

DELICIOUS NUTRITIOUS ADVENTURES

# Orange You Glad You Know How to Cook?

## SUBJECTS



NUTRITION



SCIENCE

**Aa**

LANGUAGE  
ARTS

## GRADE LEVEL

**K-3**

## TIME

**45 min**

# Orange You Glad You Know How to Cook?

## Objectives

Students will:

- See, say and spell vocabulary words associated with citrus.
- Construct a class list of known citrus fruits.
- Compare and contrast a variety of citrus fruits using their senses.
- Recall citrus nutrition facts.
- Share a crazy citrus fact with their families.
- Create a journal entry to reflect, draw, write and share what they learned during the lesson

## Materials & Preparation

Citrus for display and tasting. Choose 3-5 varieties, such as:

- Orange
- Blood orange
- Grapefruit
- Lemon
- Additional citrus fruits such as: kumquat, pomelo, mandarin, lime, etc.
- Citrus [recipe cards](#)

Read aloud book options:

- *The Red Lemon* by Bob Staake
- *When Grandma Gives You a Lemon Tree* by Jamie L.B. Deenihan
- *The Sour Little Lemon Tree* by S. Annetje Evans
- *An Orange in January* by Dianna H. Aston

## Preparation at Home

If using the tasting lesson component:

- Set aside the fresh display citrus so that kids can observe them and touch them tomorrow. These do not need to be washed and should not be cut.
- Wash, and cut citrus fruit for tasting into small pieces, about 1 - 2 inches and keep in separate containers. You will want there to be enough for kids to try a 2 inch bite of each fruit.

# Orange You Glad You Know How to Cook?

## Lesson Introduction

(15 minutes)

### Part 1: Story Time!

Read aloud from one of the read-aloud book suggestions

### Part 2: Getting to Know Citrus Fruits!

Tell students these colorful fruits are members of one fruit family called CITRUS. Write CITRUS on the board. Hold up each of the citrus fruits you have brought for students to see. Introduce each by name and write the names on the board

Bring the students attention to the thick, waxy outside skin of the citrus fruits. Tell them that this special skin is called a RIND and write the word on the board.

- › Explain that all citrus fruits have rinds.
- › Ask if they usually eat the rind of a citrus fruit. Tell them that you almost always peel off the rind before eating the fruit. However, with kumquats you eat the rind!

Ask if students know the phrase “in season.” Explain that a fruit or vegetable is in season when it’s the best time to HARVEST (pick) and eat them. Most fruits grow in the hot summer months. Citrus grows in cooler weather.

- › Tell students that citrus fruits need cool evenings and warm days to ripen. For example, oranges aren’t always orange! Oranges grown in places with warm nights may turn green.
- › Explain that while oranges, lemons and limes are available in most of the U.S. all year round, some members of the citrus family are available only when they are “in season,” such as kumquats and Meyer lemons.

Ask students if they can think of other citrus fruits. List those on the board.

- › Examples: Oranges, mandarins, pomelos, limes, clementine, tangerine, etc

Tell the students you have three great facts about citrus fruits that you would like to share with them.

- › Citrus is packed full of VITAMIN C to keep us from getting sick
- › Citrus has lots of FIBER, which helps our bellies feel full and our bodies on a regular schedule.
- › Citrus fruits are high in POTASSIUM, which is good for our muscles and helps regulate our blood pressure. (Clap out the syllables in PO-TASS-I-UM.)

Explain to students that words that are often used to describe citrus fruits are JUICY, SWEET and SOUR. Ask them about other foods that are JUICY, SWEET or SOUR.

- › Explain that some citrus fruits, like oranges, are SWEET, but others, like lemons, are SOUR or TART. Tell them that SOUR foods will sometimes make your face look silly. Tell students that when someone tastes something very tart or sour they often make a silly face. Show students a sour face. Ask, what are other foods we can think of that are sour?

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## Body of Lesson: Tasting Time!\*

(20 minutes)

### Part 1: RULES FOR HEALTHY EATING LESSONS

Polite bite: Our first rule is that we ask everyone to take a polite bite.

- Can you tell how something tastes by looking at it? You never know whether you'll like something if you don't try it.
- *Can you tell how something tastes by looking at it? You never know whether you'll like something if you don't try it.*

No-Yuck Zone: Our second rule is that this room is a No-Yuck zone.

- If I try something and say, "That's delicious," you'll all likely want to try it. But if I said, "Ew, that's the worst thing I've ever tasted," no one else will want to try it and you will miss out. Everyone has different taste buds, and it's important to respect that.
- What's a polite way to explain that you don't like what you've tried? "Not tasty to my taste buds."

### Part 2: TASTING TIME!

- Ask students to observe citrus with their eyes. Pass around the display citrus and let them look more closely, and feel these as well.
- Ask students to notice similarities or differences between the citrus fruits (color and size).
- Taste the citrus samples one by one.
- Discuss how each citrus tastes and encourage students to use words like JUICY, SOUR, and SWEET as they taste.
- Encourage students to use their senses as they try each one. Do these have different smells? Feel different when you touch them? Make a sound when you bite them?

## Conclusion

(5 minutes)

### Part 3: DISCUSSION

- Which was your favorite citrus fruit? Why?
- What is something new that you learned about citrus?
- What words would you use to describe the taste and texture of citrus?
- Thank them for trying new foods and encourage them to make healthy eating choices and share some fun facts about citrus with their families.
- Send kids home with [citrus recipe cards](#) that they can try making at home for fun.

## Assessment

(10 minutes)

- At the end of the lesson, have each student create a journal entry about the lesson, using age-appropriate strategies such as drawing, dictating or writing.

\*Note: See extension section for optional activities to use if tasting is not feasible for your classroom.

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## Extensions

### Draw handprint citrus tree:

- Supplies: paper, pencils/markers/crayons or paint
- Instructions: direct each student to trace their hand, from their fingers down to below their wrist. Next, have students color their trees with their favorite citrus fruit!

### Inside/Outside:

- Using adjectives, have students say what the outside of a citrus fruit looks like. Next, have them do the same for the inside. For example: the outside of the orange is bumpy. The inside of the orange is juicy.

### Sing Two Big Lemons:

(To the tune of "This Old Man")

- › Way up high, in a tree (hold hands up as high as possible)
- › Two big lemons smiled at me (put hand on cheeks smile)
- › So I shook that tree with all my power (pretend to shake a tree)
- › Down came the lemons, whoa, they were SOUR!! (make sour face)

### Clap The Syllables:

- Together as a class, clap out the number of syllables for different citrus fruits: ORANGE, LEMON, LIME, POMELO, TANGERINE, BLOOD ORANGE, GRAPEFRUIT, KUMQUAT, etc.

### KWL (KNOW, WANT, LEARNED):

- Have students write one sentence about what they KNOW about citrus, what they WANT to know and what they have LEARNED.

### Citrus Storytime:

- Have students write a brief descriptive story about their favorite citrus fruit, using the vocabulary adjectives learned in the lesson.
- Or, write a story as a class. Have each student contribute one sentence. Collect the sentences and read the full story aloud.

### Acrostic Poem:

- Have students write a poem that spells a citrus fruit. Instruct students to write out the word vertically. Each letter of the word will become the first letter of each sentence of the poem.

### Citrus the Action Hero

- Have students work in pairs to create a comic strip about a citrus superhero and the power of citrus fruits to keep us healthy.

