



Orange Juice: Let's juice this thing!



Purpose: Students will learn the process of making orange juice and enjoy a cup of freshly squeezed O.J. The student will be able to describe the process of making orange juice and discuss the history of oranges in Florida.

Background: 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. 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.

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. Did you know it is 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.

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.

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.
- Navel oranges get their name because the bottom of the orange looks like a belly button or navel.
- 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.

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

Materials: one washed Florida orange per person, cutting boards, plastic serrated knives, individual juicers, 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:

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

Nutrition Facts		Vitamins and Minerals	
SERVING SIZE	8 oz.	Vitamin A	15 mcg
CALORIES PER SERVING	120	Vitamin C	104 mg
Total Fat	0 g	Calcium	27 / 358** mg
Saturated Fat	0 g	Vitamin D	0 / 2.5** mcg
Trans Fat	0 g	Thiamin	2 mg
Sodium	0 mg	Riboflavin	.1 mg
Total Carbohydrate	28 g	Niacin	.8 mg
Dietary Fiber	.6 g	Vitamin B6	.15 mg
Total Natural Sugars	21 g	Folate	61 mcg
Protein	2 g	Vitamin B12	0 mcg
		Potassium	470 mg

