

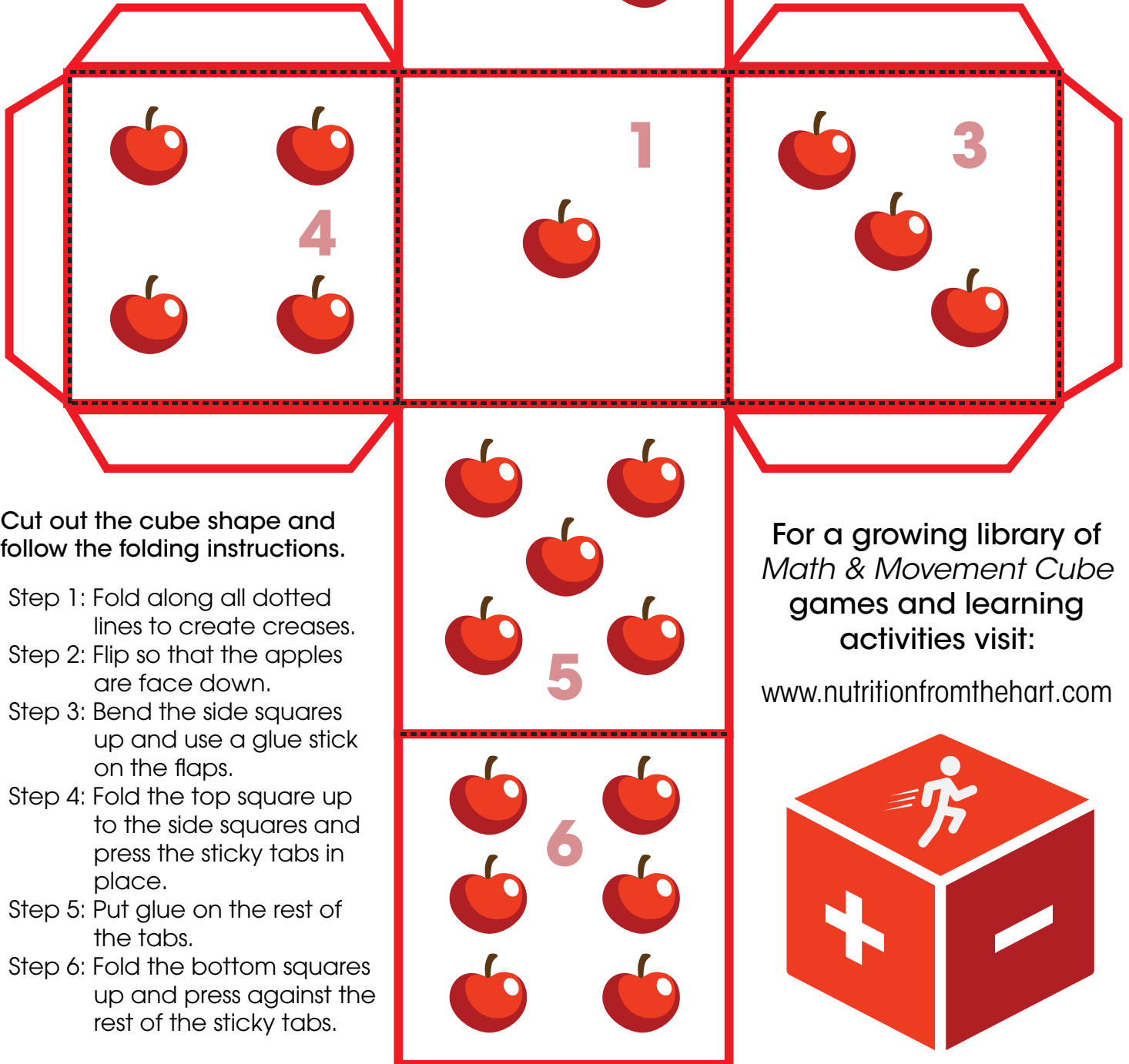
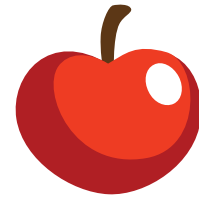


NUTRITION
From the Hart

Red Apple

Math & Movement Cube

Use this cube to play math & movement games with your students.



Cut out the cube shape and follow the folding instructions.

- Step 1: Fold along all dotted lines to create creases.
- Step 2: Flip so that the apples are face down.
- Step 3: Bend the side squares up and use a glue stick on the flaps.
- Step 4: Fold the top square up to the side squares and press the sticky tabs in place.
- Step 5: Put glue on the rest of the tabs.
- Step 6: Fold the bottom squares up and press against the rest of the sticky tabs.

