



### **Educational Advisory Board**

**Alice Rohweder Giordano, B.S., M.S.**

Associate Professor, child care and development, College of DuPage, Glen Ellyn, Ill. and Adjunct Professor, National - Louis University (formerly National College of Education), Evanston, Ill. Formerly a teacher of young children and Head Start training officer.

**Julie A. Zelchenko-Nakamura, B.A.**

Teacher, state-funded prekindergarten program, Chicago Public Schools. Masters program student, Erikson Institute for Advanced Studies in Child Development, Chicago, Ill.

**Katie O'Neill, B.S.**

Supervisory teacher, kindergarten, Dearhaven Child Center, a model program in Lake Forest, Ill. Masters program student, National - Louis University (formerly National College of Education).

**Anne Elise Hunt, B.A.**

Project coordinator, Home economist and health and nutrition writer, Hess and Hunt, Inc., Winnetka, Ill.

**Carolyn Neuhaus-Jones, B.F.A., M.S.Ed.**

Project designer, JonesHouse, Inc., Lake Forest, Ill. Formerly Publications Director, National College of Education (now National-Louis University) and residential trainer responsible for production of educational materials for learning disabled adults, The Lambs, Inc., Libertyville, Ill.

**Mary Abbott Hess, L.H.D., M.S., R.D.**

Registered dietitian and nutrition education specialist, Hess and Hunt, Inc., Winnetka, Ill. Past president, The American Dietetic Association. Formerly Associate Professor, Mundelein College, Chicago, Ill.

# Dear Teacher:

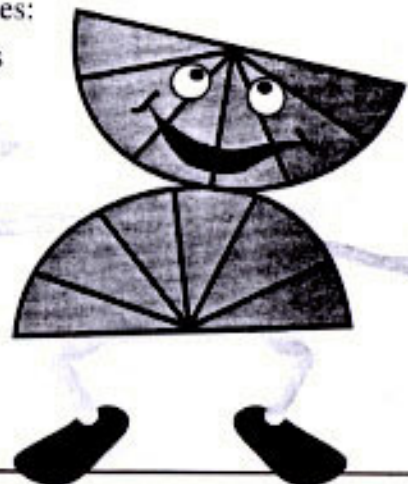
"Orbiting Oranges" is an imaginative program for children age 3 to 7. It can help lay the groundwork for future decisions and actions, including what to eat. Smiley, the playful space-age character, makes learning fun and excites children about healthful oranges. "Orbiting Orange" activities can easily be integrated into a variety of classroom experiences including math concepts, reading and writing, science, health and nutrition.

### **The program's objectives are:**

- To teach basic concepts about color, space, shape, size, sequence, numbers, letters and relationships.
- To give opportunities for independent inquiry, exploration and inferential thinking.
- To provide activities and recipes that can be shared with parents.
- To create a positive, "fun" image of oranges that will encourage children to eat them.
- To promote increased consumption of fruits and vegetables.

### **The program has three components:**

1. A poster that invites children to think about a familiar object, oranges, in a new way. Use it to create a language experience story or dramatic movement activity.
2. Booklets that can be used as the basis for classroom discussion. These booklets provide "figure-it-out" activities for children and give parents an opportunity to share in their child's learning.
3. A guide for teachers that includes:
  - suggestions for using oranges as a teaching tool.
  - recipes and information about "5 a Day - for Better Health."
  - tips on feeding young children that teachers can share with parents.



## CLASSROOM ACTIVITIES

(Customize for the developmental level of your students.)

### Sensory Orange -

(Materials: Two fresh Sunkist® oranges; knife for cutting; paper plates; napkins)

An orange is orange! Can you think of anything else that is called by its color? Find other objects in the room that are orange. Cut up an orange and give each child a piece. How does the orange smell? How does it taste? Examine the orange peel, sections and inside of seed with a microscope or magnifying glass.

