

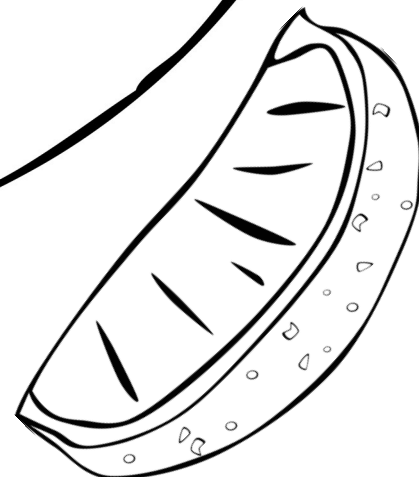
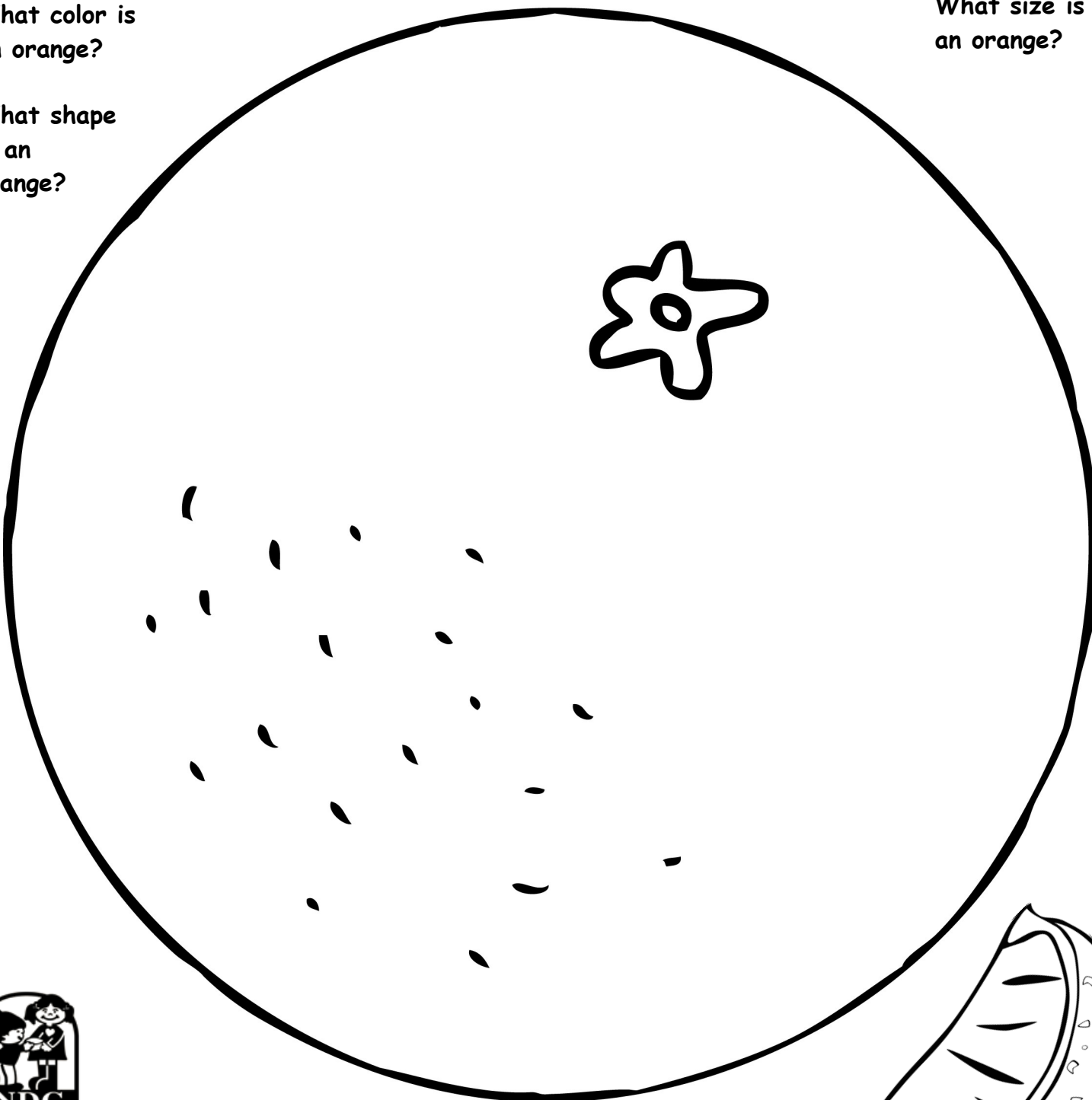
Oranges...Juicy and Sweet