For a growing library of *Math & Movement Cube* games and learning activities visit:

www.nutritionfromthehart.com



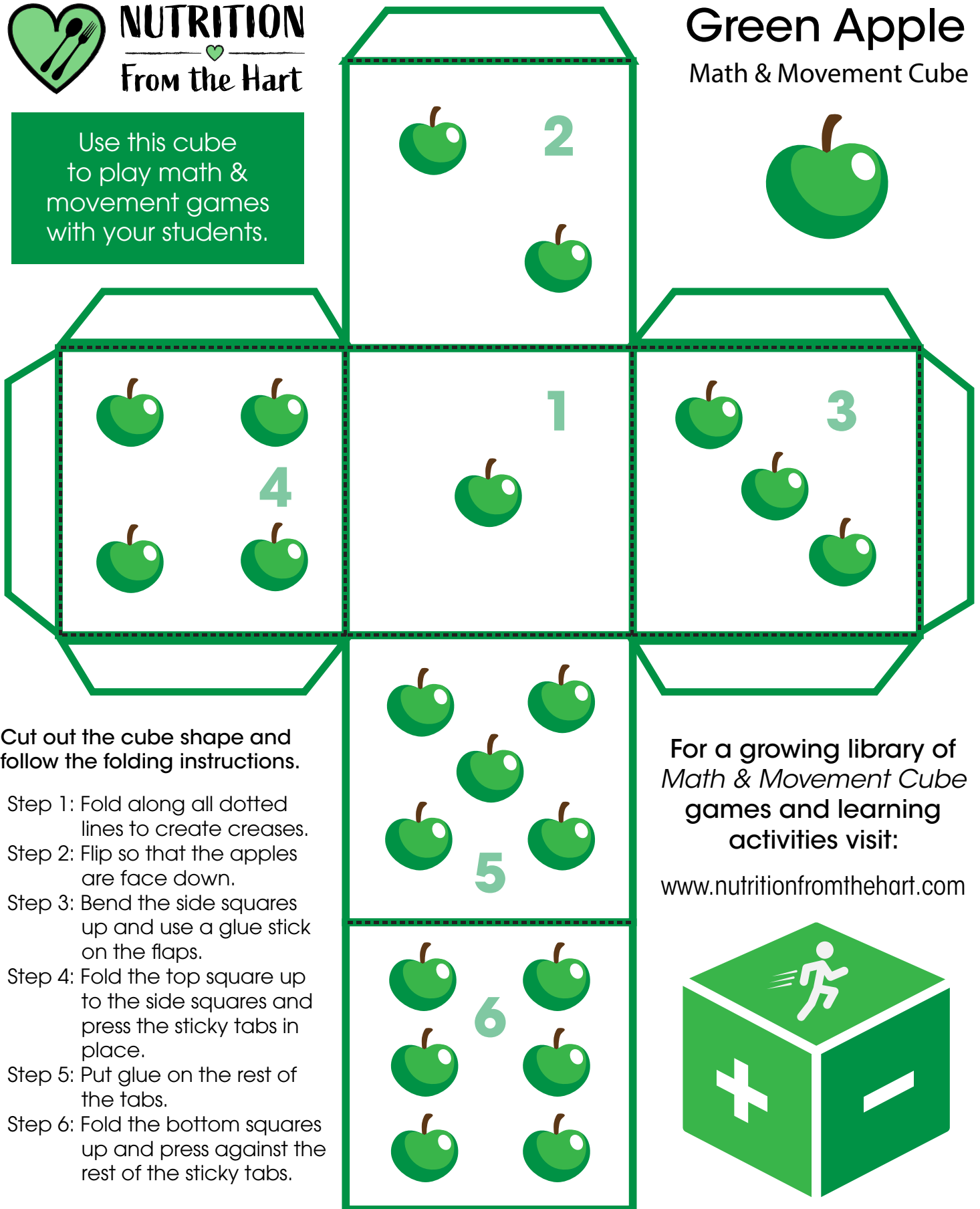


NUTRITION
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Green Apple

Math & Movement Cube

Use this cube to play math & movement games with your students.



Cut out the cube shape and follow the folding instructions.

- Step 1: Fold along all dotted lines to create creases.
- Step 2: Flip so that the apples are face down.
- Step 3: Bend the side squares up and use a glue stick on the flaps.
- Step 4: Fold the top square up to the side squares and press the sticky tabs in place.
- Step 5: Put glue on the rest of the tabs.
- Step 6: Fold the bottom squares up and press against the rest of the sticky tabs.

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Apple Cubes

Math & Movement Games

Multiplication Running Race

Name: _____

The object of this game is to complete the *Running Race Chart* with all correct answers.

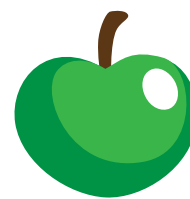
You must earn cube rolls by doing 1 of the 2 activity options. Skip-count by 5's to 100 while you: **jog in place or do arm circles.**

Roll both cubes at the same time. Write each number on the cubes in the correct box.

