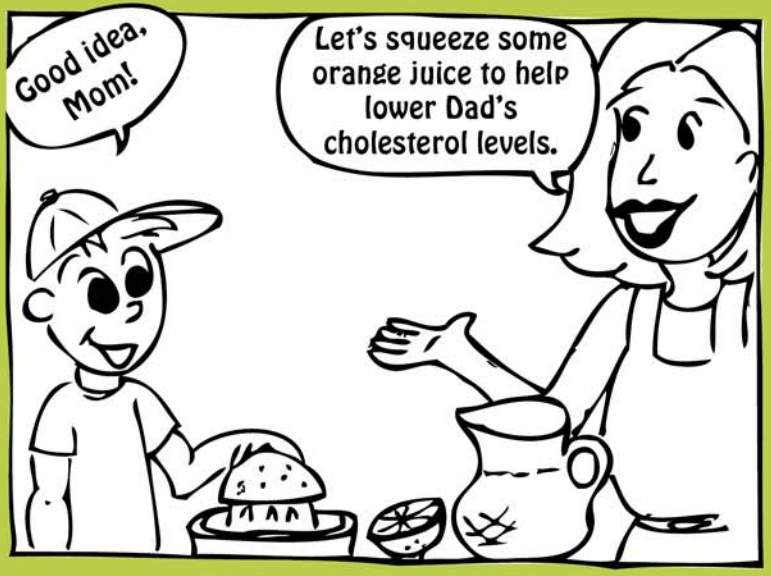
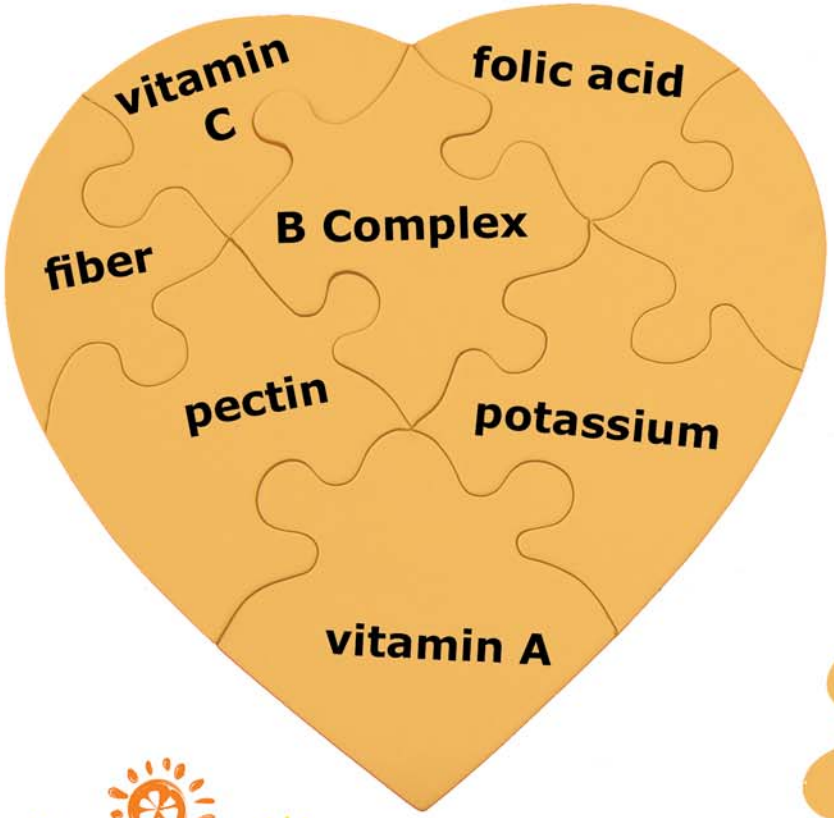
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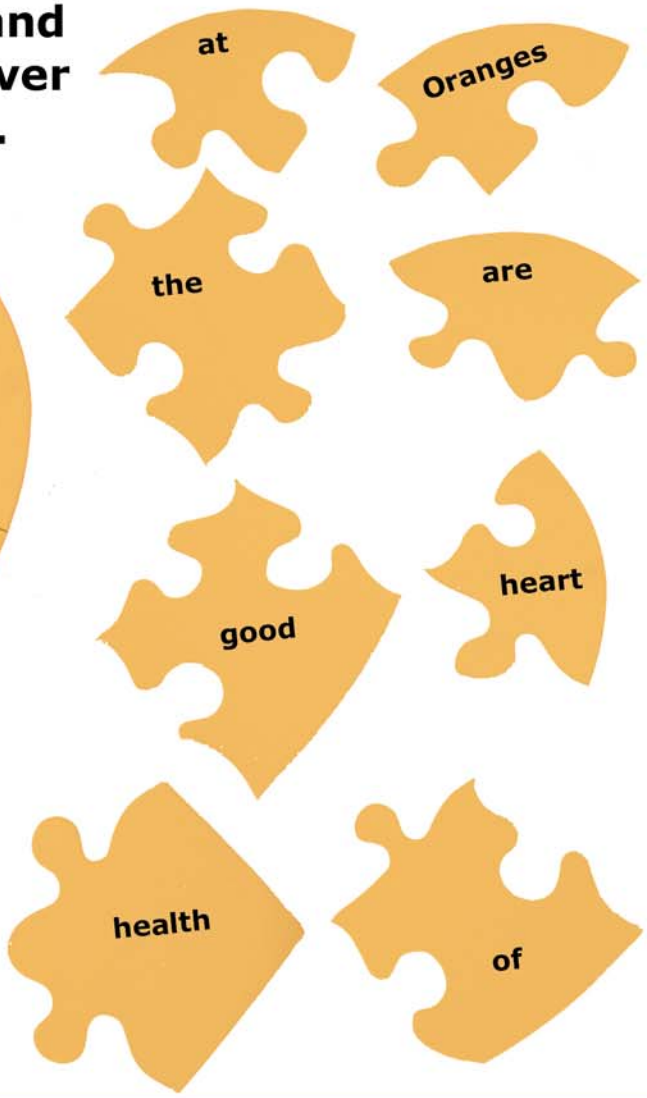


