



# Hey kids, become a **FOOD EXPLORER** and check this out!

## Oranges



### Did you know...?

- Fresh, sweet oranges are a treat in the winter or at any time of year.
- Oranges grow on trees, mainly in Florida and warmer climates.
- Some oranges are called “navel” because their bottoms look like a belly button, or navel.
- Oranges were not named for their color. The word “orange” comes from an old word “naranga,” which means “fragrant.”



## DELICIOUS AND NUTRITIOUS

Oranges are one of the best sources of vitamin C, which helps our bodies heal cuts and scrapes.

### A SUPER SNACK IDEA

Juicy and sweet, oranges make the perfect snack. Just rinse the skin, peel, and eat!

### ORANGE HUMOR

What did the little chick say when its mother laid an orange?

“Look at the orange mama-laid!”