

Orange Outline

I. Introduction

- a. Yourself
- b. What color focusing on that day: Orange
- c. What fruits/vegetable of that color do you know?
 - i. Cantaloupe, mangos, peaches, oranges, tangerines (tangelo, Clementine's) apricots, persimmons, papaya
 - ii. Carrots, pumpkin, sweet potatoes
- d. List w/pictures of fruits/vegetable they do not know
- e. Why those foods are important/why they are good for us. Interesting facts
 - i. Vitamin A: important for vision, bone growth, cell differentiation, immune support
 - ii. Beta carotene: made into "vitamin A"
 - iii. Deficiency in A can lead to night blindness
 - iv. Vitamin C: antioxidant, promotes skin health, supports immune function
 - v. Deficiency in C = scurvy
 - vi. Facts:
 - the higher up the orange on the tree the sweeter it is
 - Carrots were grown in Europe 3000 years ago and they were purple and yellow in color, not orange! Farmers in Holland grew the first orange carrots.
 - Peaches are the third most popular fruit grown in America
 - A tangelo is a cross between a tangerine and a grapefruit
- f. Talk about recipes fruits and vegetables
 - i. How to choose fruit/vegetables
 - No cuts or bruises
 - Pick peaches with a fragrance and are soft to touch
 - Pick carrots that are firm and not rubbery
 - ii. Cleaning/storage (if applicable)
 - Always wash fruits and vegetables!
 - Refrigerate to prolong life of fruit and vegetables
 - Do not store carrots next to apples, apples emit a gas that causes the carrots to become bitter tasting

II. Recipe

- a. Fruit Skewers Ingredients
 - i. 1 cup cantaloupe, cubed
 - ii. $\frac{3}{4}$ cup Mango, cubed
 - iii. 1 Large banana
 - iv. $\frac{1}{2}$ cup peach slices, canned or fresh
 - v. 1 whole orange
- b. Fruit Skewer Supplies
 - i. 3 cutting boards
 - ii. 3 Knives
 - iii. 4 Skewers
- c. Vegetable Sampler Ingredients
 - i. 1 large carrot
 - ii. $\frac{1}{2}$ a cooked sweet potato
 - iii. $\frac{1}{2}$ cup yogurt, plain
 - iv. $\frac{1}{2}$ packet ranch dip mix
- d. Vegetable Sample Supplies

- i. 2 Knives
- ii. Small/Medium bowl
- iii. 2 Cutting boards
- iv. Mixing spoon
- v. Toothpicks
- vi. Serving dish

III. Break into groups

- a. Leader explain recipe
- b. Assign tasks
 - Fruit
 - a. 1st person slice banana and peaches
 - b. 2nd person cut mango and cantaloupe into smaller pieces
 - c. 3rd person peel and cut orange
 - Vegetable
 - a. 1st cut carrots of various sizes
 - b. 2nd cut sweet potato chunks into various sized pieces
 - c. 3rd mix dip mix and yogurt together till combined
- c. Make recipe
 - i. Fruit skewers
 - Fruits: mango, oranges, banana, cantaloupe, peaches
 - a. Have students pick 3 of the 5 fruits to try
 - b. Have them place them on a skewer
 - c. Eat
 - ii. Vegetables and dip
 - Vegetable: carrots, sweet potato (cooked)
 - a. Cut items or mix dip depending on task
 - b. Put dip into serving bowl
 - c. Try one piece of each, at least try
- d. Take a picture
- e. Eat and enjoy
- f. Clean-up
 - i. Washer, dryer, wiper

IV. Back into main group

- a. Talk about it
- b. Questionnaire
- c. Recap- remember why those foods are important

CD/Book contents

Tips- how to modify recipe/materials

- Substitute fresh fruit for frozen or canned
- Substitute one of the orange fruits for another one you have not tried before
- Try different dips and sauces with carrot sticks as a snack
- Try mashing/smashing the sweet potatoes and have those instead of regular potatoes for dinner

2-3 cool stand-out facts

- Botanically, papaya is a berry
- Tangerines are called “zipper” fruit because of their segments

Orange Fruit Skewers

Materials

Cutting board
Knife
4-Skewers



Servings: 4 Fruit skewers

Ingredients

One large banana
1 cup cantaloupe, peeled and cubed
½ cup sliced peaches, canned or fresh
1 whole orange
½ cup mango, peeled and cubed



Procedure

1. Slice banana into ½ inch slices with knife (like you would put on your cereal in the morning ☺)
2. Cut mango and cantaloupe into bite size pieces
3. Cut peach slices in half so that they are bite size
4. Pick 3 or more different fruits to put onto your skewer.
5. Enjoy!

