

# Experiment - What Happens To An Apple?



Observe what happens to an apple with a bite out of it when it's left out in the open air for a week.

## Background Information

Apples are wholefoods. They are taken directly from where they are grown and don't have any extra ingredients added to them to preserve them.

## Resources required to do this experiment

An apple, a plate and a little bit of bench space.

## Experiment

Follow these steps, and keep record of your observations of your experiment below.

1. Take an apple, and in the table record what it looks, smells and feels like before you do step 2
2. Now take a bite out of the apple and place it on a plate
3. Leave the plated apple on a bench (ask mum where you can leave it) and watch what happens to it over a week.

Day Number	What it looks like	What it smells like	What it feels like
Before you start			
Day 1			
Day 3			
Day 5			
Day 7			

What do you think would happen to packet biscuit if left out? Why?  
Talk to your mum about it?

Healthy Kids Fun is brought to you by Bel Smith, Health & Wellness Coach of The Root Cause. For more Healthy Kids Fun Activities, visit [therootcause.com.au](http://therootcause.com.au).

