



# Orange Juice:

## Let's juice this thing!

### Brief Description:

Learn the process of making orange juice and enjoy a cup of freshly squeezed O.J.

### Objectives:

The student will be able to:

- Describe the process of making orange juice.
- Discuss the history of oranges in Florida.

### Materials:

- One washed Florida orange per person
- 5 cutting boards
- 5 plastic serrated knives
- 5 individual juicers
- 1 small paper cup per person
- 2 large dishpans (clean)
- Food Safe Disinfectant

### Activity:

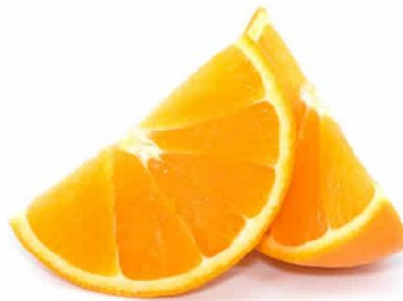
1. Each participant will select one orange.
2. The orange will be placed on the cutting board and cut in half.
3. Participants will then place the orange on the juicer and squeeze the juice from the orange by pushing down and twisting each orange half on the juicer.
4. The juice will then be poured into the cup and can be drunk by the participant.
5. Seeds should be removed from the drain of the juicer and thrown into the garbage.
6. For food safety precautions use a food safe disinfectant in between participants.

### Evaluation:

- Have the students write a fictional story about making orange juice.
- Have the student draw a cartoon representing the steps they followed making the orange juice.
- Break into small groups and have the students discuss what they experienced using the 5 senses.

Florida Orange Harvest Seasons	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Ambersweet												
Blood												
Hamlin												
Navel												
Red Navel												
Pineapple												
Valencia												

# Orange Juice



Educational Standards	
SC.K.N.1.1	Make observations of the natural world and know that they are descriptors collected using the five senses.
SC.K.N.1.5	Recognize that learning can come from careful observation.
SC.K.L.14.1	Recognize the five senses and related body parts.
LAFS.K.RL.4.10	Actively engage in group reading activities with purpose and understanding.
SC.1.L.14.1	Make observations of living things and their environment using the five senses.
SC.1.L.14.3	Differentiate between living and nonliving things.
SC.1.L.17.1	Through observation, recognize that all plants and animals, including humans, need necessities of air, water, food, and space.
LAFS.1.SL.1.1	Participate in collaborative conversations with diverse partners about grade level specific topics and texts with peers and adults in small groups and larger groups.
LAFS.1.SL.1.2	Ask and answer questions about key details in a text read aloud or information presented orally through other media.
SC.2.L.17.1	Compare and contrast the basic needs that all living things, including humans, have for survival.
SC.2.L.17.2	Recognize and explain that living things are found all over the Earth, but each is only able to live in habitats that meet its basic needs.
LAFS.2.RL.1.1	Ask and answer such questions as who, what, where, when, why, and how to demonstrate understanding of key details in a text.
LAFS.2.SL.1.1	Participate in collaborative conversations with diverse partners about grade 2 topics and texts with peers and adults in small and larger groups.
LAFS.2.SL.1.2	Recount or describe key ideas or details from a text read aloud or information presented orally or through other media.
LAFS.2.SL.1.3	Ask and answer questions about what a speaker says in order to clarify comprehension, gather additional information, or deepen understanding of a topic or issue.



# Group Reading Activity:

“Orange” you glad for Oranges!

## Read Together:

Oranges are very popular in the state of Florida! Fittingly, it is the state fruit and the orange blossom is the state flower. Oranges have been grown in Florida since the middle of the 16th century. Even though oranges were not grown as a cash crop until much later the first oranges were planted and grown in Florida by the Spanish conquistadors who came to the Florida coast after landing in South America.

Now the citrus industry has grown to one of the biggest in the state, bringing in nearly 10 billion dollars annually and creating jobs for more 75,000 people. Florida oranges are shipped all over the world and are known for their sweet taste and juiciness. Even though Florida brings in a lot of money from tourism and other state ventures growing and selling high quality Florida oranges and other citrus fruits is a pillar of the state economy. Florida oranges and citrus fruits make up 70% of all the citrus fruits sold in the US each year.

Even though oranges and citrus fruits can be found around the world we know that the best orange juice comes from Florida. Brazil is the only country that creates more orange juice than the United States. Florida Orange Juice is well-known for being rich in vitamin C and one 8-ounce glass of orange juice provides more than 100 percent of the recommended Daily Value. But did you know it's also a good source of other essential vitamins and minerals such as potassium, folate, and thiamin? Florida Orange Juice's combination of nutrients supports overall health and can help adults and children meet intake recommendations for certain key nutrients.

Where are oranges grown in the state of Florida? Much of the oranges are grown in the southern two-thirds of the Florida peninsula, where there is low probability for a freeze. After a series of freezes in the 1980s, citrus growers gradually migrated southward from central and northern regions, although Polk County in the Central part of the state remains the top citrus producing county.

For some amazing recipes using Florida oranges go to:

<https://www.followfreshfromflorida.com/recipes/?c=all&i=oranges>

Content courtesy of the *Florida Department of Citrus*.

<https://www.halegroves.com/blog/fast-facts-about-florida-oranges/>

<https://www.floridacitrus.org/oj/facts/>

<https://fsi.colostate.edu/oranges/>

# Florida Citrus Facts

- The ancient Greeks and Romans referred to oranges as “golden apples.”
- Orange seeds were brought to St. Augustine with Spaniards in the 1500s.
- Florida’s oranges are used to produce nearly all of the orange juice in American.
- Navel oranges get their name because the bottoms of the orange looks like a belly button or navel.
- In the 2016 - 2017 growing seasons, there were over 437,000 acres of citrus trees in Florida, equaling 77.9 million boxes of the fruit.
- Grapefruit got its name because it grows in clusters.
- Tangelos are a cross between a tangerine and a grapefruit.
- The United States is the world’s largest producer of grapefruit.



<b>Nutrition Facts</b>			
7 servings per container			
Serving size	8 fl. oz. (240 mL)		
<b>Amount Per Serving</b>			
<b>Calories</b>	<b>110</b>		
	<b>% Daily Value*</b>		
<b>Total Fat</b> 0g	<b>0%</b>		
<b>Sodium</b> 0mg	<b>0%</b>		
<b>Total Carbohydrate</b> 26g	<b>9%</b>		
Total Sugars 22g			
Includes 0g Added Sugars <b>0%</b>			
<b>Protein</b> 2g			
Calcium 27mg	2%	Iron .32mg	2%
Potassium 450mg	10%	Vitamin C 72mg	80%
Thiamin .11mg	10%	Niacin .70mg	4%
Vitamin B6 .17mg	10%	Folate 38 µg	10%