



Celebrate Virtually

How to select the perfect apple for any occasion!

Share this 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.



6 Tips for Selecting Apples

<https://www.youtube.com/watch?v=v66RX0xPO6E#action=share>

Pinterest ideas!

We have a board on our PRO Wellness [Pinterest](#) page with a variety of apple recipes, worksheets, activates, and artwork. Take a look!



PennState
PRO Wellness

