

MARCH**ORANGE/CLEMENTINE**
CITRUS**GRADE**
2-3

RECOMMENDED BOOK	<u>An Orange in January</u> by Dianna Hutts Aston
NEEDED SUPPLIES	Oranges or clementines, strainer, hand-held citrus press/ juicer (optional)
NEEDED RESOURCES	"The Florida Way" Jammin' Minute Orange photo
21ST CENTURY SKILL	Students will learn that eating fruit is a way to be healthy and want to include it in a healthy diet. <ul style="list-style-type: none"> Practice preventative health behaviors <ul style="list-style-type: none"> 2-3: Choose healthy foods.
OBJECTIVES	<ul style="list-style-type: none"> Students will gain knowledge of orange/clementines (plant part, how to recognize, how to eat, how to prepare). Students will learn that oranges/clementines help them fight off infection and are good for their bodies. Students will learn that friends and educator eat citrus fruits. Students will learn to try new fruits and vegetables.
WHAT YOU NEED TO KNOW ABOUT CITRUS FRUITS	<ul style="list-style-type: none"> Citrus grows in a tropical or subtropical environment. Citrus is an important industry in Florida, California, Arizona and Texas. In the U.S., Florida produces the most oranges and grapefruit. California produces the most lemons and tangerines. The complete citrus fruits list is a long one and includes oranges, lemons, limes, mandarins, clementines, tangerines, grapefruits, kumquats, minneola tangelos, pomelos, oroblanco, and ugli. Unlike many fruits, citrus does not ripen after it has been picked from the tree. The United States ranks 3rd in citrus production worldwide. Orange trees are the most common fruit tree in the world. Navels and Valencia are the most popular oranges in California. They have a thicker skin and less juice than the ones grown in Florida due to drier conditions and cooler nights. Clementines are tiny versions of regular oranges. Mandarin oranges are sweeter and are often canned. If they are canned in syrup, they have added sugar.
RECAP FROM LAST LESSON	Did anyone have red, green, or yellow peppers with their family at home? Show me with your thumbs how they liked the peppers? How do you think you could get your family members in your house to try some of the foods we have been trying at school? (Help children problem solve - With your family, look at the school lunch menu for fruits and vegetables to try. Try fruits and vegetables of different colors.)
PHYSICAL ACTIVITY	"The Florida Way" Jammin' Minute or Map Activity Map Activity: Look at a map of the U.S. and identify the main citrus producing states: Florida, California, Arizona and Texas. Count how many states away from Iowa each state is and perform that many repetitions of each exercise (e.g., Florida is six states away from Iowa, so do six jumping jacks). Exercise ideas include toe touches, jump in place, march and touch opposite knee to elbow, and squats. Repeat with different exercises for each state.

