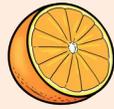


Kids age 2 through 13 need 1 to 2 cups of fruit each day.



What counts as a cup?



1 large orange



1 cup canned/drained oranges



8 oz 100% fruit juice



Close-up of a cell



Did you know?

Our bodies get vitamin C when we eat oranges. Vitamin C helps protect cells from damage.

Take a guess!

How many different types of oranges are there in the world?



Navel



Satsuma



Blood Orange



Tangelo



Valencia

Over 600!



Kids Can!



Food Hero Cooking Class Challenge

Lots of kids say they can't wait to try food they help cook. You can help by:

- Peeling and separating orange sections
- Measuring and mixing ingredients

Carrot, Jicama and Orange Salad



Ingredients

- 1 small **jicama**, peeled and cut into small pieces (about 3 cups)
- 2 medium **carrots**, peeled and coarsely grated (about 1 cup)
- 2 small **oranges**, peeled and cut into small pieces (about 2 cups)
- 2 teaspoons **oil**
- 2 Tablespoons **orange juice** (juice from ¼ orange)
- 1 Tablespoon **honey**
- 2 teaspoons **lime juice**
- ¼ teaspoon **salt**

Directions

1. Wash hands with soap and water.
2. In a medium bowl, mix jicama, carrots and oranges.
3. In a small bowl, combine oil, orange juice, honey, lime juice and salt. Mix well.
4. Pour over the salad and stir lightly.
5. Serve immediately.
6. Refrigerate leftovers within 2 hours.