



is for Orange

- Oranges are part of the citrus family of fruits. They have smooth skin and are orange on the inside.
- Oranges have higher juice content than any other fruit. This makes them juicy and great for squeezing to make fresh juice.
- Oranges are an excellent source of vitamin C and a good source of fiber

Photos: Network for a Healthy California

For more information, visit:

www.harvestofthemonth.com
www.fruitsandveggiesmatter.gov



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Orange Frost Recipe

Makes 25 tastes at 2½ oz. each.

INGREDIENTS:

- 3 cups 100% orange juice or enough oranges to make 3 cups juice
- 3 bananas
- 3 tablespoons nonfat milk (or soy) powder
- ½ teaspoon cinnamon
- 12 ice cubes

SUPPLIES:

- 1 cup measure, ½ teaspoon, 1 tablespoon
- Blender, juicer and knife (if using fresh oranges)
- Small (3-ounce) paper cups

PREPARATION:

1. Wash oranges, if using fresh. Teacher cuts oranges.
2. Remove seeds and squeeze juice from all oranges. Peel bananas.
3. Put all ingredients in blender and blend until creamy. Serve and enjoy.

Nutrition information per serving:
Calories 29, Carbohydrate 7 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 5 mg, Dietary Fiber 0 g

Source:
NETA, University of California
Cooperative Extension – Alameda
County.



Cooking in the Preschool Classroom

provides many benefits to children

- Children can measure ingredients.
- They can help peel and slice the oranges and bananas.
- Children can help clean up.
- Some children may be able to squeeze oranges.

Food Safety and Sanitation

- Wash bananas before peeling.
- Wash hands before preparing and tasting the Orange Frost.
- Keep children away from blender.
- Throw away any food that falls on the floor.

Create a Child-Friendly Environment

Use effective ways to invite children to eat or taste new foods.

Activity:

Food Trackers in the Circus



While doing a balancing act like in the circus, children will learn the importance of eating different colors of fruits and vegetables.

MATERIALS

- CD player for music (optional)
- Straight lines on the ground (use tape, chalk, or existing lines on the ground)
- A list of colorful fruits and vegetables (purple, red, green, orange, yellow, brown, white/beige, and black). Use large print for children to read.

WHAT TO DO NEXT

1. **Before the children arrive:** Have the music ready, or make up your own rhyming songs. Create straight lines on the ground, and prepare a large print of the chart below.
2. **Explain to the children:** We will pretend to be in the circus full of different colors. We will practice our high wire balancing act, while filling the circus tent with different colorful fruits and vegetables.
3. **Review the list of colorful fruits and vegetables:** We will do a balancing act in the circus, and balance eating colorful foods. Give directions for the balancing act by calling out a fruit or vegetable.
4. **Challenge the children: “Show me that you can ...”**
 - Walk on your high wire slowly, straight up, while eating a **purple** plum.
 - Turn around and walk back, while eating an **orange** mango.
 - Walk forward and place one hand on your head, while eating a **red** strawberry with the other hand.
 - Walk forward with hands on your knees, while chewing a **black** fig.
 - Walk sideways to the end and back, while munching some **brown** dates.
 - Balance on one leg on your high wire. Balance on the other leg, while reaching for a **green** broccoli.
 - Gallop down your high wire. Switch your lead leg and gallop back, while picking a **yellow** lemon from the tree.
5. **Bring children back to their chairs.** Take a deep breath in and exhale. Stretch up to the sky with one arm and repeat with the other arm. Applaud at the end of the activity.
6. **Cooking.** Have children wash their hands and get ready to prepare and taste the recipe from the front page.

Purple	Red	Green	Orange	Yellow	Brown	White	Black
Eggplants Plums	Tomatoes Strawberries Beets	Avocados Kiwifruit Broccoli	Mangoes Carrots	Lemons Corn	Potatoes Dates	Cauliflower Onions	Figs Olives Black beans



Connections to California Department of Education,
Desired Results Developmental Profile—Preschool (2010)

Activity: SSD2, SSD4, SSD8, SSD12; LLD1; COG2, COG4; MATH5,
MATH6; PD1, PD2; HLTH2, HLTH3

Cooking in the Classroom: DR II: LLD1; COG24; MATH 4; DR III: PD2,3;
DRIV: HTLH1,2, 3

For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.