



Johnny Appleseed



Johnny Appleseed was a legendary American who planted and supplied apple trees to much of the United States of America. Many people think that Johnny Appleseed was a fictional character, but he was a real person.

Johnny was a skilled nurseryman who grew trees and supplied apple seeds to the pioneers in the mid-western USA. Appleseed gave away and sold many trees. He owned many nurseries in Ohio, Pennsylvania, Kentucky, Illinois, and Indiana, where he grew his beloved apple trees. Although he was a very successful man, Appleseed lived a simple life. It is said that as Johnny traveled, he wore his cooking pot on his head as a hat!

Johnny Appleseed was born in Leominster, Massachusetts on September 26, 1774. His real name was John Chapman, but he was called Johnny Appleseed because of his love for growing apple trees.

Johnny died at the age of 70. He is buried in Fort Wayne, Indiana. He had spent 50 years growing apple trees and traveling to spread his precious trees around his country.

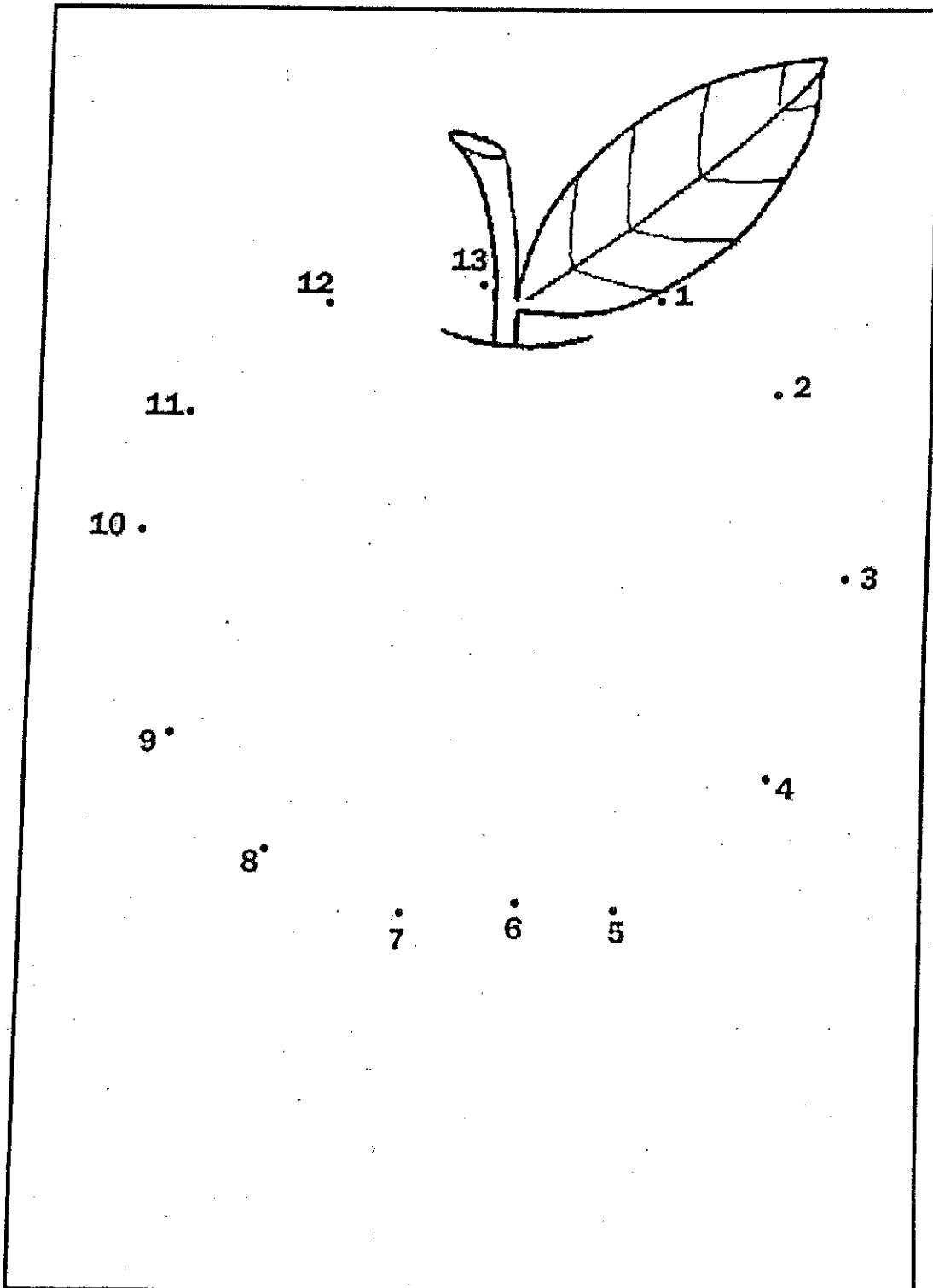
Glue apple seeds in
Johnny Appleseed's
bag.

