

APPLE DAY worksheet

APPLE FLOWERS, HEARTS and BEES

Cut your apples into thin slices and use pastry cutters to create different shapes and patterns, like the heart and star shaped mandala here.

As you slice your apples you will see that they have patterns inside them. If you cut them horizontally they look like stars or flowers and if you slice them vertically you can sometimes find the shape of a bee hidden inside.





APPLE FRITTERS

5 tablespoons of plain flour
1 teaspoon of baking powder
A good pinch of cinnamon
2 eggs
4oz milk
4 medium peeled apples
Vegetable oil

Mix the dry ingredients together. Beat the eggs and milk together and pour over the dry ingredients then mix to a smooth batter. Either grate the apples and add to the batter, or core and slice them and dip in the batter. Either way, heat the oil in a frying pan and fry until golden brown.



BAKED APPLES

Take the core out of the apple and stuff the hole with sultanas. You can also add some sugar, nuts and spices, - like cinnamon or ginger - if you want. Wrap the apples in tin foil and cook them in an open fire. If you're cooking them in the oven it needs to be at 200 or Gas 6 and they take about 20 minutes. If you cook them in a wood fire they take about 10 minutes.