### Orange Exploration -

(Materials: One fresh Sunkist® orange for each group; serrated plastic knife for each group; paper towels)

Ask children what they know about oranges. What would they like to know about oranges? (How many seeds and sections are there?\* How do you think oranges get navels? How do you think they put the sticker or stamp on a Sunkist® orange, etc.?) Divide children into pairs or groups. Give each group materials and let them explore. Go to the library or get resource materials to answer other questions. Make a bulletin board or a book with questions, findings, feelings, drawings, and compositions about oranges.

\*Valencia oranges have more seeds than navel oranges.

### Orange Division-

(Materials: Fresh Sunkist® orange)

With the orange, demonstrate parts of a whole using age-appropriate language (halves or 2 parts).

### Space-Age Orange-

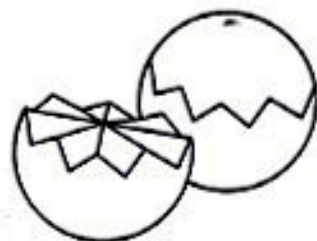
(6 fresh Sunkist® oranges; knife; paper plates; napkins)

Cut oranges into shapes shown on the poster as shown in the illustrations at left: "Sun" (horizontal slices); "Moons" (wedges); "Space ships"; "Stars" (sections arranged in a star-pattern).

*Have a space-age nutrition snack!*



Suns



Space Ship



Moons



Stars

## 5 A DAY - FOR BETTER HEALTH...

is a national program to help Americans develop a healthier lifestyle. Eating 5 servings of fruits and vegetables a day can help do just that! Most fruits and vegetables are naturally low in calories, fat and sodium. Many are good sources of vitamin C, vitamin A and dietary fiber. Encourage your students and their parents to participate in this program. Make a bulletin board with pictures of fruits and vegetables cut from magazines, supermarket ads and seed catalogs. Have children mark on a chart each serving of fruits and vegetables they eat each day.

Form	Adult Serving Size	Young Child Serving Size*
Whole Fruit	1 medium (like an orange) 2 small (like plums) 1/2 large (like grapefruit)	1/4 to 1/3 adult portion
Cooked or cut up fruits and vegetables	1/2 cup	1 tablespoon for each year of age
Raw Leafy Vegetable	1 cup	1/4 to 1/3 cup
Juice	3/4 cup (6 ounces)	1/4 cup (2 ounces)
Dried Fruit	1/4 cup	1 to 2 tablespoons

\*Based on recommendations for children ages 2 to 6 in the *Healthy Start: Food to Grow On* program of the American Academy of Pediatrics, The American Dietetic Association and the Food Marketing Institute (1991).

## What's in an Orange?

More than enough vitamin C to last you a whole day! Because our bodies don't store vitamin C, we need to replenish the supply daily. Vitamin C helps the body to build strong bones and teeth, resist infections and heal cuts and bruises. Vitamin C is used to make collagen, a kind of "cell cement" that holds bones and skin together.

Iron-boosting ingredient. When eaten at the same meal, the vitamin C in oranges increases absorption of iron present in fortified bread, cereal and pasta. Parents and teachers with iron-poor blood have trouble keeping up with active children. Children with iron-poor blood may not reach their full potential in the classroom and in physical activities.

Dietary fiber. When you drink juice, you don't get the amount of dietary fiber which eating the whole fruit will give you. A fiber-rich diet can reduce blood cholesterol, alleviate some digestive disorders, improve blood sugar control and help prevent colon cancer.

Tree-ripened fruit. Artificial color is never added to Sunkist® oranges. During warmer months, chlorophyll returns to fruit and may make ripe oranges turn green again. Regardless of color, Sunkist® oranges are never picked until they are fully ripe.

Flavor and aroma. Squeeze the peel and you'll feel and see a tiny squirt of orange oil. Doesn't it smell good? Adding grated peel to food gives it a distinct orange flavor and aroma.



**5 a Day - for Better Health!**

"Eating 5 fruits and vegetables a day is one of the most important choices you can make to improve your health."

