

MARCH

ORANGE/CLEMENTINE

CITRUS

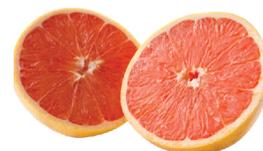
GRADE
K-1

RECOMMENDED BOOK	<u>An Orange in January</u> by Dianna Hutts Aston; <u>Orange, Pear, Apple Bear</u> by Emily Gravett; <u>The Very Hungry Caterpillar</u> by Eric Carle; <u>Oranges (What's for Lunch)</u> by Claire Llewellyn; <u>Oranges on Golden Mountain</u> by Elizabeth Partridge
NEEDED SUPPLIES	Oranges or clementines, apple, lemon, two paper sacks
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"> K-1: Identify healthy foods.
OBJECTIVES	<ul style="list-style-type: none"> Students will gain knowledge of oranges/clementines (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 oranges/clementines. 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 third 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? Show me with your thumbs how they liked the peppers? How do you think you could get your family members 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).
DISCUSSION	<p>Today we are going to talk about citrus fruits such as oranges. How many of you have had oranges? Orange juice? When can you eat an orange? (breakfast, lunch, dinner, snack) What are some ways you could get more fruit into your daily diet? (Top cereal with fruit, eat a piece of fruit at lunch or for a snack, mix fruit into a salad, add fruit to yogurt.)</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 tall to show you are growing and 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 to show fiber is good for you!)
ACTIVITIES	<p>Show students an orange. Discuss its color (inside and out), texture, shape, size, stem and firmness. Play the "Mystery Game".</p> <p><u>Mystery Game</u></p> <p>Students will use their sense of touch to identify citrus fruits.</p> <p>Place a non-citrus fruit (such as an apple) in the first paper bag and a citrus fruit (such as a lemon) in a second paper bag. Ask for two volunteers. One at a time, tell the volunteers to close their eyes and put their hand inside the first bag (educator is holding the bag) to feel the fruit. Instruct volunteer not to tell the class what it is. Ask: what is the shape? How does the skin feel? Can you feel a stem? Squeeze it. Is it hard or soft? Don't guess the fruit yet. Repeat with both volunteers for the second bag.</p> <p>Ask class to guess what was in the first bag based on the volunteers' answers. Then ask volunteers to guess. Ask class to guess what was in the second bag. Then ask the volunteers. Reveal the fruits to solve the mystery.</p> <p>How is the lemon like an orange? How is it different? (discuss color of peel and fruit, texture, stem, shape, size, where they grow, etc.). Show students examples of other citrus fruits. Discuss how are they alike and different.</p>
SENSES DISCUSSION	<p>See: What color is the orange? Where do you think it got its name? Find something in the classroom that is the same shape; is the orange bigger or smaller? Can you tell where the orange was attached to the tree? What color is the inside of the peel?</p> <p>Touch: Is the orange more like an apple or a lemon? Why? (more like a lemon- has juice, similar skin, similar smell)</p> <p>Smell: What does an orange smell like?</p> <p>Taste: How does it taste? Sweet</p>
TASTING	<p>Taste a fresh orange/clementine. Child will vote with thumbs as to preference for orange/clementine. Thumbs up-I like it, thumbs sideways-it's okay, thumbs down-no thanks. Ask the children: Who wants to eat oranges/clementines again?</p>

MARCH**ORANGE/CLEMENTINE**
CITRUS**GRADE**
K-1**CLOSING DISCUSSION**

What is the name of the fruit we just tasted? Where can you get oranges/clementines? Look for fresh oranges (at the grocery store, school lunch, etc.), canned (look for canned mandarin oranges or grapefruit sections), and frozen (as juice). Today we got to see what an orange/clementine looks like. Do you think you would be able to help your grown-up find one in the produce section? We tried the orange/clementine all by itself today. Oranges make a great snack. What are some other ways you could use citrus fruits? (fruit salad, salsa, lettuce salad, on yogurt, etc.) Tell your grown-ups that you like oranges. Will you ask your grown-ups for oranges?

TAKE-HOME MATERIALS

Pass out "Ask me about...oranges or clementines" stickers. Send home the parent newsletter.

REFERENCES AND RESOURCES

<http://www.jamschoolprogram.com/>
<http://www.floridacitrus.org/captain-citrus/teachers/>
http://www.agmrc.org/commodities_products/fruits/citrus/citrus-profile/
<https://snaped.fns.usda.gov/nutrition-through-seasons/seasonal-produce/citrus-fruits>





JAMmin' Minute[®]

*Authored by: Communities Putting Prevention to Work
Judy Barrett*

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.

