

# ORANGE YOU SMART!

## A fill-in-the-blank game using ORANGE:

- O** \_\_\_\_\_  
(an underwater creature with eight legs)
- R** \_\_\_\_\_  
(the smallest state in the United States)
- A** \_\_\_\_\_  
(a favorite fruit given to a teacher)
- N** \_\_\_\_\_  
(a popular orange variety named for its bellybutton)
- G** \_\_\_\_\_  
(another color that oranges can be)
- E** \_\_\_\_\_  
(how often you should eat colorful fruits and vegetables)

Answers: Octopus, Rhode Island, Apple, Navel, Green, Every day



## Nutrition Facts

Serving Size: 1 medium orange (154g)  
Calories 75                      Calories from Fat 2

|                        | % Daily Value |
|------------------------|---------------|
| Total Fat 0g           | 0%            |
| Saturated Fat 0g       | 0%            |
| Trans Fat 0g           |               |
| Cholesterol 0mg        | 0%            |
| Sodium 2mg             | 0%            |
| Total Carbohydrate 19g | 6%            |
| Dietary Fiber 3g       | 14%           |
| Sugars 13g             |               |
| Protein 1g             |               |
| Vitamin A 8%           | Calcium 7%    |
| Vitamin C 152%         | Iron 1%       |

Source: www.nutritiondata.com

## Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Oranges are in the yellow/orange color group.

- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples include oranges, lemons, grapefruit, tangerines, yellow figs, persimmons, rutabagas, yellow and orange peppers, carrots, sweet potatoes, sweet corn, yellow winter squash and yellow potatoes.

## What is a Serving?

A serving of oranges is one medium fruit. This is about the size of a baseball.



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