

Oranges

Hello Families,

Pick a **better** snack™ is a program from Iowa State University Extension and Outreach Cerro Gordo County. Each month 2nd grade students learn about a variety of snacks and healthy living.

To learn more about oranges, watch Eating Healthy with Michelle – Lesson 19. The video can be found at <https://www.youtube.com/watch?v=4mpFi9234MU>.

For more facts and recipes check out:

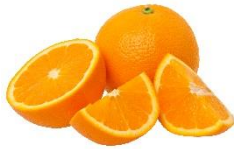
IDPH Pick a Better Snack <https://idph.iowa.gov/inn/pick-a-better-snack>

Spend Smart. Eat Smart. <https://spendsmart.extension.iastate.edu/>

Happy snacking! – Michelle Schubert

Facts

- The orange tree is the most common fruit tree in the world.
- Oranges require a sub-tropical or tropical environment to grow.
- In the United States oranges are grown in Florida, California, Arizona, and Texas.
- 90% of the oranges grown in Florida are made into orange juice.
- The United States ranks 3rd in citrus production.
- Orange is the 3rd most popular flavor worldwide followed by chocolate and vanilla.
- Oranges are a great source of:
 - Vitamin C – gets rid of germs in the body, heals cuts and bruises, and heals our skin.
 - Fiber – helps our digestive system
 - Folate – may reduce risk of heart disease



How to Pick 'Em

- Choose oranges that are:
 - Firm
 - Heavy for their size
 - Smooth skin
 - Pleasant citrus smell
- Avoid oranges with rough, thick, blemished, or unevenly colored skins.

Try it at Home

- Oranges can be eaten fresh, canned, or frozen.
- Add oranges to a fruit salad, salsa, lettuce salad, yogurt, or a fruit pizza.
- Orange juice can be added to dips, sauces, glazes, smoothies, and baked goods like cookies, bars, breads, muffins, and cakes.

Splendid Fruit Salad

Ingredients:

- 3 tablespoons frozen orange juice concentrate
- 2 medium apples
- 1 orange
- 1 banana



Directions:

1. Measure orange juice concentrate into bowl.
2. Wash and dice apples and place in bowl.
3. Peel and slice orange and banana, add to bowl.
4. Mix fruit with juice by stirring.
5. Serve immediately or store in the refrigerator.

Recipe from: Spend Smart. Eat Smart.

<https://spendsmart.extension.iastate.edu/recipe/splendid-fruit-salad/>



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