Oranges on the tree.



Cut out the pieces on the right and put the puzzle together to discover an important health message.





Fresh for Florida Kids
Florida Department of Agriculture and Consumer Services

Florida Agriculture in the Classroom, Inc.
Agriculture Keeps Florida Green

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Orange Lesson Plan

Background Information
Orange trees grow in subtropical climates that make Florida an ideal location for this crop. Oranges are an excellent source of vitamins A, B and C and also potassium and calcium. This cancer-reducing powerhouse helps to develop a resistance to infection, inflammation and lowers cholesterol for heart health. Eating oranges regularly helps to protect the body from mouth cancers and proves an excellent source of dietary fiber. Herbie is the main character in this vegetable series. His mother, Violet, is teaching him how to be healthy by eating foods that have rich vitamin and mineral value. In this activity, students help Herbie solve the mystery of heart health.

Next Generation Sunshine State Standards- SC.1.L.14.1, SC.1.L.14.2, SC.1.N.1.3, SC.2.N.1.1, SC.2.P.8.1, SC.3.N.1.1, SC.3.N.1.3, SC.3.N.1.6,

Engage
1. Play "20 Questions" to get students to give the response, "Orange." Start hints with: 1. I'm thinking about a color word..... 2. This word also has vitamins...3. This word can name something other than a color....4. This word can name a flavor.....5. This color word is seen everywhere in the fall.....6. This word names a fruit....

Explore
1. Pass around oranges for students to scrape with their fingers and smell the peel, examine the sections and remove the seeds.
2. Discuss how the fruit has orange oils in the peels.
3. Introduce the character Herbie and discuss his quest to learn about foods that are good for your body.
4. Make literature connections.

Explain
1. Discuss the health benefits of eating fresh oranges and drinking orange juice.
2. Make literature connections.

Elaborate
1. Orange peels may help to keep ants and slugs out of your gardens; test it.
2. Make a peppermint orange drink by making a small hole in an orange. Put a soft peppermint stick in the opening and drink like it is a straw. The acids in the orange will dissolve the sugars so the juice will flow.
3. Juice some oranges. Then sort the seeds that you collect from the juiced oranges.
4. Play orange bowling.
5. Plant orange seeds.

Evaluate
1. Complete the heart puzzle to reveal the health hint, "Oranges are at the heart of good health." Discuss.

Literature Connection
Oranges for Everyone by Daiga Zake; Oliver's Fruit Salad by Vivian French; The World of Fruits by Maria Skrebtsova; Ready, Steady, Grow by The Royal Horticultural Society

References
http://www.nutrition-and-you.com/orange-fruit.html
http://food-nutrition.knoji.com/10-health-benefits-of-oranges/
http://www.cdc.gov/nutrition/everyone/fruitsvegetables/nutrient-info.html