

Oranges



Nutrition:

- **One orange contains all the vitamin C your body needs for the day!**
- **Oranges contains antioxidants that keep us healthy and fight disease.**

Did you know?

- **Most oranges in the United States are grown in California and Florida.**
- **Christopher Columbus brought the first orange seeds and seedlings to the New World on his second voyage in 1493.**
- **Orange is the world's third favorite flavor after Chocolate and Vanilla.**
- **Oranges are the third most eaten fruit in the U.S. after apples and bananas.**

More:

- **Peel and eat as a whole fruit or add to fruit salads.**
- **In the grocery store look for fruit that is firm and heavy for its size, with bright, colorful skin.**

Science Experiment:

Teachers, follow [this link](#) to find out if the orange will float or sink!

