LESSON NAME
Orange Nutrition

GRADE LEVEL
Pre-K – 8

TIME
5-30 minutes

CONTENT AREA
Health, Math, Science, English Language Arts

OBJECTIVES

Pre-K - Grade 8
Identify oranges as member of the fruit food group.

Grade 3 - Grade 8
Describe the role of nutrients found in oranges.
Understand where/how oranges are grown.

Grade 6 - Grade 8
Assess personal need for nutrients found in oranges.
Plan healthy meals and snacks that incorporate oranges.

LESSON OUTLINE

#1 Serve: Provide each student with a serving of oranges to consume during the lesson.

#2 Teach: Use the first page of the Orange Handout to teach the students about oranges.

#3 Explore: Select one or more activities from the second page of the Orange Handout for the students to complete.

#4 Discuss: Use one or more of the questions below, or create your own, to assess your students' understanding of the material covered:

- What are some examples of other citrus fruit?
  Examples: clementines, lemons, limes, grapefruit, pomelos, etc.
- What type of plant do oranges grow on?
  Example: trees
- What nutrients are found in oranges?
  Examples: Vitamin C, thiamin, pantothenic acid, fiber, folate, etc.
- What should you look for when selecting oranges at the market?
  Example: Choose oranges that are firm and heavy for their size, with fine-textured skin
- What is your favorite way to eat an orange?
  Examples: fresh, in a smoothie, orange juice, etc.

Arizona K-12 Content Standards: Health Strand 1, Concept 3, PO2
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