

SLICING AN APPLE

I love, love, love a juicy, delicious apple, so I am very excited about this simple exercise that is designed to develop our kitchen skills.

We are going to slice an apple.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Slice up three apples. Once you have the hang of everything, select a day with your parents and create a sliced apple snack for the whole family. You might like to include a peanut butter dip or maybe another dip to enjoy with your apples.

There are several ways to slice an apple-- some people simply use an apple slicer, and if you have one of those you can try that too. But we are going to practice using a knife.

1. Find an appropriate knife--not too big, not too small, with a smooth sharp blade. (Did you know that you are more likely to cut yourself with a blunt knife than a sharp one?)

2. Next, you'll need an apple. Place it so it sits on a cutting board with the stem pointing straight up.

3. Because the seeds can actually be poisonous, we are going to slice this so that we totally cut away the core.

4. Make your first cut to the side of the stem about a finger width. Make sure your fingers are away from the cutting edge of the knife and that the apple does not slip as you firmly slice the apple with the knife.

5. Make your next cut ninety degrees from the first, offset from the core.

6. Continue two more times-- now you have cut the apple into quarters.

7. Now you can compost or dispose of that core and either eat the quarters as they are, or if you would prefer, slice them a little thinner.

