

FARM TO PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET Oranges



JANUARY 2010

Read Aloud Books and Activities

Week 1 Theme: All Things Orange

Week 2 Theme: Eating Oranges



HARVEST OF THE MONTH ACTIVITIES

Oranges Week 1

Theme: All Things Orange

Book: An Orange in January by Dianna Hutts Aston

Objectives:

- Students will describe how oranges grow on trees.
- Students will learn the seasonality of oranges and why it's better to buy them in season.
- Students will paint oranges and create a class counting book.

Materials:

Fresh Fruit and Vegetable Photo Cards
Red, yellow, and orange paint
Paint brushes

White construction paper
Black crayon

Directions:

1. Read and discuss An Orange in January. Ask the students if an orange is a fruit or a vegetable. Using the Fresh Fruit and Vegetable Photo Cards, ask the students to name other foods that are orange (such as canteloupes, carrots, kumquats, persimmons, pumpkins, and sweet potatoes). Have students describe how oranges grow.
2. Talk about how oranges have been grown in Southern California for many years. There is even a city called "Orange" which used to be full of orange groves (an orange grove is like a farm with oranges).
3. Talk about the story – how oranges are grown in the winter and when they are "in season" it means there are many oranges being harvested and they are the freshest and least expensive to buy at this time.
4. Review the path that the oranges take in the book ("From bag to basket, truck to truck..."). Oranges can be bought at supermarkets and other small stores, but explain to the class that they are the freshest and taste better when purchased from a farmer (like at a farmers' market) – or picked from your own orange tree. Ask the students if anyone has an orange tree at home.
5. Create a counting book using oranges. Show the children how to paint the fruit using the yellow, red and orange paint. Have them describe to you what color the fruit is before it turns orange. Have the children paint as many oranges as they want, up to ten. Each student should count the fruit and write the number at the top with a black crayon. After the pictures dry they can be put together to make a class book.

HARVEST OF THE MONTH ACTIVITIES

Oranges Week 2

Theme: Eating Oranges

Objectives:

- Students will review the book from last week about oranges.
- Students will create a story about themselves with oranges and draw a picture of their story.
- Students will try a variety of oranges in their **Food Experience taste test**.

Materials:

Paper

Crayons

Food Experience ingredients

Directions:

1. Re-read the pages in An Orange in January where the boy imagined himself with oranges (such as when he was juggling oranges, playing baseball with them, etc. – there are no page numbers but it is towards the back of the book).
2. Ask the students to make up a story with themselves and oranges. Ask for them to raise their hand and share a story they have just made up with their imagination. Have as many students participate as appropriate to your class.
3. Have the students draw their stories on paper using crayons. Make sure their drawings include something involving oranges.
4. Prepare the Food Experience recipe as appropriate to your classroom. Encourage students to try the different types of oranges and talk about the different varieties in terms of their color, shape, texture of skin and any differences inside. Discuss how some types of oranges have seeds and others don't. Please make sure you know what types of oranges you have so you can point out the differences (such as: mandarin/satsuma, tangerine, Valencia, Navel and/or blood orange). If you have any information about the farm/orange grove where they came from, share that with the class. Refer to **“How to Conduct a Taste Test”** for other ideas on how to interact with the students. Have students put a sticker on either the “I Like This” or “I Don't Like This” columns of the taste test sheet and give them a sticker if they tried any part of the taste test (if you are participating with stickers).

Food Experience Calendar January 2010

Citrus Ambrosia

Food Experience

Orange & Orange
Juice Taste Test

Optional

Citrus Banana Split

Optional

FOOD EXPERIENCE RECIPES

January 2010

Citrus Ambrosia

1 ¼ cup low-fat vanilla yogurt

3 tangerines, peeled, seeded, and cubed

2 Navel oranges, peeled, seeded and cubed

3 Mandarin oranges, peeled and cubed

4 tablespoons shredded coconut (optional)

*Some varieties of oranges may not be available, but try to have at least 2-3 different kinds.

Directions:

1. Wash all fruit.
2. Peel, seed and cube the fruit and place in a bowl.
3. Place ¼ cup of the fruit mixture into each cup.
4. Spoon 1 tablespoon of yogurt/tangerine peel over the fruit.
5. Sprinkle with coconut (optional).

Makes 20 Taste Tests

Adapted from Harvest of the Month Family Newsletter (Mandarins)

Optional **Orange & Orange Juice Taste Test**

5 Navel oranges
5 Mandarin oranges
½ gallon orange juice

Directions:

1. Wash all oranges and slice the Mandarin oranges into quarters. Place one Navel orange slice on each student's plate.
2. Slice the Navel oranges in half and place one half on each student's plate.
3. Have each student squeeze his/her Navel on the juicer and pour the juice into a cup.
4. Pour ¼ cup of store bought orange juice for each student to taste.
5. Have the students taste and compare the flavors.

Makes 20 Taste Tests

Developed by *Network for a Healthy California-Merced County Office of Education*

Optional **Citrus Banana Split**

5 ripe bananas, sliced lengthwise twice (to make 4 pieces) and in half (to make 8 strips per banana)
5 tangelos, peeled, seeded and cubed
5 mandarins, peeled and cubed
5 tangerines, peeled and cubed
2 ½ cups low-fat lemon yogurt
1 ¼ cups granola

Directions:

1. Wash all fruit. Peel, seed and cube tangelos, mandarins and oranges. Set aside. Place 2 strips of banana on each plate (like you would a banana split).
2. Place 1 section of each fruit in between the banana strips (like 3 different scoops of ice cream).
3. Place 2 tablespoons of yogurt on top of the fruit.
4. Sprinkle with 1 tablespoon of granola.

Makes 20 Taste Tests

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