An orange peel looks and sometimes feels bumpy—textured. To make your orange picture look textured, place a sheet of sand paper or other rough surface under this paper. Remove the paper from a crayon, lay it on its side and rub it across the paper. You can also make your own textured paper by generously painting glue on cardboard and sprinkling sand on it. Shake off the excess when dry. Make more oranges by drawing or tracing circles on paper and coloring. Oranges can be small, medium, or large.

What color is an orange?

What size is an orange?

What shape is an orange?



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Peel an orange and tear it into sections. How many sections does it have? Does another orange have the same number?

Oranges! Oranges! Good to Eat!

The best and easiest way to eat an orange is fresh! Preschoolers can learn to peel one. Oranges are in good supply at lower prices during the winter. Use fresh orange segments or canned Mandarin oranges in lettuce or spinach salads or with other fruits for kabobs.

A Word About Juice

Have children roll oranges on table. Cut oranges in half and show children how to use a juice squeezer to make fresh juice.



Credit 1/4 cup of 100% juice for 1-2 year olds and 1/2 cup for 3-5 year olds at breakfast. Credit 1/2 cup of 100% juice for 1-5 year olds at snack.

Juice is high in natural sugars so limit juice to no more than once per day.

Movement Ideas

Orange Passing Played like "Hot Potato"

The children sit in a circle. Have the children pass an orange around the circle while you chant:
orange, orange, orange and sweet,
orange, orange, fun to eat,
Who will get caught we will see,
We will count, one, two THREE!!!



Whoever is holding the orange when you say three goes in the center for one turn. Play again, then the next person that is holding the orange replaces the first child in the middle.

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<http://www.123child.com>

(Note: Change the word "caught" to either "one" or "some" for a positive spin on the game.)

Silly Songs and Other Music Ideas

Musical Orange Shakers

Paint the back sides of 2 small paper plates orange. After dry, turn them over and put 1-2 tablespoon of rice, popcorn, or beans on one plate. Run a bead of glue around the rim at the highest point. Set the other plate on top so the painted side is out. Secure with large paper clips or spring-type clothespins while drying. Tape or staple if needed to keep closed. Put on some music and **Shake! Shake! Shake!**

Fruit Vendor

This easy and catchy song about oranges, apples, and bananas can be found at www.kididdles.com/lyrics/f058.html. It can also be sung in 3 parts. Check it out!!

Scientific Observations Early Childhood Style

Save orange seeds. Place them between the side of a zip lock plastic bag and a folded wet paper towel. Tape bag on the inside of a window with the seeds towards the inside of the house. Watch the seeds sprout. Try planting the seeds in dirt. It probably won't produce oranges but it'll be fun to watch it grow.



Getting Crafty with Oranges

Sewing Oranges

Cut circles from orange cardstock, cardboard, or plastic lid. Using a paper punch, punch holes about an inch from the edge and an inch apart all around the circle. Provide the kids with a shoelace or yarn (stiffen one end by rolling 1-2 inches in glue and letting it dry) to sew around the edge. This helps encourage good hand-eye coordination.

Scratch and Sniff Pictures

Mix orange gelatin with orange tempera paint. After the painted picture is dry, scratch and sniff the picture. What does it smell like?

Orange Prints

Cut an orange in half. Dip the cut side into paint and press on paper. It can be pressed several times before reloading with paint. When dry, glue on several orange seeds.



Smelly Playdoh

Add one packet orange kool-aid or sugar-free gelatin to your playdoh recipe.



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