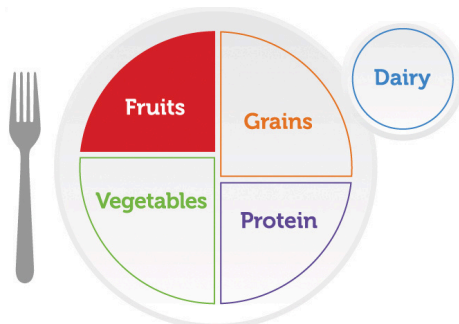




# Orange

## WHAT IS IT?

Oranges are popular fruits in the U.S. They come in many kinds that grow in warm places. Enjoy them fresh or as juice in the winter months.



**MyPlate.gov**

## FOCUS ON WHOLE FRUITS

Make half your plate fruits and veggies!

Oranges count as a fruit. Try oranges and other colorful fruits to stay healthy!



## FUN FACTS & TIPS



Spanish explorers brought orange trees to Florida in the 1500s.



Most oranges in the U.S. are grown in Florida, and 9 out of 10 of them are used to make juice.



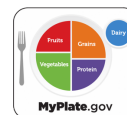
Try orange slices instead of jelly on a peanut butter sandwich.



Scan QR code to find more NE Team Nutrition resources.



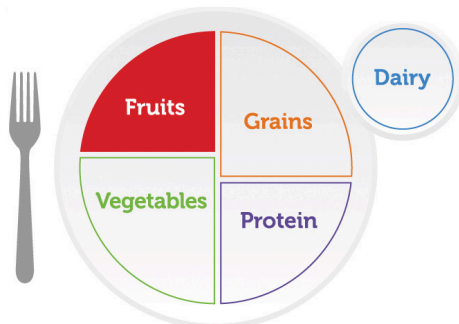
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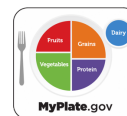
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# ORANGE JUICE DETECTIVE

Fresh orange juice and soda are very different!  
Can you figure out which drink each fact belongs to?



Check the correct box.



	Comes from fruit	<input type="checkbox"/>	<input type="checkbox"/>
	Has natural Vitamin C	<input type="checkbox"/>	<input type="checkbox"/>
	Usually contains added sugar	<input type="checkbox"/>	<input type="checkbox"/>
	Has bubbles (carbonation)	<input type="checkbox"/>	<input type="checkbox"/>
	Gives your body healthy energy	<input type="checkbox"/>	<input type="checkbox"/>






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