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Food Tips for Moms and Tots: Let Some Sunshine in Your Life with Oranges
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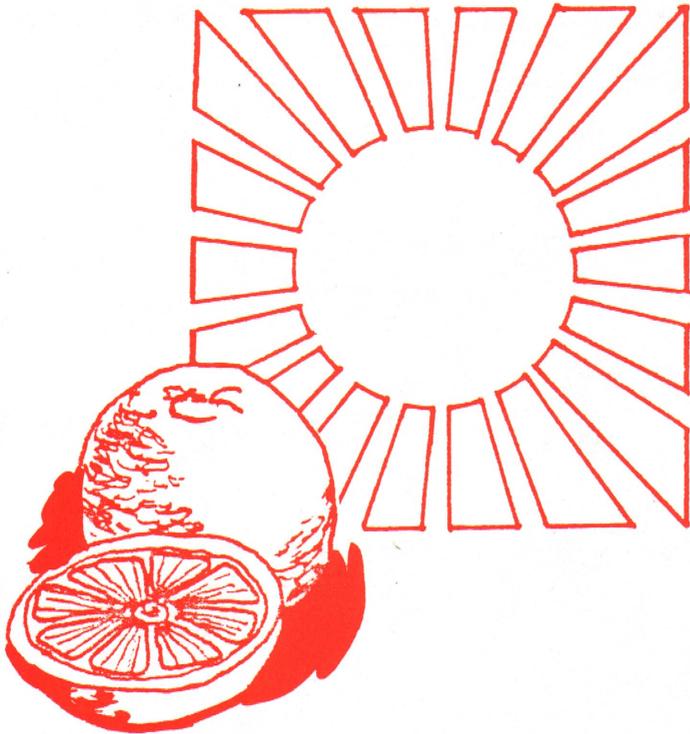
FOOD TIPS FOR MOMS & TOTS

LET SOME SUNSHINE IN YOUR LIFE WITH ORANGES

MOTHER -

As you know, oranges are a good source of vitamin C; 1 orange provides a preschool child with enough vitamin C for a whole day.

When you think of oranges you probably think of sweet oranges which are the most popular oranges, but there are two other types of oranges - the mandarin from China and the sour orange from Spain.



Navel orange is named because of the umbilical mark on the blossom side of the fruit.

If you have ever been to Florida, California or Texas you may have noticed that the oranges are not really orange on the trees, but really a greenish-brown. Before they come to the stores coloring is added to the skin to make them orange.

Oranges are used for desserts, salads of all kinds, juice, at breakfast or anytime you may enjoy one. Oranges, like apples, make a good, easy snack food for your youngsters. The peeling is used for flavoring in some foods.

Orange drink is not orange juice and does not supply the nutrients like oranges. Orange drink is made with orange flavoring and sweetening.

YOU AND YOUR CHILD

Do your children like fresh squeezed orange juice? Well, let your children squeeze it next time. It is a good way for the preschool child to develop his small muscles (fingers, hands).

Let them try peeling one and let them discover oranges with the 4 senses.



taste



sight



touch



smell

Ask your child what color it is; how does the outside covering (peel) feel - rough, smooth, waxy; how does it taste - sweet or sour; how does it look - square or round; how does the inside look - one piece or sections; and how does it smell - strong or mild.

Growing Orange Seeds

1. Take the bottom half of a plastic gallon container and fill with dirt until it is about 1 inch from the top.
2. Place the seeds from an orange on the dirt and lightly cover with other dirt.
3. Water.

4. Covering the container and dirt with plastic wrap will help the seeds to sprout faster. The seedling should appear in 1 to 2 weeks. (You can keep the orange plant outside only when the weather is warm. Orange plants are sensitive to temperature changes.)
5. In about 1 month the seedling will grow shiny green leaves.
6. If you have the plant for a year or two it will blossom, but only in certain climates will they have oranges.

Don't forget, all plants need water and sunshine!

YOUR CHILD

Row of Boats

Have your mother take a knife and make a strip around the orange. Easy-peel oranges work best. This includes most California oranges, but usually not Florida oranges.



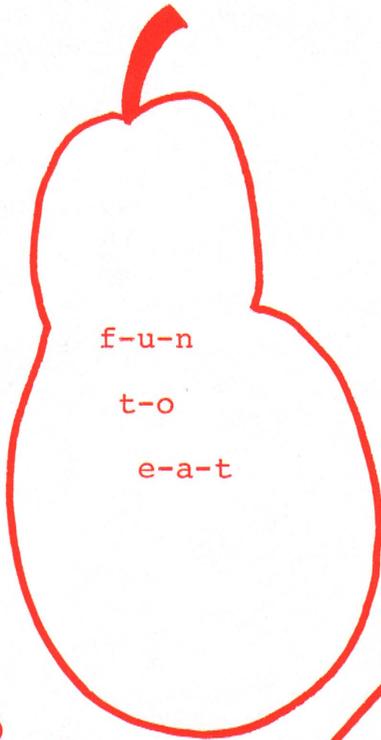
Leaving the strip, peel the rest of the orange.

