

**How to select the perfect apple for any occasion!**

Share this [video](https://www.youtube.com/watch?v=v66RXOxPO6E#action=share) with students in October to show how they can select the perfect apple. Whether using an apple for baking or eating as a healthy snack, each apple has its own great benefits.



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**Pinterest ideas!**

We have a board on our PRO Wellness [Pinterest](https://www.pinterest.com/PSHPROWellness/apple-crunch-october-21-2020/) page with a variety of apple recipes, worksheets, activates, and artwork. Take a look