Title: **Apple Gobbler**

**Life Skill Area:** Acquiring, Analyzing and Using Information

**LIFE SKILLS TAUGHT**
- Art and creativity
- Nutrition, the Food Guide Pyramid
- Use of fall produce
- American Thanksgiving traditions and the history behind them

**MATERIALS NEEDED**
1. Firm red apples
2. Large marshmallows
3. Miniature colored marshmallows
4. Raisins
5. Toothpicks, plain
6. Toothpicks, with cellophane frills, optional

**PROCEDURES**
1. Wash hands for food safety.
2. Thread raisins and colored miniature marshmallows on 8 to 12 frilled toothpicks in whatever order or design participant chooses. Push raisins and marshmallows to the frill area, and leave about ¾ inch of tip bare. These are the turkey tail feathers; number of feathers will depend on size of apple/turkey and preference of its creator.
3. Lay apple in one hand, bloom-end toward participant and large, stem-end away. (The bloom-end will be the head and the stem-end will be the tail section.) Carefully insert the points of the tail feathers into the large end, forming a fan-shaped turkey tail.
4. For head, insert plain toothpick into the middle of a large marshmallow. Position at the bloom end. Push toothpick into apple, attaching turkey head.
5. Last, push 4 plain toothpicks most of the way into the bottom of Apple Gobbler, spaced to form a 1-inch square. Adjust lengths to allow Apple Gobbler to stand.

**DISCUSSION**
Emphasize the importance of safe food handling practices. Discuss the Food Guide Pyramid and where apples, raisins, and marshmallows fit. Talk about fall traditions, including turkeys and Thanksgiving. Encourage creativity in
making the Apple Gobbler; no two should be alike. Discuss how apples grow, what part of the country is known for growing apples, and the great variety of ways to use apples in cooking. Serve apple juice and apple wedges as snacks.

HOME ACTIVITY
Make homemade applesauce. Check an encyclopedia or the internet to learn how many kinds and colors of apples are available. While grocery shopping make a list of all the different ways to buy apples, for example fresh, dried, sauce, juice, chips.