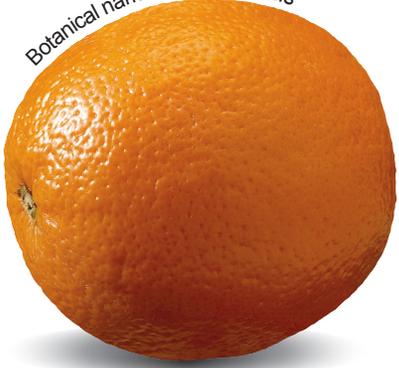


Harvest of the Month



Network for a Healthy California

Botanical name: *Citrus sinensis*



ORANGES

Circle all meals on the menu that contain an orange.

- How many did you find?
- Are there other orange fruits on the menu?
- What is your favorite way to eat an orange?
- What do you like best about oranges?

ORANGE YOU SMART

Nutrition Facts

Serving Size: ½ cup orange, sections (90g)
 Calories 42 Calories from Fat 0

% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	9%
Sugars 8g	
Protein 1g	
Vitamin A 4%	Calcium 4%
Vitamin C 80%	Iron 1%



A fill-in-the-blank game using ORANGE:

- O** _____
(an underwater creature with eight legs)
- R** _____
(the smallest state in the United States)
- A** _____
(a favorite fruit given to a teacher)
- N** _____
(a popular orange variety named for its belly button)
- G** _____
(another color that oranges can be)
- E** _____ !
(how many times per week you need to be active)

Reasons to Eat Oranges

A ½ cup of orange sections has lots of vitamin C. Eating oranges will also give you fiber and folate. Folate is a B vitamin that helps your body make healthy red blood cells. Folate works with vitamin C and vitamin B₁₂ to help your body create protein.

Folate Champions*:

Asparagus, avocados, blackeye peas, broccoli, fortified breakfast cereals and breads, oranges, pinto beans, and spinach.

*Folate Champions are a good or excellent source of folate (at least 10% Daily Value).

How Much Do I Need?

A ½ cup of orange sections is about one small orange. This is about the size of one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. It is important to eat a variety of colorful fruits and vegetables throughout the day to help you meet your daily needs. Fruits and vegetables come in many forms – fresh, frozen, canned, dried, and 100% juice. All forms count toward your daily amount! Getting at least 60 minutes of activity every day will also help keep you healthy and strong.

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

**If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov/kids to learn more.