Name _____



Connect the Dots!

Join the numbers in the correct order.



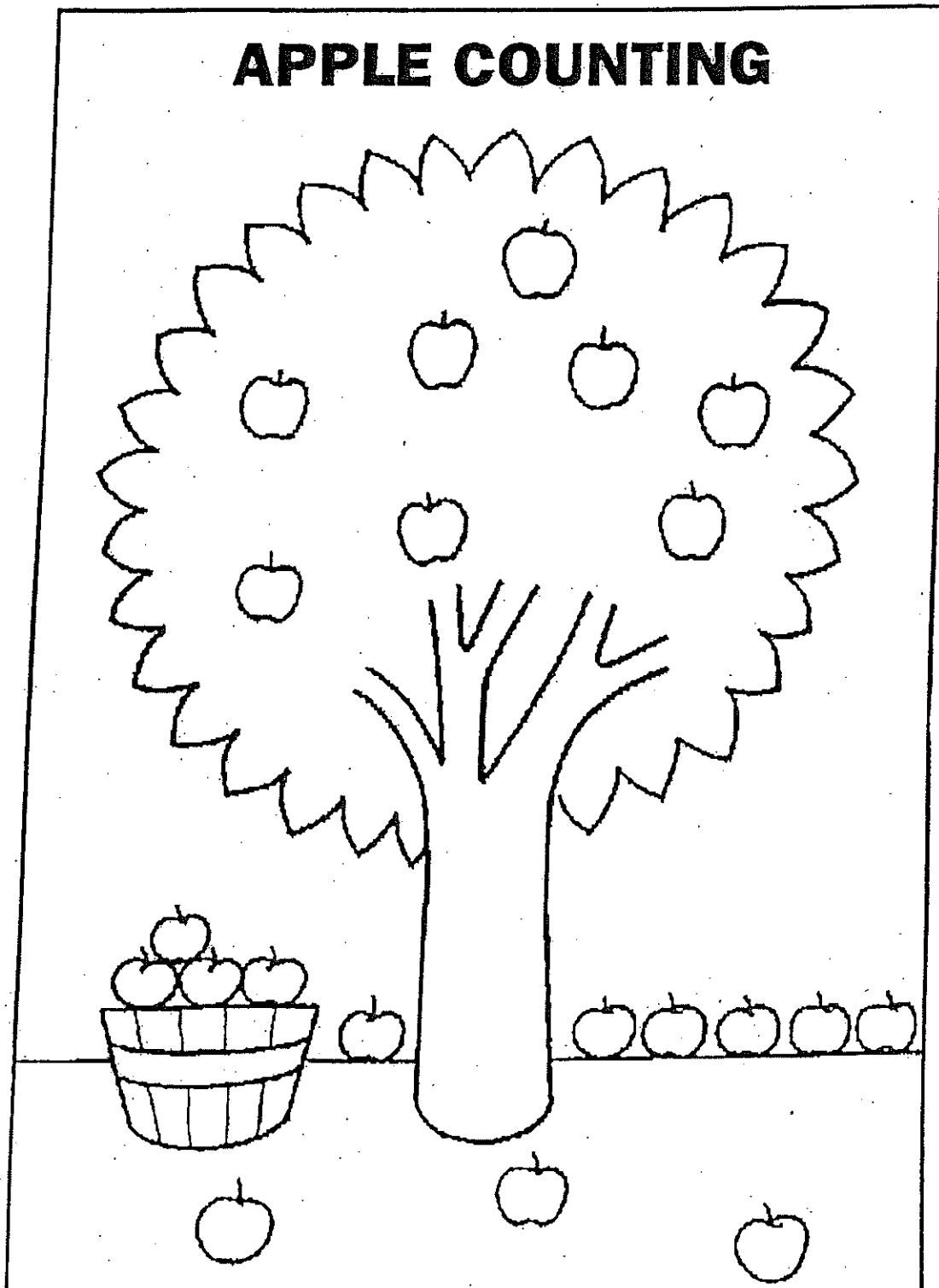
How many apples can you count on the apple tree?