Roll #	# on Red Cube	X	# on Green Cube	Product of both cubes
Roll #1		X		
Roll #2		X		
Roll #3		X		
Roll #4		X		
Roll #5		X		
Roll #6		X		



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Apple Cubes

Math & Movement Games

Addition Running Race

Name: _____

The object of this game is to complete the *Running Race Chart* with all correct answers.

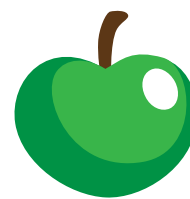
You must earn cube rolls by doing 1 of the 2 activity options. Skip-count by 2's to 40 while you: **jog in place or do arm circles.**

Roll both cubes at the same time. Write each number on the cubes in the correct box.

Roll #	# on Red Cube	+	# on Green Cube	Sum of both cubes
Roll #1		+		
Roll #2		+		
Roll #3		+		
Roll #4		+		
Roll #5		+		
Roll #6		+		



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Apple Cubes

Math & Movement Games

Subtraction Running Race

Name: _____

The object of this game is to complete the *Running Race Chart* with all correct answers.

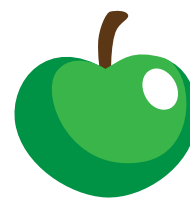
You must earn cube rolls by doing 1 of the 2 activity options. Skip-count by 10's to 200 while you: **jog in place or do arm circles.**

Roll both cubes at the same time. Write each number on the cubes in the correct box.

Roll #	# on Red Cube	-	# on Green Cube	Difference of both cubes
Roll #1		-		
Roll #2		-		
Roll #3		-		
Roll #4		-		
Roll #5		-		
Roll #6		-		



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Apple Cubes

Math & Movement Games

Count the Crunchy Apples

Name: _____

Let's count the apples while we jog in place.



How many **red apples** are on the tree?

Write the number here.



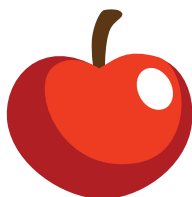
How many **green apples** are on the tree?

Write the number here.

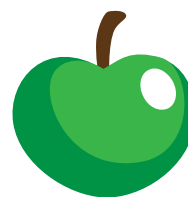


How many **total apples** are on the trees?

Write the number here.



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Apple Cubes

Math & Movement Games

Movement Cube Yoga Boost

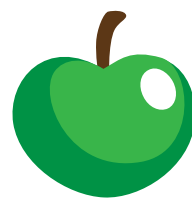
The object of this game is to complete the yoga pose shown in the box that matches the cube roll.

Roll both cubes. Find the green number at the top and the red number to the left. Cross reference the two numbers. Hold the yoga pose for 10 seconds. Focus on balance.

	1	2	3	4	5	6
1						
2						
3						
4						
5						
6						



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Apple Cubes

AMAZING APPLE FACTS

- Apples come in all shades of reds, greens, and yellows.
- 2,500 varieties of apples are grown in the United States.
- 7,500 varieties of apples are grown throughout the world.
- Apples are grown in all 50 states.
- A medium apple is about 80 calories.
- Apples are a great source of the fiber pectin. One apple has five grams of fiber.
- Don't peel your apple. Two-thirds of the fiber and lots of antioxidants are found in the peel. Antioxidants help to reduce damage to cells and protect you from some diseases.
- The science of apple growing is called pomology.
- Apple trees take four to five years to produce their first fruit.
- Most apples are still picked by hand in the fall.
- Apple varieties range in size from a little larger than a cherry to as large as a grapefruit.
- The apple tree originated in an area between the Caspian Sea and the Black Sea.
- Apples are a member of the rose family.
- Apples harvested from an average tree can fill 20 boxes that weigh 42 pounds each.
- The largest apple picked weighed three pounds.
- Some apple trees will grow over 40 feet high and live over 100 years.
- Most apples can be grown farther north than most other fruits because they blossom late in spring, minimizing frost damage.
- It takes the energy from 50 leaves to produce one apple.
- Apples are the second most valuable fruit grown in the United States. Oranges are first.
- In 1730, the first apple nursery was opened in Flushing, New York.
- One of George Washington's hobbies was pruning his apple trees.
- Apples ripen six to ten times faster at room temperature than if they were refrigerated.
- A peck of apples weight 10.5 pounds.
- A bushel of apples weights about 42 pounds and will yield 20-24 quarts of applesauce.
- Archeologists have found evidence that humans have been enjoying apples since at least 6500 B.C.
- The world's largest apple peel was created by Kathy Wafler Madison on October 16, 1976, in Rochester, NY. It was 172 feet, 4 inches long.
- It takes about 36 apples to create one gallon of apple cider.
- The top apple producing states are Washington, New York, Michigan, Pennsylvania, California and Virginia.
- The average United States consumer eats an estimated 16.9 pounds of fresh market apples.
- Johnny Appleseed was a real man named John Chapman. He planted apple tree nurseries in Pennsylvania, Ohio, Indiana, Illinois, West Virginia, and Ontario, Canada.

From: web.extension.illinois.edu/apples/facts.cfm



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