Title: Making Applesauce

Recommended for: elders and children 2-5 years
Length of activity: 30 minutes
Suggested group size: 3-4 IG pairs

Objectives:
Children
• Attention to detail
• Sensory Development
• Engagement

Adults
• Fine/Gross Motor
• Engagement
• Positive mood
• Sensory integration

Materials Needed:
• 10 large/medium apples
• ½ cup of water
• ½ -1 cup of sugar (or substitute)
• Crockpot (or pan if using stove)
• Large spoons
• Child friendly knives
• 1 tsp Cinnamon
• Measuring cups
• Spoons and bowls

Methods

Facilitator Preparation
1. Purchase any items needed for activity.
2. Wash, peel and core apples
   a. Option: have adults and/or children peel and core apples prior to activity (following safety precautions).
3. Sanitize and cover workstation.
4. Each IG pair gets an equal portion of sliced apples and measuring cups.
5. Place safety knives in front of each adult participant and all ingredients in the middle of the workstation.
6. Prepare an “Introduction to Cooking” lesson or download “Introduction to Cooking/Shopping” on SMART board.

Intergenerational Participants
1. Introduction-pair each older adult with a child, sing the hello song and present “Introduction to Cooking” lesson.
2. Discuss safety rules and ingredients with partner.
3. IG pairs dice apples, measure out ingredients and add them to Crockpot or pan
4. IG pairs cook applesauce on stove (or wait for Crockpot to make applesauce) and enjoy together!
5. Use facilitating questions to encourage discussion within IG pairs of cooking experiences and favorite foods.
6. Older adults, children, and facilitators hold hands and sing the goodbye song.

Best Practices

Best Practice 1: Staff members of adult and child programs collaborate to plan activities.
Best Practice 2: Participants are involved in decision making about the activity.
Best Practice 3: Participation is voluntary.
Best Practice 4: Participants are prepared ahead of time and reflect on activities afterwards.
Best Practice 5: Activities reflect participants’ interests, backgrounds, and social histories.
Best Practice 6: Activities are age and role appropriate.
Best Practice 7: Activities support interaction among intergenerational partners.
Best Practice 8: Facilitators skillfully stage the environment to promote interaction.
Best Practice 9: Facilitators consider the social environment and the role of staff members.
Best Practice 10: Adaptive equipment is used as appropriate.
Best Practice 11: Experiences are documented and communicated to varied resources to build upon in future activities.
Special Considerations
• Have all participants wear gloves for this activity and provide aprons to avoid spills on clothes.
• Keep any food allergies or dietary restrictions in mind.
  o Option: use a substitute (Splenda, Stevia, etc.) for sugar.
• Be sure to use child-friendly cutting and peeling utensils

Getting To Know You
• Ask children and elders to discuss their favorite foods/deserts to eat and create.
• Talk to your partner about their favorite cooking experience.

Encouraging Interaction
• Invite elders to share their cooking and safety knowledge with their partner.
• “_____ ask ______ to help you measure out the sugar.”
• “_____ what is your partners favorite recipe?”

Enrichment Opportunities
• Fieldtrip to an apple orchard.
• Making a partner’s recipe
• Picnic party

Technology Opportunities
• Website for activity: http://www.adayinfirstgrade.com/2013/09/how-to-make-applesauce-in-your.html