How many apples can you count on the ground?

How many apples can you count in the basket?

Color the apples in your favorite color.

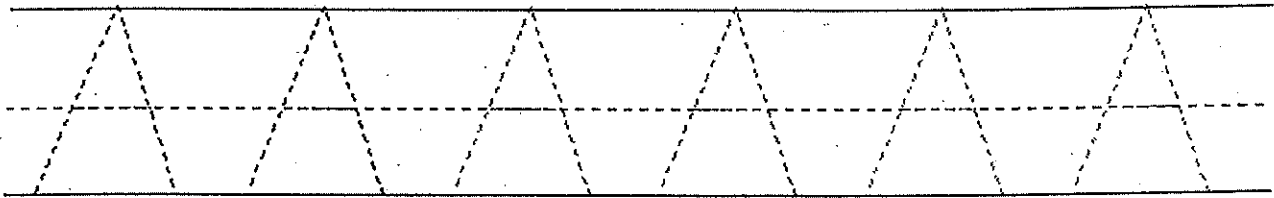
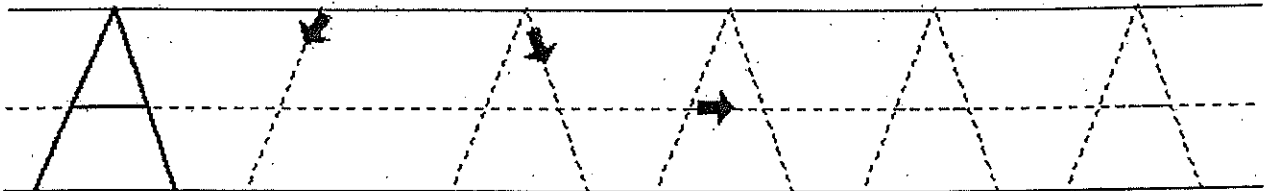
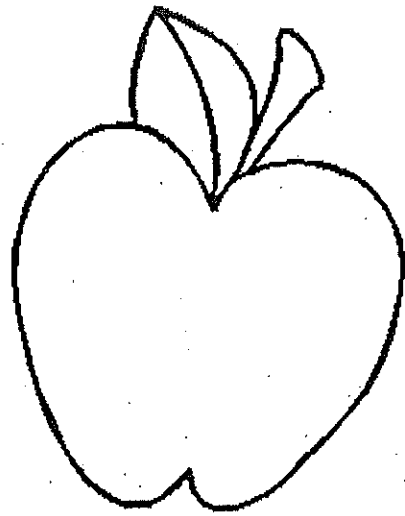
Color in the tree and basket.





