



# ORANGE

## LESSON

30 second version

EDUCATOR

1. MyPlate helps you create a balanced meal and is made up of 5 food groups: vegetables, fruits, proteins, grains, and dairy.
2. Make sure to make half your plate fruits and vegetables at each meal.
3. Oranges help your body use the energy in food and support digestion and your immune system—try them and the recipe on your recipe card!

If you have more time

EDUCATOR

- The fruit of the day is oranges!
- Here is an orange recipe you can use at home.
- As it says on your recipe card, oranges help your body use the energy in food and support digestion and your immune system.
- Who has eaten oranges before?

PARTICIPANTS

*Answer “yes” or “no”*

EDUCATOR

- As you may know, oranges are part of a healthy diet.
- One way to create a balanced diet is by using MyPlate.
- MyPlate has 5 food groups: vegetables, fruit, protein, grains, and dairy.
- It is important to make half of your plate fruits and vegetables.

### Let's build a balanced meal!

Work together to create a balanced meal you and your family like, or want to try! Make sure to include oranges, and put all the parts of your meal in their correct food group.

PARTICIPANTS

*Work together to build a balanced meal and talk with each other about favorite ways to eat oranges.*