Split open the orange and you will have a row of boats!

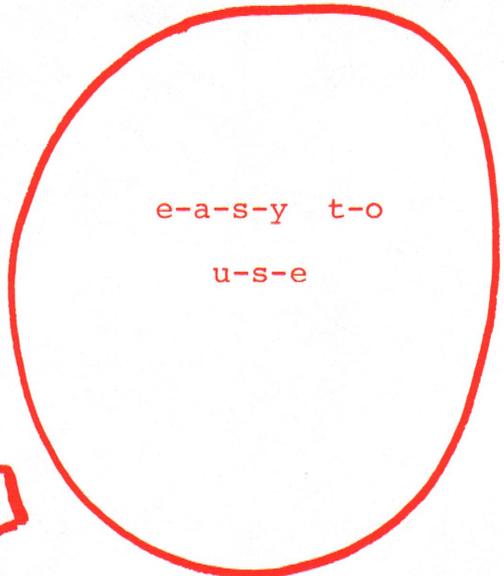
This is a game for you to play with your child. Help him name the fruit and pick out the right color for the fruits (yellow, orange, red or green). Read to your child the phrase that is on the fruit.

Then, let your child color the fruits.

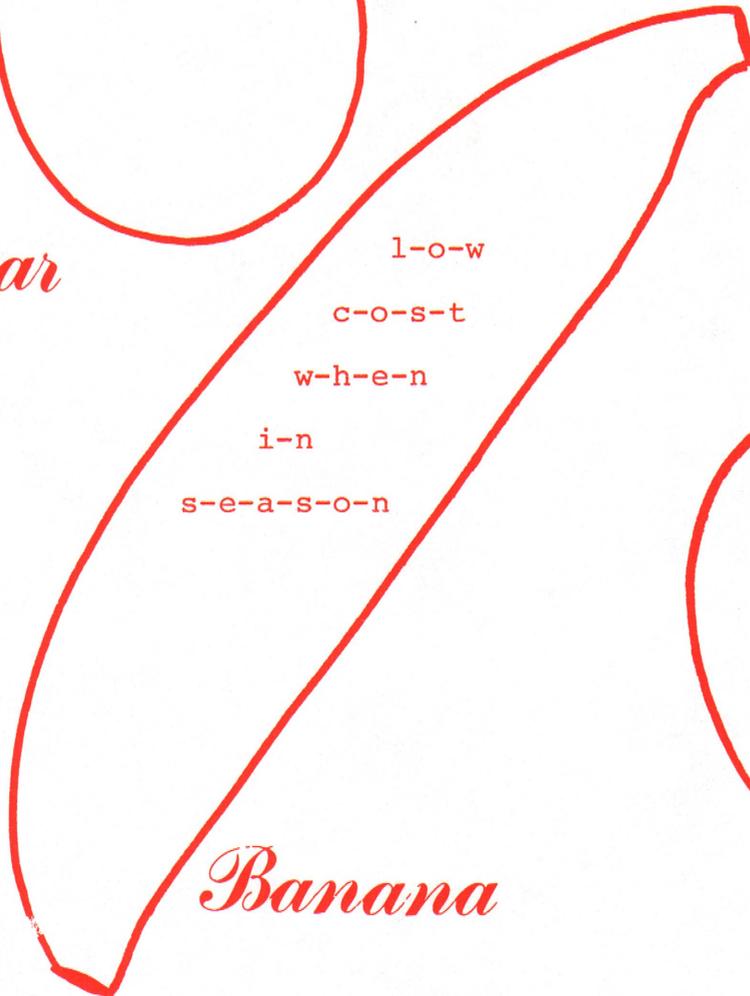
FRUITS ARE:



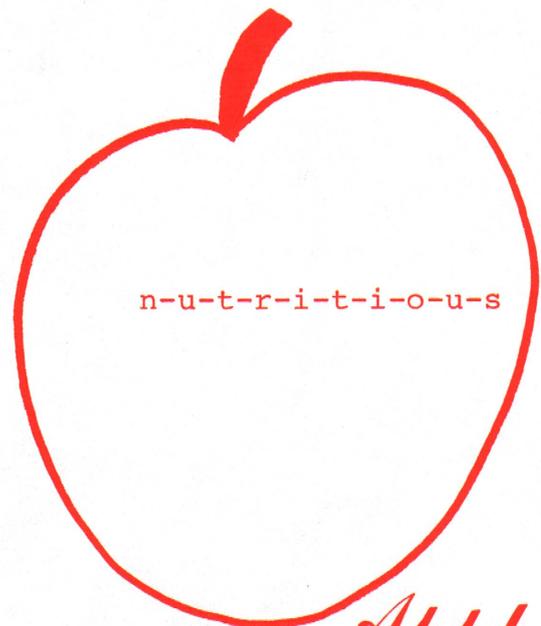
Pear



Orange



Banana



Apple