# ORANGE YOU SMART!

## Nutrition Facts

Serving Size: 1 medium orange (154g)

| | |
|---|---|
| **Calories 75** | Calories from Fat 0 |

| | % Daily Value |
|---|---|
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 2mg | 0% |
| **Total Carbohydrate** 19g | 6% |
| Dietary Fiber 3g | 14% |
| Sugars 13g | |
| **Protein** 1g | |

| | |
|---|---|
| Vitamin A 8% | Calcium 7% |
| Vitamin C 152% | Iron 1% |

**Source:** www.nutritiondata.com

## FILL-IN-THE-BLANK GAME USING ORANGE:

**O** __ __ __ __ __ __ __

(an underwater creature with eight legs)

**R** __ __ __ __ __ __ __ __ __ __ __

(the smallest state in the United States)

**A** __ __ __ __ __

(a favorite fruit given to a teacher)

**N** __ __ __ __ __

(a popular orange variety named for its bellybutton)

**G** __ __ __ __ __

(another color that oranges can be)

**E** __ __ __ __ __ __ __ __ __

(how often you should eat colorful fruits and vegetables)

Answers: Octopus, Rhode Island, Apple, Navel, Green, Every day

## Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Oranges are in the yellow/orange color group.

- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples include oranges, lemons, grapefruit, tangerines, yellow figs, persimmons, rutabagas, yellow and orange peppers, carrots, sweet potatoes, sweet corn, yellow winter squash and yellow potatoes.

## Count your fruit

Most kids need 1 to 2 cups of fruit a day to stay healthy. An orange about the size of a baseball equals 1 cup.

**WELLSPAN® HEALTH**