

Arizona Grown Specialty Crop Lesson Plan

Ciderella

LEVEL: Grades 3-5
SUBJECTS: Reading

AZ ACADEMIC STANDARDS: 3.RL.2 3.RL.3
3.RF.3 3.RF.4 3 4.RL.2 4.RL.3 4.RF.3 4.RF.4 5.RL.2
5.RL.3 5.RF.3 5.RF.4

MATERIALS

- 3-4 copies of Ciderella by Aaron Burakoff
- 3-4 copies of Grimm's Fairy Tale Cinderella (or any version)
- Apple Cider Recipe
- Student Worksheet
- Corck Pot
- 9 medium apples
- 1 orange
- 3 cinnamon sticks
- 12-16 cups of water
- 2 teaspoons whole cloves
- ½ teaspoon allspice (optional)
- 1/3 – 2/3 cups brown sugar (to taste)
- measuring cups
- measuring spoons
- potato masher
- cheese cloth or fine strainer

VOCABULARY

Orchard, cider, cider mill, plot, characters, setting

SUPPORTING INFORMATION

individuals who have one copy of the allele, which can come from just one parent. For a recessive allele to produce a recessive phenotype, the individual must have two copies, one from each parent. An individual with one dominant

GETTING STARTED

1. Gather ingredients needed to make apple cider.

PROCEDURES

1. Review with students elements of a story; setting, characters and plot.
2. Break the class into groups of five. Give three of the groups the story Ciderella and the remaining groups Grimm's Fairy Tale Cinderella.
3. Students will read the story aloud as a group making notes of characters, plot and setting.
4. When groups have completed the story they will pair with a student who read the opposite version of the story. They will complete the Venn diagram comparing and contrasting the characters, setting and plot of each story.
5. After students have completed the venn diagram tell them they are going to follow a recipe to make apple cider just as Ciderella did in the story. Watch the Youtube video How Its Made: Apple Cider (5:28-10:06)
6. Gather ingredients and measuring cups/spoons. Select students to help measure and add each ingredient.
7. Wash apples and then the orange and cut into quarters. (don't worry about removing peel, seeds

BRIEF DESCRIPTION

Students will compare the traditional story of Cinderella to Ciderella. Students will also learn how cider is made and make their own batch to taste.

OBJECTIVES

- students will create a venn diagram to compare and contrast the settings, characters and events of the story.
- students will be able to follow a recipe

ESTIMATED TEACHING TIME

60-minute lesson
Cider cooks 4 hours

or stems) Place in your slow cooker/crock pot. Add cinnamon sticks, nutmeg, cloves and allspice.

- www.gimmesomeoven.com/slow-cooker-apple-cider-recipe/
- Apple Orchard Riddles book

8. Cover with water (leave about ½ inch at the top of crock pot empty)
9. Cook on high heat for 3-4 hours or on low heat for 6-8 hours.
10. 1-hour prior to completion, use a potato masher or the back of a spoon to mash the apple and orange slices until they are soft. Finish cooking for an additional hour.
11. Once time is up, strain the apple juice into a clean pitcher or pot. To get more juice, you can press the apples and orange slices through a fine mesh strainer.
12. Stir in the desired amount of brown sugar and stir until it is dissolved.
13. Serve hot
14. You can place in a heat-safe sealed container and refrigerate for up to five days.
15. Let students enjoy their freshly made apple cider.

EVALUATION OPTIONS

1. Have students sequence the steps of making apple cider from the video How It's Made.

EXTENSIONS AND VARIATIONS

- Have students generate their own version of Ciderella using different fruits and vegetables.
- Make different batches of cider without using a variety of apples. Which do the students like best?

RESOURCES

EDUCATORS' NOTES

CURRICULUM DESIGN

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Apple Cider Recipe

Ingredients:

- 9 medium apples, assorted types (I used a mixture of red, yellow and green apples)
- 1 orange
- 3 cinnamon sticks
- 1 whole nutmeg
- 2 teaspoons whole cloves
- 1/2 teaspoon whole allspice (optional)
- 12-16 cups water
- 1/3 - 2/3 cup brown sugar (or your desired sweetener*)

Directions:

Wash apples and the orange, and then roughly cut into quarters. (Don't worry about removing peels, seeds, or stems.) Place in the bowl of your slow cooker. Add cinnamon sticks, nutmeg, cloves and allspice. Cover with water, filling the slow cooker until it is nearly full. (I left about 1/2 inch of space at the top of my pot.) Cook on high heat for 3-4 hours, or on low heat for 6-8 hours.

About an hour before the cider is done cooking, use a potato masher (or tongs or the side of a spoon) to mash the apple and orange slices once they are soft. Finish cooking for one more hour.

Strain out the apple cider juice into a clean pitcher or pot. To get the maximum juice out of the apples, you can press them through a fine-mesh strainer or strain through a cheese cloth. Stir in your desired amount of sweetener until it is dissolved.

Serve hot.

You can also transfer the cider to a heat-safe sealed container and refrigerate for up to 5 days. Just rewarm the cider to serve.

*I like to use half brown sugar and half maple syrup for my sweetener. But you can use any combination of brown sugar, white sugar, maple syrup, cane sugar, coconut sugar, or whatever other sweetener you might like. Just add to taste.

- Recipe taken from www.gimmesomeoven.com/slow-cooker-apple-cider-recipe/