CITRUS FEATURED TASTING:
ORANGE/
CLEMENTINE**ALTERNATIVES:**
GRAPEFRUIT**BLOOD ORANGE****LEMON/LIME**

FUN FACTS ABOUT CITRUS FRUITS	<ul style="list-style-type: none"> • About 90% of Florida's citrus fruit is produced into orange and grapefruit juice (Visual suggestion: Have a bag of 10 oranges and take one out to show percentage that is used for juice). • Limes were used in 1493 by Christopher Columbus to prevent scurvy (a disease from not eating enough Vitamin C). • Orange is the 3rd most popular flavor worldwide after chocolate and vanilla. • Orange trees are very fragrant in full bloom because the leaf, flower and fruit all grow at the same time (show photo of orange trees).
PART OF PLANT	Fruit: the edible part of a plant that develops from the flower. Fruits usually grow on trees, shrubs, or vines.
DISCUSSION	<p>Children ages 4-14 years need 1 to 2 cups of fruit a day depending on activity level (females: 1 c. -2 c., males: 1 1/2 c. - 2 c.). It is better to eat whole fruit than it is to drink juice. Fruit juice must be 100% juice to count toward the daily fruit recommendation. If a beverage is labeled a "juice drink", it is not 100% fruit juice. Juice drinks typically mix water, sugar, food coloring and a little juice. Many popular juice boxes, pouches and bottles are juice drinks. Look for 100% juice on the label to be sure it is 100% fruit juice and not juice drink.</p> <p>Even though 100% juice is better than a juice drink, we shouldn't drink too much 100% juice (limit to one 4-6 ounce serving a day). It is best to drink milk with our meals and water in between meals and when we are thirsty.</p> <p>Orange juice is made from the juice that is squeezed from the orange. When you drink juice, you are missing the fiber from the fruit. Fiber keeps us full and helps keep us healthy.</p>
HEALTH CONNECTION	<ul style="list-style-type: none"> • Citrus foods are high in Vitamin C. Vitamin C helps our bodies fight off infections and heal wounds. (Put up your defense shield to fight off the germs.) • Citrus foods are a good source of folate which is needed to grow and develop. (Stand up straight to show you are growing tall; point to your head to show you are getting smart!) • Citrus is a good source of fiber to help in digestion and to help us feel full longer. (Rub your tummies)
ACTIVITIES	<p>Demonstrate the lack of fiber in juice by juicing an orange. Cut an orange in half and squeeze with your hand or use a citrus press to extract the juice. Use a strainer to remove the pulp. Use sugar packets to show how much table sugar is in 8 ounces of a typical juice drink. One sugar packet is equal to 4 grams of sugar (4 g = 1 teaspoon). Avoid product names/labels if possible (e.g., 8 oz. of Sunny Delight has 14 g sugar, so show 3-4 sugar packets). 100% juice has no sugar (only natural fruit sugars).</p>
TASTING	Taste fresh oranges or clementines. Child will vote with their thumbs as to preference for orange. Thumbs up-I like it, thumbs sideways-it's okay, thumbs down-no thanks. Ask the children: Who wants to eat an orange again?
CLOSING DISCUSSION	<p>What is the name of the fruit we just tasted? Where can you get oranges/clementines? Look for fresh oranges (produce section at grocery store, school lunch, etc.), canned oranges (canned mandarin oranges or grapefruit sections), and frozen oranges (as juice).</p> <p>Today we got to see what an orange/clementines looks like. Do you think you would be able to help your grown-up find one in the produce section of the grocery store? We tried the orange/clementine all by itself today. Oranges make a great snack. What are some other ways you could eat citrus fruits? (fruit salad, salsa, lettuce salad, in yogurt, etc.)</p> <p>Tell your family that you like oranges. Will you ask your grown-ups for oranges/clementines? What would you tell your grown-up about the advantage of eating the whole orange rather than drinking the 100% juice? (fiber) When might you choose a 100% juice? (no whole fruit available, in a hurry, restaurant/ fast food) Do you think you could tell or show your grown-up the difference between 100% fruit juice and fruit drink?</p>

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Hand out "Ask me about...oranges or clementines" stickers. Send home the parent newsletter. Discuss the monthly bingo card. Distribute incentives for returned bingo cards from last month.

REFERENCES AND RESOURCES

<http://www.jamschoolprogram.com/>
<http://www.floridacitrus.org/captain-citrus/teachers/>
http://www.agmrc.org/commodities_products/fruits/citrus/citrus-profile/
<http://www.npr.org/sections/thesalt/2015/01/22/378920980/for-more-nutrients-drink-oj-or-eat-an-orange-it-s-not-so-clear-cut>
<https://snaped.fns.usda.gov/nutrition-through-seasons/seasonal-produce/citrus-fruits>



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JAMmin' Minute®

*Authored by: Communities Putting Prevention to Work
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Reps	Workout Routine: The Florida Way
10	Reach up to pick an orange; one arm then the other
10	Pick Strawberries: Alternate, reach opposite hand to ankle
10	Water Skiing: Arms out in front, squat 45°, return & repeat
10	Sandspur Strut: Alternate, lift each leg and clap underneath
10	Stingray Shuffle: Walk both feet out to your sides & back in

Health-E-tip

Rethink your drink! - Many drinks like soda and energy drinks have a lot of extra sugar, caffeine and calories. Water, 1% and fat-free milk and 100% juice are healthy choices. Next time, think before you drink!

Disclaimer: Please be advised the exercises hereunder may not be suitable for everyone, in every age, and this or any other exercise program may result in injury. To reduce the risk of injury all children should consult their doctor before beginning this or any exercise program. The exercises presented herein are in no way intended as a substitute for medical counseling.

