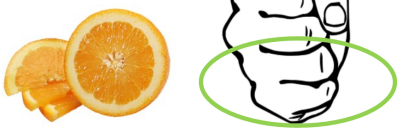
Oranges

Harvest of the Month™

4th Grade



A ½ cup serving of oranges is about the size of half of your fist.

Healthy and Smart Goals

1. Learn information and nutrition facts about oranges.
2. Discover how to choose healthy drinks.
3. Learn how much exercise it takes to burn off calories.
4. Compare two multi-digit numbers.

Nutrition Facts

1 servings per container

Serving size	1/2 cup (90g)
Amount Per Serving	
Calories	**42**
	% Daily Values*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 2g	**7%**
Total Sugars 8g	
Includes 0g Added Sugars	**0%**
Protein 1g	**2%**
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0.18mg	0%
Potassium 235mg	4%
Vitamin A	4%
Vitamin C	80%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Harvest It

Oranges are the Harvest of the Month! Oranges are delicious and packed full of nutrients. You can eat oranges on their own, in recipes such as fruit salad, or as orange juice. Orange juice is a healthy choice, because it contains all the nutrients contained in the orange. Orange juice with pulp is better, since it contains fiber. Oranges are very hydrating. They are 87% water!

Some benefits of the nutrients found in oranges:

- Vitamin C boosts the immune system to help fight illnesses.
- Fiber helps you feel full.
- B-vitamins help you use the energy in your food.
- Potassium helps nerves and muscles communicate and function together.

Some other orange facts:

- The botanical name of an orange is Citrus sinensis.
- Navel oranges got their name from the similarity in appearance to a bellybutton, or “navel.”
- Navel and Valencia oranges are the two primary orange varieties grown in California.

It is important to pay attention to the calorie content in beverages and food. Drinks (other than water) and snacks throughout the day can pack in a lot of extra calories. Drinking beverages with lots of calories and too much sugar can contribute to health issues, such as weight gain and a higher risk for some diseases, like cancer and type II diabetes. Healthy drink choices in addition to water include 100% juice, and 1% low-fat or nonfat milk. Orange juice and milk contain important nutrients. Avoid drinks with added sugar.

Move it

The amount of calories we use up depends on the type of our physical activity. Sitting burns about 35 calories in a half hour. Walking burns 140 calories, and running about 280 calories in a half hour. In the Move It activity, your teacher will lead you in different kinds of physical activity and will tell you how many calories each will use up.

These are the amounts of calories we burn in a half hour by engaging in different kinds of physical activity.

Sitting 35

Walking 140

Running 280

Link it

We gain weight as we grow up. That's healthy. We need calories. But if we eat and drink many more calories than we burn off, we can gain more weight than is healthy for us. Water contains no sugar and has 0 calories. Other drinks contain water and different amounts of sugar. The more sugar they contain, the more calories they have. The more calories they have, the longer it will take to burn them off.

Directions Compare the amount of calories in foods and drinks with how long it will take to burn those calories while sitting, walking and running.

An orange has 60 calories. What activities burn off the calories from an orange in ½ hour? Circle either <, >, or = to show your answer.

60 < = > 35 sitting

Compare the value of tens place.

60 < = > 140 walking

A number that is in the tens place is lesser than a number that has a digit in the hundredths place.

60 < = > 280 running

Circle the correct answer.

A sports drink has 150 calories. What activities will burn off the calories from the sports drink in ½ hour? Circle either <, >, or = to show your answer.

150 < = > 35 sitting

150 < = > 140 walking

150 < = > 280 running

Challenge

About how long would it take to burn off the calories of the orange while sitting?

About how long would it take to burn off the calories of the sports drink while walking?

About how long would it take to burn off the calories of the sports drink while running?

Try it

Directions Compare the amount of calories in drinks with how long it will take to burn those calories while sitting, walking and running.

Two small drink pouches have 200 calories. What activities will burn off the calories from the drink pouches in ½ hour? Circle either <, >, or = to show your answer.

200 < = > 35 sitting 200 < = > 140 walking 200 < = > 280 running

A large soda contains 250 calories. What activities will burn off the calories from the large soda in ½ hour? Circle either <, >, or = to show your answer.

250 < = > 35 sitting 250 < = > 140 walking 250 < = > 280 running

A large juice drink (which contains very little juice, and a lot of added sugar) contains 300 calories. What activities will burn off the drink in ½ hours? Circle either <, >, or = to show your answer.

300 < = > 35 sitting 300 < = > 140 walking 300 < = > 280 walking

Which of these drinks could you burn the calories off by sitting ½ hour?_____

Which of these drinks could you burn the calories off by walking ½ hour?_____

Which of these drinks could you burn the calories off by running ½ hour?_____

You learned if we eat and drink many more calories than we burn off, we can gain more weight than is healthy for us. Looking back at your answers in the Link It and Try It sections, what decisions will you make about your drink choices and physical activity?

_____

_____

An orange, a glass of water, or ½ a glass of water and ½ a glass of orange juice are healthy choices for hydration. Oranges and orange juice contain important nutrients that other drinks do not have.

Digest it

Now it is time to taste some orange and digest your thoughts.

What did you learn about physical activity, sugar, and calories?

Will you choose your drinks any differently now?

What will you consider when you choose your drinks in the future?