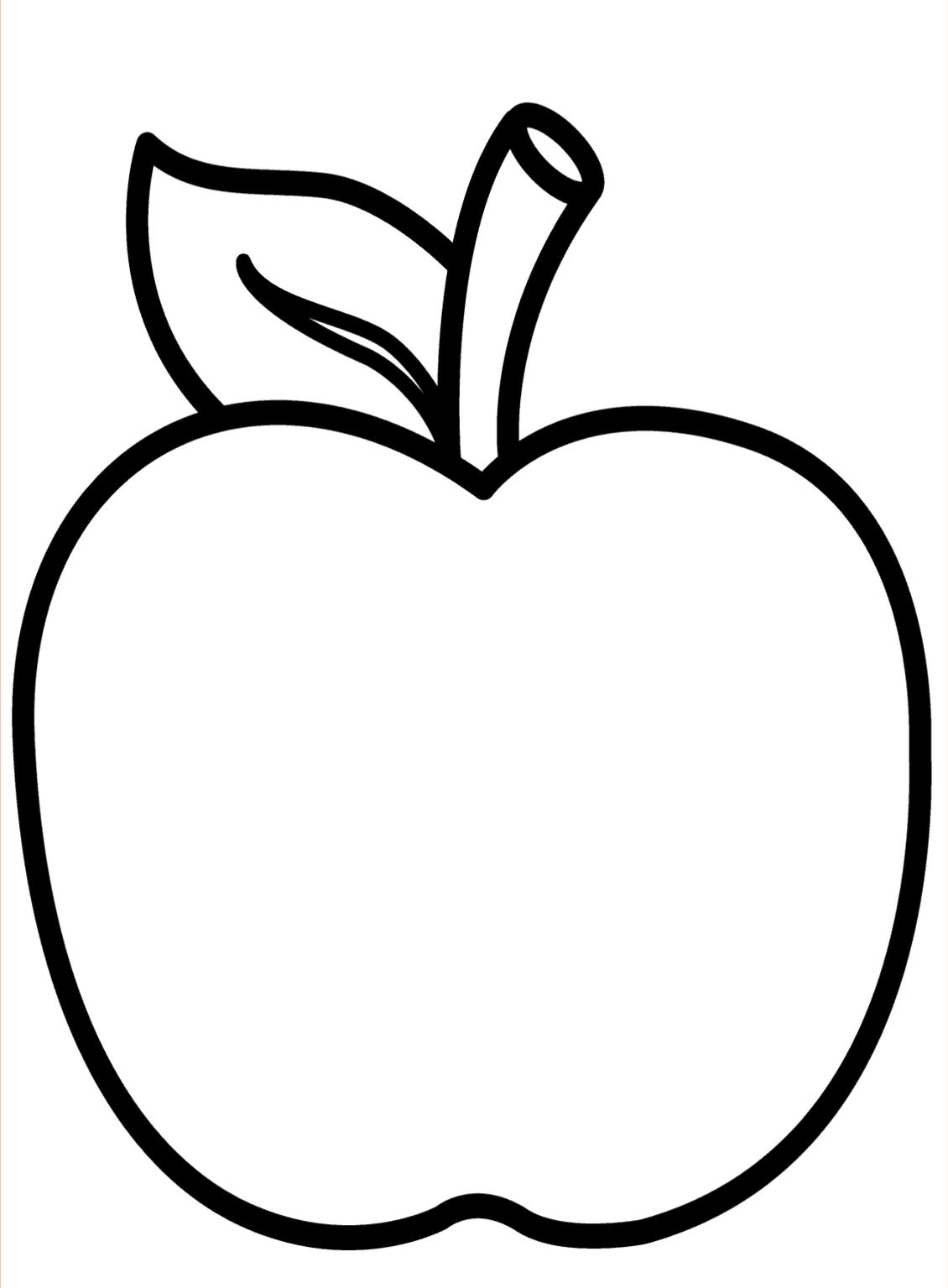
4. If you put an Apple in a bowl of water, will it
 - a. sink
 - b. float
 - c. explode

5. How much did the largest apple ever recorded weigh?
 - a. 4.8kg (the same as a medium sized cat)
 - b. 1.8kg (the same as a Mini Micro Scooter)
 - c. 600g (the same as a basketball)

We *apple-laud*
your efforts



Colour me in



Don't forget to
wash your hands!
Instead of Happy
Birthday you
could sing happy
Apple Day ☺

Bake me!

