

MCS D PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET Oranges



JANUARY 2008 READ ALOUD BOOKS

- Week 1:** Oranges by Inez Snyder
Oranges for Orange Juice by Rozanne Williams
Oranges to Orange Juice by Inez Snyder
- Week 2:** My Very First Book of Numbers by Eric Carle
- Week 3:** Eat Your Colors by Sesame Street
We Like To Help Cook by Marcus Allsop

Additional books from 2005-2006 and 2006-2007:

- The Strange Egg by Mary Newell DePalma
The Runaway Orange by Usborne Easy Reading
Armadillo's Orange by Jim Arnosky



Materials provided by:

Network for a Healthy California-Merced County Office of Education
Contact us: 209-385-5394 or nnetwork@mcoe.org

This material is adapted from the California Department of Public Health Harvest of the Month tool kit. Principal funding is from the USDA Food Stamp Program through the *Network for a Healthy California*, which is an initiative of the California Department of Public Health. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with limited incomes that can help them buy nutritious foods for a better diet. For information, call 1.888.328.3483.

HARVEST OF THE MONTH ACTIVITIES

Oranges

HM Theme: 4—Seasons All Around

Week 1

Oranges to Orange Juice

Books: Oranges by Inez Snyder
Oranges for Orange Juice by Rozanne Williams
Oranges to Orange Juice by Inez Snyder

Objectives:

- Students will describe the steps in making orange juice.
- Students will draw three pictures to illustrate the sequence of making orange juice.
- Students will participate in Food Experience and make their own juice.

Materials:

Oranges
Juicer
Cups
Drawing paper
Crayons

Directions:

1. Read the books listed above.
2. Discuss the stories. Ask the students if an orange is a fruit or a vegetable. Have a student find the picture of the orange and place it on the MyPyramid pocket chart.
3. Model and explain how the orange juice is made.
4. Tell the children to draw 3 pictures showing how orange juice is made.

HARVEST OF THE MONTH ACTIVITIES

Oranges

HM Theme: 4—Seasons All Around

Week 2

Orange Number Book

Book: My Very First Book of Numbers By Eric Carle
Oranges by Inez Snyder

Objectives:

- Students will describe how oranges grow on trees.
- Students will describe how oranges taste.
- Students will paint oranges and create a class book of numbers.

Materials:

Color Me Healthy picture card (oranges) and color card (orange)

Red and yellow paint

Paint brushes and Q-tips

White construction paper

Black crayons

Directions:

1. Read and discuss Oranges. Using the Color Me Healthy picture cards, ask the students to name other foods that are orange. Have them describe how an orange grows. Have them share if they have seen an orange tree locally, or if they have ever picked an orange. Ask the students to describe what an orange tastes like (recall from last week's Food Experience).
2. Read My Very First Book of Numbers. Explain that they are going to make a counting book like Eric Carle, except their book will only have oranges in it.
3. Show the children how to paint an orange like Eric Carle using the yellow and red paint. Have them describe to you what color the orange is before it turns orange. Have the children paint as many oranges as they want, up to ten. Each student should count the oranges 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

HM Theme: 4—Seasons All Around

Week 3

Eat a Rainbow Every Day!

Books: My Very First Book of Numbers By Eric Carle
Eat Your Colors by Sesame Street

Objectives:

- Students will identify a fruit or vegetable they would eat from each color group.
- Students will explain why it is important to eat fruits and vegetables from each color group.
- Students will choose a fruit or vegetable from each color group and construct their own “eat a rainbow plate” to share with the class.

Materials:

Magazines or newspapers with pictures of fruits or vegetables

Scissors

Glue

Paper plates

Directions:

1. Read and discuss the books listed above.
2. Follow the Eat Your Colors book and ask students to help you place the food puzzle pieces in the book. Have the students name the fruit or vegetable on the puzzle piece when it is placed in the book. For each color group, paraphrase the message from the book about what that color group does for your body. For example: some orange and yellow fruits and vegetables have lots of vitamin C to help keep your body healthy and help you fight off colds.

Oranges are from the orange and yellow group and they are an excellent source of vitamin C. Other orange and yellow fruits and vegetables that are excellent sources of vitamin C include: citrus fruit, cantaloupe, yellow/orange bell peppers, mangos and persimmons. Reiterate that fruits and vegetables are great to eat anytime and that they help keep you healthy and strong.

HARVEST OF THE MONTH ACTIVITIES

Oranges

HM Theme: 4—Seasons All Around

Week 3

Eat a Rainbow Every Day! Continued

3. Explain to the students that they are going to choose one fruit or vegetable from each color group to make a rainbow on their plates. Have the students cut out 5 pictures from magazines or grocery ads and glue them on the paper plate.
4. Have the students share their plates with the class and explain which fruits and vegetables they chose from each color group.

Food Experience Calendar

January 2008

Friday	1/11	Orange & Orange Juice Taste Test
Friday	1/18	Citrus Banana Split
Friday	1/25	Citrus Ambrosia

FOOD EXPERIENCE RECIPES

January 2008

Fri 1/11/08

Orange & Orange Juice Taste Test

5 Navel oranges
10 Valencia oranges
½ gallon orange juice

Directions:

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

Makes 20 Taste Tests

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

Fri 1/18/08

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 oranges, 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

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

FOOD EXPERIENCE RECIPES

January 2008

Fri 1/25/08

Citrus Ambrosia

Grated peel of tangerine

1 ¼ cup low-fat vanilla yogurt

3 tangerines, peeled, seeded, and cubed

2 grapefruit, peeled, seeded and cubed

3 oranges, peeled and cubed

3 ¾ tablespoons shredded coconut (optional)

Directions:

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

Makes 20 Taste Tests

Adapted from Cycle 1 January Harvest of the Month Newsletter

Preschool Activities Shopping List

JANUARY 2008

Each shopping list is for one class session (unless otherwise noted).

Preschool Activities Shopping Directions:

1. You must use the Save Mart card and shop at Save Mart or Food Maxx.
2. Purchase only the items that are on the shopping list.
3. If a specified item is not available, you may make an appropriate substitution. *Please include a written explanation with your receipt.*
4. Comparison shop for the best price.
5. Turn in your receipts promptly.

Fri 1/11/08: Orange & Orange Juice Taste Test

- 5 Navel oranges
- 10 Valencia oranges
- ½ gallon orange juice

Fri 1/18/08: Citrus Banana Split

- 5 ripe bananas
- 5 tangelos
- 5 mandarins
- 5 oranges
- 4 (6 oz.) containers of low-fat lemon yogurt
- 1 small box of granola

Fri 1/25/08: Citrus Ambrosia

- 2 (6 oz.) containers of low-fat vanilla yogurt
- 3 tangerines
- 2 grapefruits
- 3 oranges
- 1 small package of shredded coconut (optional)

Other Materials to Purchase:

Plastic Spoons X 2 recipes = 40 spoons per class session for the month.

Paper Plates x 2 recipes = 40 plates per class session for the month.

Plastic Cups x 1 recipe = 20 cups per class session for the month.

Paper cups x 1 recipe = 20 cups per class session for the month.

PLEASE PURCHASE ONLY PAPER PLATES—NOT STYROFOAM!