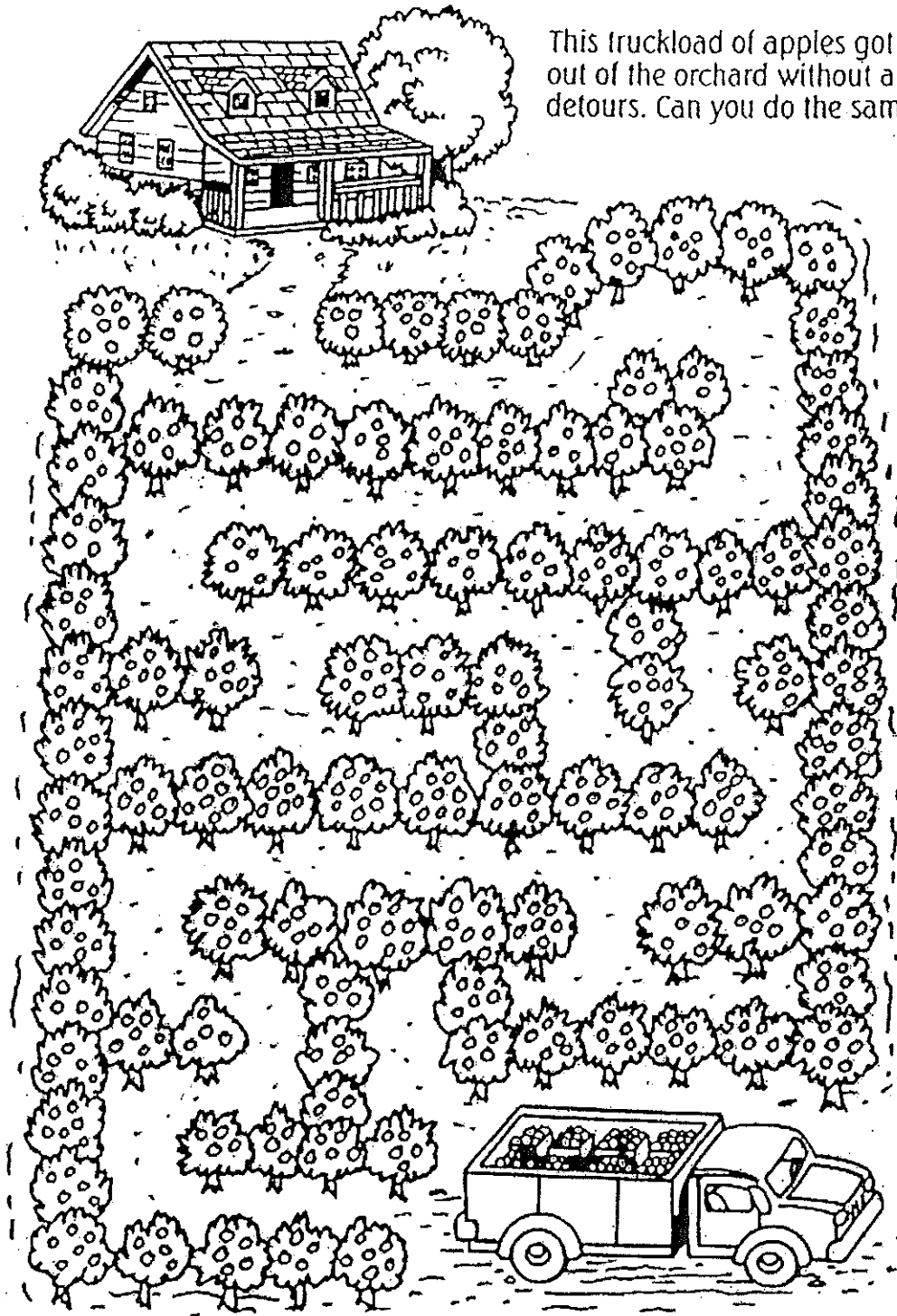
m o n o o
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 c o d o e o f o

A IS FOR APPLE



Lost in the Orchard

This truckload of apples got out of the orchard without any detours. Can you do the same?



APPLES: *A Nutritious Snack*

Apples are nutritious and delicious. Here are some important facts to remember when choosing a snack.

- ☺ A medium size apple has only 80 calories.
- ☺ Apples contain no fat. This helps the risk of cancer.
- ☺ Apples contain very little sodium which reduces the risk of high blood pressure and heart disease.
- ☺ Apples are also cholesterol free.
- ☺ Apples are a good source of Vitamin A which benefits vision and bone and tooth development.
- ☺ Apples contain natural sugars called fructose.
- ☺ Apples have pectin and other fibers which reduce cholesterol levels and aid in digestion.
- ☺ Apples are a good source of complex carbohydrates which scientists believe may lower the risk of cancer, heart disease and diabetes.
- ☺ Apples contain potassium which may help keep blood pressure down.
- ☺ Apples contain the mineral boron which helps the body use calcium.
- ☺ Apples come in many varieties, each with their own special taste and texture. There are bound to be several that make your mouth water!

Johnny Appleseed Song

Sung to the tune of "The Muffin Man"

Do you know the apple man, the apple
man,

the apple man, the apple man?

Do you know the apple man?

He planted apple seeds.

He wore a pot on his head,

upon his head, upon his head.

He wore a pot upon his head.

His name was Johnny Appleseed.

John Chapan was his real name,

his real name, his real name.

John Chapman was his real name.

But, we call him Johnny Appleseed!

Author Unknown

Aa Apple

