

Oranges/Clementines

**GRADE
K-1**

Month: March

Time Required: 30 minutes

Alternative Tastings: Grapefruit, Blood Orange, Lemon/Lime

Lesson Goals

- Students will increase their knowledge of fruits and vegetables.
 - Students will learn to try new fruits and vegetables and increase their preference for them.
 - Students will learn that their peers like to eat fruits and vegetables.
 - Students will learn how to ask their parents/caregivers for the fruits and vegetables tasted in class.
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Learning Objectives

- Students will be able to identify vitamin C as contained in oranges.
 - Students will be able to describe how oranges grow on trees.
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Academic Standards Connection

Coming soon.

Essential Components Checklist

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| <input type="checkbox"/> Physical Activity | <input type="checkbox"/> Newsletters, BINGO Cards, Stickers, and Incentives |
| <input type="checkbox"/> "Asking" Discussion | <input type="checkbox"/> Tasting |
| <input type="checkbox"/> Voting | |
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Materials

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| <input type="checkbox"/> Oranges or clementines | <input type="checkbox"/> Napkins |
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Preparation

- If serving oranges, wash and pre-cut into quarters (or cut during the lesson if time permits) and store in food storage container or bag. May serve a whole clementine if preferred.
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Engage

1. Introduction: 2 minutes

The “Introduction” section is a time to introduce yourself, recap previous lessons, establish norms, or introduce the day's lesson.

2. Engage Activity: 6 minutes

The “Engage Activity” section has two purposes: 1) to activate students' prior knowledge and 2) to engage every student.

Gather students in a large circle. *Today, we're going to learn about and taste a fruit that fights off sickness. But first I want to know, who takes care of you when you are sick? It might be grandparents, aunts/uncles, neighbors, parents, siblings, friends, doctors, nurses. Think of someone in your head, and stand up when I call that person...* One by one, share examples. Ask several students to share examples of *how* they are taken care of by the community member(s) they acknowledge as they stand and sit. After you have run through the list, ask *“did we miss anyone?”* to see if students have any additions.

Thank you all for sharing. Isn't it nice to know we have friends and family who help take care of us!

Explore

3. Experiential Learning: 10 minutes

This is a time for students to familiarize themselves with what you'll be tasting. The best way to do this is through a hands-on or exploratory activity.

Seat students (opportunity for 3 deep breaths).

Just like our friends and family members help take care of us when we're sick, so do fruits like oranges. Oranges contain vitamin C. Note vocabulary word: vitamin C. Define, write out, and repeat “vitamin C.” Vitamins, like vitamin C, help our bodies fight off sickness and keep us feeling healthy. Oranges, which contain what vitamin? (choral response: vitamin C) grow on trees. Think of another fruit that grows on a tree. Say it on the count of three, 1-2-3 (choral response- all students answer). Listen for answers, and affirm, Yes, fruits like apples, pears, lemons and limes also grow on trees. We're going to watch a short video that shows us oranges growing on trees in Florida.

Share and narrate [pieces of this video](#) that shows oranges growing on trees (no audio required).

- Note oranges growing on trees in clusters.
- Note oranges attached by the stem to the tree.
- Note orange peel around the fruit: at 3:06, an orange is harvested and cut, showing the peel and segments of the orange on the inside.

Physical Activity

Let's all stand up and practice balancing like a tall orange tree. Lead students through ‘tree pose,’ taking deep breaths and balancing on one leg at a time. Grow strong branches up into the air and blow in the wind, and get heavy with oranges. Switch legs. Play “Yogi Says” in “Brain Breaks” (page 22) for several minutes.

With teacher or student helpers, pass orange sections or clementines. Explain to students, *we're going to use our senses to explore the fruit today before we taste it. We're going to take a really long time to eat it because we're going to explore everything we can about the oranges using our 5 senses.* Lead students through 5 senses exploration.

Touch: Students can close their eyes and feel the orange with their fingers. What does it feel like? How does the peel feel different from the inside?

See: Have students carefully examine the orange, the outside and the inside. What details do they see? Are there any seeds? Can they see where the orange was once attached to the tree?

Smell: Have students bring the orange to their noses and inhale. Ask them to describe the smell.

Hear: Using their fingers, have students break the orange into smaller segments. Everyone should be very quiet to listen for any sounds.

4. Tasting Activity: 3 minutes

The “Tasting Activity” section is when students get to try the fruit or vegetable. Don’t forget to review your food tasting norms (for example, “don’t yuck my yum”).

Be sure to review your brave tasting rules (for example, don’t yuck my yum, we all try together, etc.)

Invite the students to taste the orange.

Reflect

5. Voting Activity: 3 minutes

This is a time for students to give their opinion on what they tried!

As students taste the orange, have them vote with their thumbs. Observe their voting and offer positive reinforcement regarding the Brave Taster Rules. If a student dislikes the tasting, perhaps ask what they would change about it.

6. Reflection: 6 minutes

Reflection is one of the most important processes for students to process and retain new information or experiences. Give students an opportunity to reflect on what they’ve learned or tried in your lesson. This is an excellent place for students to practice the “Asking Discussion”.

Reflection questions:

- *Will someone share what they liked or loved about the orange?* Select a couple students to share.
- *Will someone share what they would change about the orange?* Select a couple students to share.
- Using choral response
 - *Where do oranges grow?* (on trees)
 - *What vitamin is inside oranges that keeps us healthy?* (vitamin C)
- *Raise your hand if you’re excited to go home and tell your family about tasting oranges.*
 - Ask a student with a raised hand: *if you wanted to try this at home, how might you ask your grown-ups?*
 - You might also ask additional questions like, *where could you buy oranges?*

Leave newsletters, incentives, stickers, and BINGO sheets with the teachers to pass out.

Lesson Supplement

Recommended Books

“An Orange in January” by Dianna Hutts Aston; “Orange, Pear, Apple Bear” by Emily Gravett; “The Very Hungry Caterpillar” by Eric Carle; “Oranges (What’s for Lunch)” by Claire Llewellyn; “Oranges on Golden Mountain” by Elizabeth Partridge

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.

More ideas for physical activity are available at <https://idph.iowa.gov/inn/play-your-way/brain-breaks>.

What You Need to Know About Citrus Fruits

- 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.

Facts About Citrus Fruits

- 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).

Health Connection

- 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!)

References and Resources

<https://www.floridacitrus.org/>

<https://snaped.fns.usda.gov/seasonal-produce-guide/oranges>

