

Oranges



6th Grade



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

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.

Healthy and Smart Goals

1. Identify information and nutrition facts about oranges.
2. Recognize hydrating foods and beverages.
3. Discover how advertisers try to gain the attention of consumers.
4. Create your own advertisement to encourage fellow classmates to "Rethink Your Drink."



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 in moderation, for example a small 6 or 8 ounce glass full, as opposed to a 24 ounce bottle. While orange juice has naturally occurring sugar, it had the nutrients from an orange. Orange juice with pulp is better as it provides some fiber.

Some facts about oranges:

- 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.
- Oranges are very hydrating. They are mostly made up of water.

Oranges also provide a lot of nutrients, such as:

- Vitamin C, which boosts the immune system to help fight illnesses.
- Fiber helps you feel full and regulate blood sugar levels.
- B-vitamins helps the body build healthy blood cells and proteins and release energy.
- Potassium helps nerves and muscles communicate and function together.

Think Before You Drink

Pay attention to the calorie content in beverages. 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, type II diabetes and some cancers. The number one choice for hydration is water. The best choices for hydration other than water are drinks that contain healthy nutrients, such as fiber, vitamins, and minerals and do not contain added sugar.



Move it

Directions: You are going to play a game about hydration. The game is like Red light/Green light. If the item called is a healthy choice for hydrating, go forward (green light), because it helps your body work well! If it's not a healthy choice to hydrate your body, freeze (red light), because it is not as helpful to your body.

Healthy Sources of Hydration

Drinks and foods that are high in water and low in calories and added sugar are hydrating.

Some examples include:

- Water
- Water flavored with fruits, veggies, and herbs
- Low sugar drinks
- Fruits and vegetables
- Low sodium (low salt) soup
- Nonfat or low-fat milk

Less Healthy Sources of Hydration

There is excessive *added sugar* in many drinks, and these are not a good choice for hydration. Some examples include:

- Soda
- Sports drinks
- Energy drinks
- Some juices.

Beverages with *caffeine* are also not a good choice for hydration, such as:

- Coffee
- Soda
- Tea



Link it



Directions: Examine the front labels and the nutrition labels of these beverages. What do the front labels focus on? Do the nutrition labels show these drinks to be as healthy as they are advertised?

EXTREME ENERGY

This drink gives you so much energy!
It must be so healthy!

Nutrition Facts	
2 servings per container	
Serving size	8 fl oz
Amount Per Serving	
Calories	120
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 70mg	3%
Total Carbohydrate 30g	11%
Dietary Fiber 0g	0%
Total Sugars 30g	
Includes 30g Added Sugars	60%
Protein 0g	0%

There are 2 servings per container.

Each serving is 120 calories. $120 \times 2 = 240$ calories in one can!

30 grams of added sugar in one serving!
 $30 \times 2 = 60$ grams!

fruit & other natural flavors
excellent source of c & b vitamins

VITAMIN-ADDED

This one has fruit and natural flavors, and vitamins! Must be a good choice!

There are 2.5 servings per container.

Each serving has 13 grams of sugar.
 $13 \times 2.5 = 32.5$ grams!

It says it contains fruit, but it has *less than 1% juice*. The calories in this drink come from added sugar.



Nutrition Facts

2.5 servings per container	
Serving size	8 fl oz
Amount Per Serving	
Calories	50
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 13g Added Sugars	26%
Protein 0g	0%
Contains 1% juice.	



Try it

Directions: You will be creating a label for a healthy drink. Do not use a beverage brand that already exists. Be sure to make up your own new drink.

- 1) Your bottle has two sides. One side has the Nutrition Facts label and the ingredients list. Start on this side first. Refer to the Move It section for examples of healthy ingredients. Recall that healthy drinks have nutrients, such as water, vitamins and minerals, and do not have added sugar. Refer to the Nutrition Facts label on the Harvest It page for inspiration.
- 2) On the second side, put the name of your new drink, and advertise the health benefits of its ingredients. Use the information from the Harvest It and Move It sections as part of your health messages.

INGREDIENTS:

Nutrition Facts

Serving size

Amount Per Serving

Calories

% Daily Value*

Total Fat g %

Saturated Fat g %

Trans Fat g %

Cholesterol mg %

Sodium mg %

Total Carbohydrate g %

Dietary Fiber g %

Total Sugars g %

Includes 0g Added Sugars %

Protein g %

Vitamin D mcg %

Calcium mg %

Iron mg %

Potassium mg %

Vitamin A %

Vitamin C %

*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.



Place a health benefit of your drink here.

Place the name of your drink here.

Place another health benefit here.



Digest it

It's time to eat some oranges and digest what you've learned!

- What makes a drink more or less healthy?
- What are some examples of healthy drinks?
- Share the drink you created. What makes it a healthy choice?
- Taste oranges. What is your plan for eating oranges in the future?

