

## Orange Activity and Tasting Guide

Teaching, engaging and helping children understand where and how fruits, vegetables and other products we eat are grown, can help them gain their interest in eating healthy.

Currently, many people round the world eat an orange or drink orange juice every day, because oranges are one of the best and cheapest sources of Vitamin C. Human bodies, unlike many other animals, do not manufacture Vitamin C, so a human needs vitamin C in their diet regularly. (Vitamin C helps the body to grow, to heal wounds and fight infection.)

Children love learning by engagement so this guide should help you.

### **You will need:**

3/5 different oranges to taste (cut into wedges)

and/or whole clementine's for each child

Plates to put cut oranges on with labels.

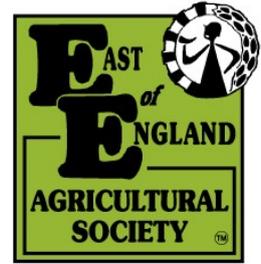
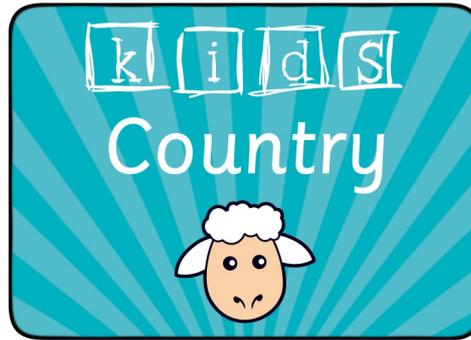
Wet wipes (for sticky hands)

Paper plate per child/ paper & pencils

Orange tasting sheet and information sheet



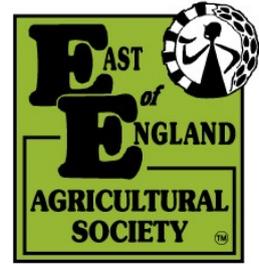
- Explain to the children that they will be handling and eating a variety of oranges so will need to wash their hands. (You may wish to take the opportunity to talk about why it is a good idea to wash our hands before handling food.)



## Orange activity and tasting guide Cont.

- Ask each child to take a piece of orange
- Get the children to look closely at the outside, smell it and taste it. Ask them to think of good way to describe it ready to fill in the orange tasting sheet.
- Tell the children that the outside of the fruit can be called the skin, peel, rind or zest.
- Peel an whole orange in front of the children and ask them to smell the rind and the orange, then write down what they smell.
- Explain that the white part under the skin is called the pith. This part is fine to eat, but can have a slightly bitter taste.
- Explain that the juicy part inside is called the Juice vesicle.
- Carefully peel the 'skin' from a segment and get the children to explain what they see, look for patterns (as an extension to the activity, children could do drawing of what they see).
- Finally, taste the orange. What happens when they bite into it? Use the orange tasting sheet to help describe that it tastes like.





## Orange activity and tasting guide Cont.

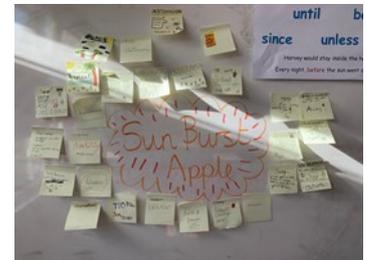
If using a whole clementine:

- Get the children to write down a guess of how many pieces or segments will be inside a whole clementine and play a game of who can peel the clementine in one piece.
- Pull the segments apart and count how many there are together.



### Additional activities:

- Issue children a sticky pad and get them to write down what the orange:



Looks like, feels like, and smells like and collate them on a board.

- Look at which country the oranges originate from in the world and investigate how many food miles it takes to get to our supermarkets

