

Oranges



5th Grade



A 1/2 cup serving of oranges is about the size of half of your fist.

Healthy and Smart Goals

1. Identify nutrition benefits and facts about oranges.
2. Discover why it is important to pay attention to serving size.
3. Use multiplication to determine how much sugar is in drinks.
4. Taste oranges. Make a plan for eating them.



Harvest It

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%

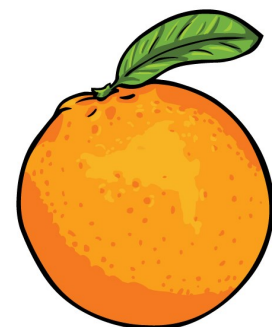
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Oranges are the Harvest of the Month! Oranges are delicious. You can eat oranges on their own, in recipes such as fruit salad, or drink them as orange juice. Oranges provide nutrients with health benefits:

- 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.



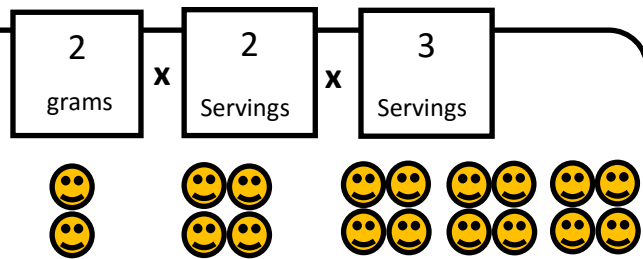
In the lesson today you will be determining how many calories and how much sugar drinks contain. Nutrition Facts labels help us understand what is in our packaged foods or drinks. The first piece of information on a Nutrition Fact label is the servings per container. The serving is supposed to be the amount people consume each time they drink. Often times, though, people drink more than one serving. What that means is that all the quantities on the label are only fractions of what people actually drink. They may be drinking 2 or more times the amount that is listed! That's fine when it comes to vitamins and minerals that you need. But it is *not fine* when it comes to unhealthy amounts of calories in the form of sugar. If a drink has 3 servings and you drink the whole bottle, in order to figure out how many calories and how much sugar you are drinking, you'll need to multiply the information on the label by 3. The amount may surprise you, and help inform your decisions on what to drink.



Move it

When you have more than one serving of a drink, you are multiplying the amount of sugar and calories found on the label that you are actually drinking. Your teacher will lead you in a physical activity that illustrates this.

First, your teacher will show your team a card with a number of grams on it. Your team will form a number of rows equal to the number of grams shown on the card. You'll then multiply the number of students in each row based on the number on the serving cards that your teacher shows next.



Imagine a bottled drink that has 2 grams of sugar per serving and it contains 2 servings. You drink 3 whole bottles. The example above is an illustration of this. How many grams of sugar would you have consumed?



Link it

Nutrition Facts labels provide useful information. But you need to use your multiplication skills to get a better understanding of what you are eating and drinking. The information on the label is based on the serving size listed on the package. If what you eat or drink each time is more than the serving size listed on the label then you will need to multiply to figure out what you are really getting.

In order to find out the total number of calories in a container you need to multiply the number of servings times the calories per serving.

Nutrition Facts

2 servings per container

Serving size

Amount Per Serving

Calories **70**


$$\begin{array}{r} \underline{2} \quad \times \quad \underline{70} \quad = \quad \underline{140} \end{array}$$

servings per container amount of calories per serving total calories per container

This drink doesn't have just 70 calories. It has 140!

If you drink the whole bottle you are getting 140 calories.

Directions Find the total number of calories in this soda.



Nutrition Facts

3 servings per container

Serving size 12 oz

Amount Per Serving

Calories **160**

$$\begin{array}{r} \underline{\quad} \quad \times \quad \underline{\quad} \quad = \quad \underline{\quad} \end{array}$$

servings per container amount of calories per serving total calories per container

If you drink the whole bottle, how many calories would you consume?

Directions find the total number of grams of added sugar for the whole bottle with the same soda bottle that has 3 servings.

Total Carbohydrate	40 g
Total Sugars	40 g
Includes	40 g Added Sugars

$$\begin{array}{r} \underline{3} \quad \times \quad \begin{array}{c} \text{40} \\ \text{grams of sugar} \end{array} \quad = \quad \begin{array}{c} \text{120} \\ \text{grams of added sugar for the whole bottle} \end{array} \end{array}$$

servings per container grams of sugar total grams of added sugar for the whole bottle



Try it

Directions Find the total number of calories in this sports drink.



Nutrition Facts

2 servings per container

Serving size

8 oz

Amount Per Serving

Calories

120

If you drink the whole bottle, how many calories would you consume?

$$\underline{\hspace{2cm}} \times \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

servings per container amount of calories per serving total calories per container

Directions find the total grams of added sugar for the whole bottle.

Total Carbohydrate 30 g

Total Sugars 30 g

Includes 30 g **Added Sugars**

$$\underline{\hspace{2cm}} \times$$

servings per container




grams of sugar

=




total grams of added sugar for the whole bottle

Want to see what that many grams of added sugar looks like in sugar cubes? Since there are about 3 grams of sugar in a sugar cube, you can divide the total amount by 3 to get the total amount of sugar cubes. Try it.

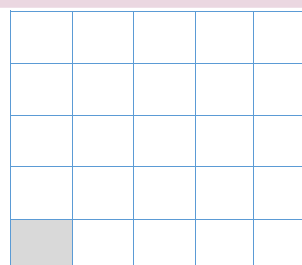

total grams of added sugar for the whole bottle

÷


each sugar cube is about 3 grams

=

sugar cubes per bottle




Shade in the number of sugar cubes you found.



This drink has important vitamins and minerals. But take a look at how much added sugar it contains.

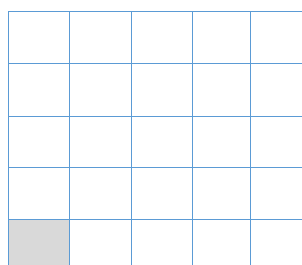

total grams of added sugar for the whole bottle

÷


each sugar cube is about 3 grams

=

sugar cubes per bottle



Shade in the number of sugar cubes you found.



Directions How many grams of added sugar are contained in this bottle of water? It has 2 servings. How many would you find in 1000 bottles? Why would water be the healthiest way to hydrate?



Total Carbohydrate	0g
Total Sugars	0 g
Includes	0g Added Sugars

$$\underline{\hspace{2cm}} \times \begin{array}{c} \text{grams of} \\ \text{added sugar} \end{array} = \begin{array}{c} \text{total grams of} \\ \text{added sugar for the} \\ \text{whole bottle} \end{array}$$

servings per container

Directions An orange isn't a drink. But it makes an excellent snack. They contain water and they have vitamins and minerals too. See how many grams of **added** sugar are there in 1.5 servings of oranges.

Total Carbohydrate	11g
Total Sugars	8 g
Includes	0g Added Sugars

$$\underline{\hspace{2cm}} \times \begin{array}{c} \text{grams} \\ \text{of added sugar} \end{array} = \begin{array}{c} \text{total grams} \\ \text{of added sugar} \end{array}$$

servings per container



Digest it

It's time to eat an orange and digest what you've learned!

- Taste oranges.
- Name something that has water, lots of vitamins and minerals and no added sugar.
- Why is it important to read the Nutrition Facts label and use your math skills?
- What are your plans for eating oranges?

