

ORANGES

FAST FACTS

- Oranges are a type of citrus fruit
- Citrus is an important industry in Florida, California, Arizona, and Texas
- Unlike many fruits, citrus fruits like oranges do not ripen after being picked from the tree
- Orange trees are very fragrant in full bloom because the leaf, flower, and fruit all grow at the same time



IMPORTANT NUTRIENTS

- **Vitamin C** – helps with wound healing
- **Thiamin** – helps convert food into energy
- **Pantothenic acid**– helps make neurotransmitters, steroid hormones, and hemoglobin
- **Fiber** – good for your gut and heart
- **Folate** – needed for new cell creation

SELECTION & STORAGE

Choose oranges that are firm and heavy for their size, with fine-textured skin and no soft spots.

Store oranges in the crisper drawer in your refrigerator at home.

IDEAS FOR SERVING

- Eat fresh orange slices as a snack during the day
- Add oranges to your smoothie along with other fruits and vegetables
- Used orange slices in your cooking to add citrus-flavor to fish or chicken

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ACTIVITIES

Five Senses Fun!

Use your five senses to describe how oranges look, feel, taste, sound, and smell.

Compare & Contrast

Make a list of similarities and a list of differences between oranges and another citrus fruit. Are there more similarities or differences?

Write a Recipe

Invent a new recipe that includes oranges as one of the ingredients.

Artistic Writing

Write a poem or song about the health benefits of orange. Share with the class.

Watch a Video

Find and watch a video online that shows how oranges are grown, harvested, and distributed in the United States.

Science Exploration

Identify each of the following parts of the orange: skin, rind, carpel, and core.

CHECK FOR UNDERSTANDING

What are some examples of other citrus fruit?

What type of plant do oranges grow on?

What nutrients are found in oranges?

What should you look for when selecting oranges at the market?

What is your favorite way to eat an orange?

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