

NUTRITION EDUCATION LESSON PLAN

LESSON NAME

Orange Nutrition

GRADE LEVEL

Pre-K - 8

TIME

5-30 minutes

CONTENT AREA

Health, Math, Science,
English Language Arts

MATERIALS & PREPARATION

Review the **Orange Handout** to familiarize yourself with the content and select one or more activities for your lesson.

Review and modify the **Orange Slides** as needed and project on screen (optional).

Print 1 copy of the **Orange Handout** for each student (optional).

Prepare the oranges to serve to the students during the lesson.

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.