Apple and Cinnamon bread – a tasty break from banana bread!

Ingredients

- 2 cups flour
- 110g butter
- 1 cup caster sugar
- 2 eggs
- 4 tablespoons milk
- 1 teaspoon vanilla essence
- 2 teaspoons cinnamon
- 3 apples
- 1 teaspoon baking powder
- 1 teaspoon salt



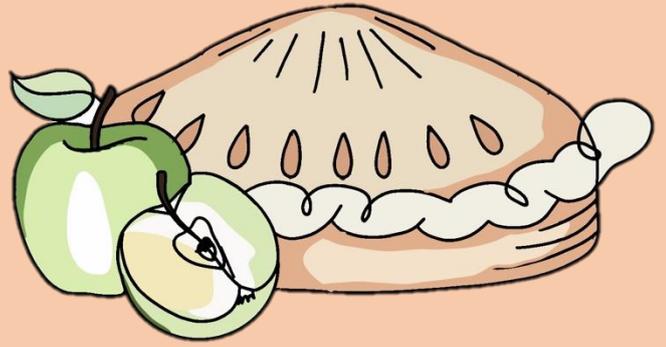
A few simple steps and 'voilà',

1. Mix butter and caster sugar until fluffy and slowly add the eggs
2. In a separate bowl add the flour, baking powder, cinnamon and salt
3. In your butter mix, slowly add the flour and milk, alternating between the 2
4. Layer in your baking tray
5. Bake for 1 hour on gas mark 6
Hope fully you have more than half a bread not sure what happened to the rest



Scrumptious Apple Crumble

An oldy but goody!



Ingredients

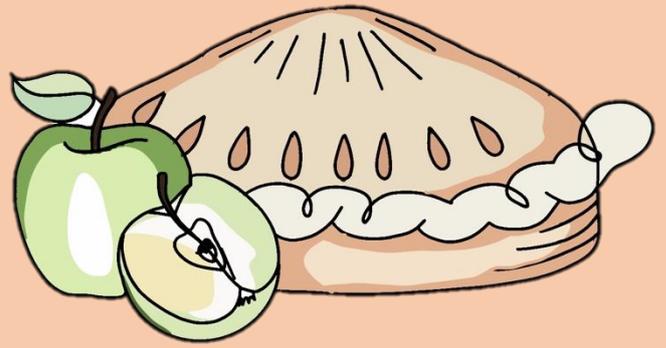
- 175g plain flour
- Pinch of salt
- 110g golden caster sugar
- 110g butter
- 3 Bramley apples (add another fruit or Rhubarb if you feel adventurous)
- 2 tablespoons golden caster sugar
- 2 tea spoons vanilla essence

A few simple steps and voilà!

1. Slice the Apples into thin strips
2. Mix the sliced Apples with the 2 spoons of sugar, cinnamon and vanilla
3. Transfer to your baking dish and create a flat layer
4. In a separate bowl mix the flour and sugar (and salt)
5. Slice the butter into tiny cubes and to the flour – rub together with your fingers until the mix looks like breadcrumbs
6. Poor over the Apples and create a nice pattern with your fork
7. Bake for 35 -40 mins on gas mark 5

TOP TIP – boil your Apples to soften and they are super soft when you bake your crumble

Please draw a picture here, we forgot to take a picture. It was tooo delicious! Try it with ice cream or custard!



- Answers
1. c - the core has 2/3 of the fruit's fibre and antioxidants.
 2. a - although at one time there were more than 14,000
 3. c - the other two are both grown in England
 4. b - this is because apples are 25% air
 5. b - it was grown at a farm in Japan in 2005