Substitutions

- * Use fresh fruit instead of canned or frozen fruit
- * Add a different orange fruit instead on of the fruits called for in the recipe

Fun Facts

- * Botanically, papaya is a berry
- * Tangerines are called “zipper” fruit because of their segments

Orange Vegetable Sampler

Materials

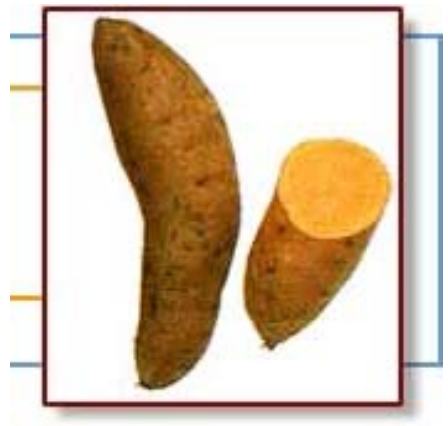
Cutting board
Knife
Medium bowl
Stirring spoon
Plate
Toothpicks



Servings: 4

Ingredients

One large carrot
1/2 cooked and peeled sweet potato
2/3 cup plain yogurt
1/3 packet ranch dressing mix



Procedure

1. Cut carrot in to pieces, various sizes that you like, on the cutting board
2. Cut sweet potato into various size pieces on the cutting board
3. Mix yogurt and ranch dip mix in mixing bowl with spoon. Mix until combined
4. Place sweet potato and carrot pieces on a plate
5. Enjoy by using a toothpick to pick up pieces of vegetables and dipping them in the mix if you want (optional)!

Substitutions

- * Try different dips and sauces with the vegetables
- * Try mashing the sweet potatoes and have them instead of regular mashed potatoes

Fruit Skewer Task One: Cut Banana and Peaches

1. Peel banana
2. Cut peeled banana into ½ inch slices, like you would put onto your cereal _____
3. Place cut banana slices on plate
4. Cut peach slices in half
5. Place peaches on plate

Pick 3 different fruits.

You can pick up to **5 piece** total.

Place fruit pieces on skewer.

Fruit Skewer Task Two: Cut Mango and Cantaloupe

1. Cut mango cubes in half
2. Place cut mango on plate
3. Cut cantaloupe slices into 4 pieces each
4. place cut cantaloupe on to plate

Pick 3 different fruits.

You can pick up to **5 piece** total.

Place fruit pieces on skewer.

Fruit Skewer Task Three: Peel Orange and Cut it

1. Peel off all of the oranges skin
2. Use your fingers to break/separate orange into segments
3. Cut each orange segment/piece into 2 even pieces
4. place sliced oranges on plate

Pick 3 different fruits.

You can pick up to **5 piece** total.

Place fruit pieces on skewer.

Vegetable Task 1:

1. Cut carrots into

- 1 inch pieces

- 2 inch pieces

- 3 inch pieces

2. Place pieces onto plate

Vegetable Task 2:

1. Cut sweet potatoes into

- 1 inch pieces

- 2 inch pieces

- 3 inch pieces

2. Place pieces onto plate

Vegetable Task 3:

1. Mix yogurt and dip mix together until combined

2. Place dip into serving bowl

Objectives:

1. List two fruits that are orange.
2. List two vegetables that are orange.
3. Be able to follow recipe instruction with supervision as measured by completing 75% of checklist or more as measured by leader.

Leader Checklist:

1. Recipe contains all required ingredients in specified amounts.
2. Each student contributed to the recipe.

Questionnaire:

1. Name 2 fruits that are orange.
2. Name 2 vegetables that are orange.
3. Did you learn any new orange fruits or vegetables today?
4. Did you try any new orange fruits or vegetables today?
5. Did you like the recipe?

_____ Have group leader initial if recipe was completed according to leader checklist