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.
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
- Tea

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?

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

There are 2 servings per container.
Each serving is 120 calories. 120x2= 240 calories in one can!
30 grams of added sugar in one serving! 30x2=60 grams!

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. 13x2.5=32.5 grams!
It says it contains fruit, but it has less than 1% juice. The calories in this drink come from added sugar.
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

Place a health benefit of your drink here.

Place the name of your drink here.

Place another health benefit here.

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?