-National Cancer Institute

## Fresh Orange Nutrition Information\*\*

<b>Serving Size</b>	<b>1 medium orange (5.5 ounces)</b>
Calories	50
Protein	1 gram
Carbohydrate	13 grams
Fat	0 grams
Cholesterol	0 milligrams
Dietary Fiber	6 grams
Sodium	0 milligrams
Potassium	270 milligrams
<b>% of USRDA</b>	
Protein	2%
Vitamin A	*
Vitamin C	120%
Thiamine	6%
Riboflavin	2%
Niacin	4%
Calcium	4%
Iron	*

\* Contains less than 2% of USRDA for this nutrient

\*\* Based on research conducted by the Produce Marketing Association, Newark, Delaware, 1990.

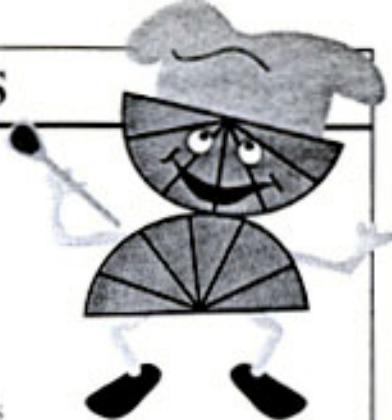
Weights are for edible portion.

# Getting Young Children to Eat Better

*Here are tips for you to pass along to parents about feeding their children.*

- Involve the child in shopping and preparing food.
- Prepare and serve a variety of healthful foods, then let the child choose what and how much to eat.
- Feed a child at regular intervals. If food is served only at meal and planned snack times, the child is more likely to eat when food is offered.
- Avoid using food to pacify or reward behavior.
- Encourage increased activity to avoid overweight. A restrictive diet can be dangerous during a child's growing years, and should be undertaken only with medical supervision.

## KID-PLEASING RECIPES



### Orange-Yogurt Dip for Fresh Fruit

- 1 carton (8 ounces) lowfat plain yogurt
- 2 tablespoons honey
- Grated peel of 1/2 Sunkist® orange
- 2 Sunkist® oranges, peeled, segmented
- 1 medium apple, unpeeled, sliced
- 1 medium banana, peeled, cut into chunks

In small bowl, combine yogurt, honey and orange peel. Serve as a dip with oranges, apple and banana. Sprinkle cut apple and banana with a small amount of orange or lemon juice to prevent fruit from darkening. Makes four servings (2 ounces dip each).

### Orange and Banana Crush

- 1 Sunkist® orange, peeled, cut into chunks
- 1 medium banana, peeled, cut into chunks
- 1 can (6 ounces) unsweetened pineapple juice
- 1 cup crushed ice
- 1 tablespoon honey

In blender combine all ingredients; blend until smooth. Makes three (7 ounce) servings.

### Orange-Broccoli Salad

- 2 pounds broccoli, trimmed, cooked, drained
- 1/2 cup celery, diagonally sliced
- 1/2 cup non-fat Italian dressing
- Grated peel of 1/2 fresh orange
- 1/4 cup fresh squeezed orange juice
- 1/4 teaspoon dried dill weed
- 1 small head Bibb or Boston lettuce, torn into bite-size pieces
- 1 small head Romaine lettuce, torn into bite-size pieces
- 3 oranges, peeled, sectioned or cut into half-cartwheel slices
- 2 hard-cooked eggs, peeled, sliced

Arrange broccoli and celery in large shallow dish. Combine Italian dressing, orange peel, juice, and dill; pour over vegetables. Cover and chill. To serve, combine lettuces on large serving platter or 6 dinner plates; arrange broccoli, orange sections, and egg slices. Spoon celery and remaining dressing over salad. Makes 6 salads. This is an official **5 A DAY** recipe.

### Icy Oranges\*

- 4 medium thin-skinned oranges

Cut each orange in 6 wedges. Peel each wedge halfway down one side; tuck peel under. Place on a baking sheet; freeze 1 hour or until partially frozen. Makes four servings. This is an official **5 A DAY** recipe.

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Consumer Affairs  
Sunkist Growers, Inc.  
P.O. Box 7488  
Van Nuys, CA 91409-7488