

Harvest of the Month

Network for a Healthy California



Oranges

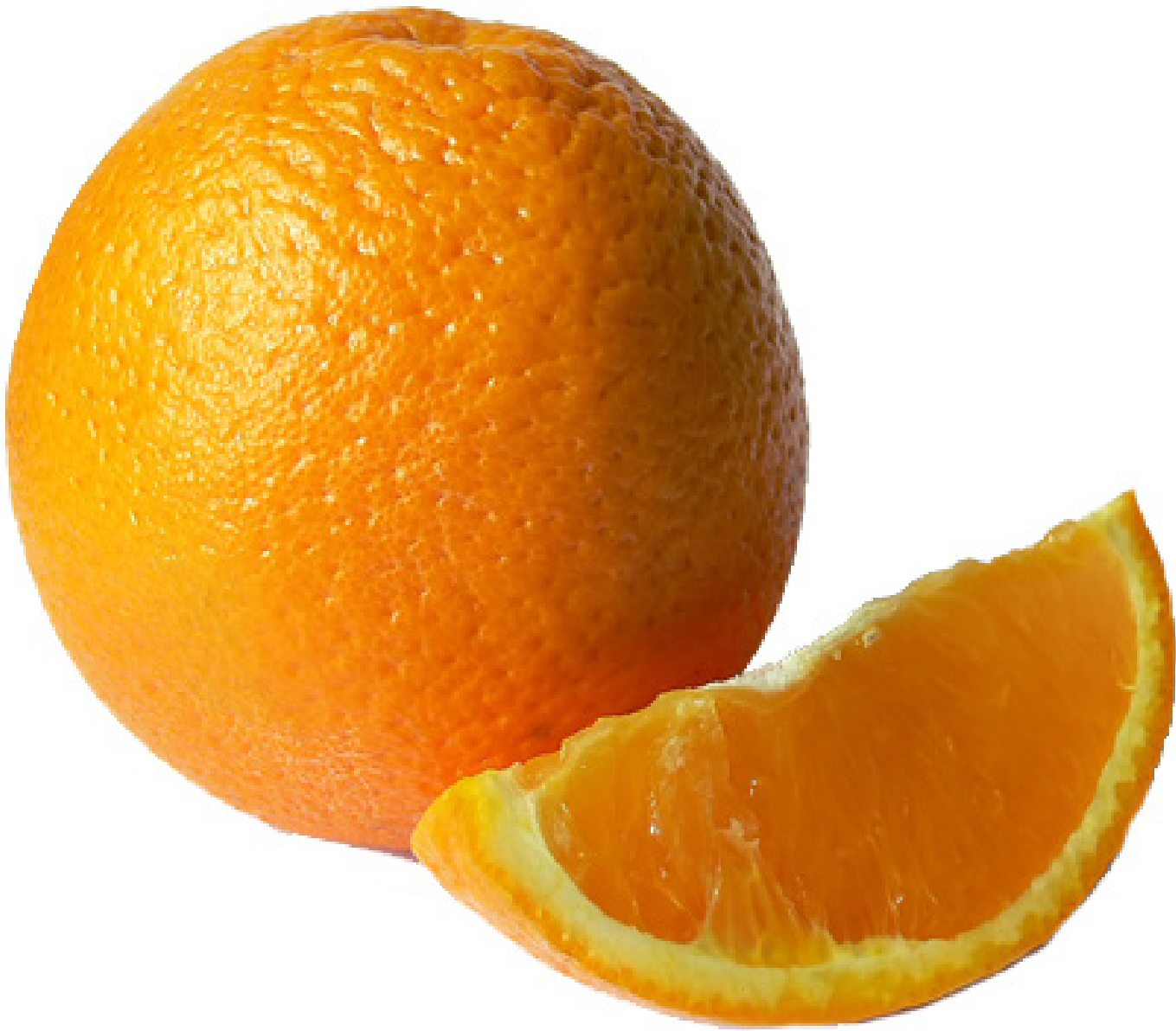


Written by: Kim Bohannon
Magnolia School District, Network for a Healthy California
Edited by: Kari Tuggle, CHES, MS, RD
Orange County Department of Education

This material was created by a Network-funded agency as
companion to the Harvest of the Moth toolkit developed by
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This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California.
These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income.
It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.
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Do you know
about oranges?



Did you know
that oranges
are a fruit?



I just thought you
might like to know.

Did you know that
oranges grow
on trees?



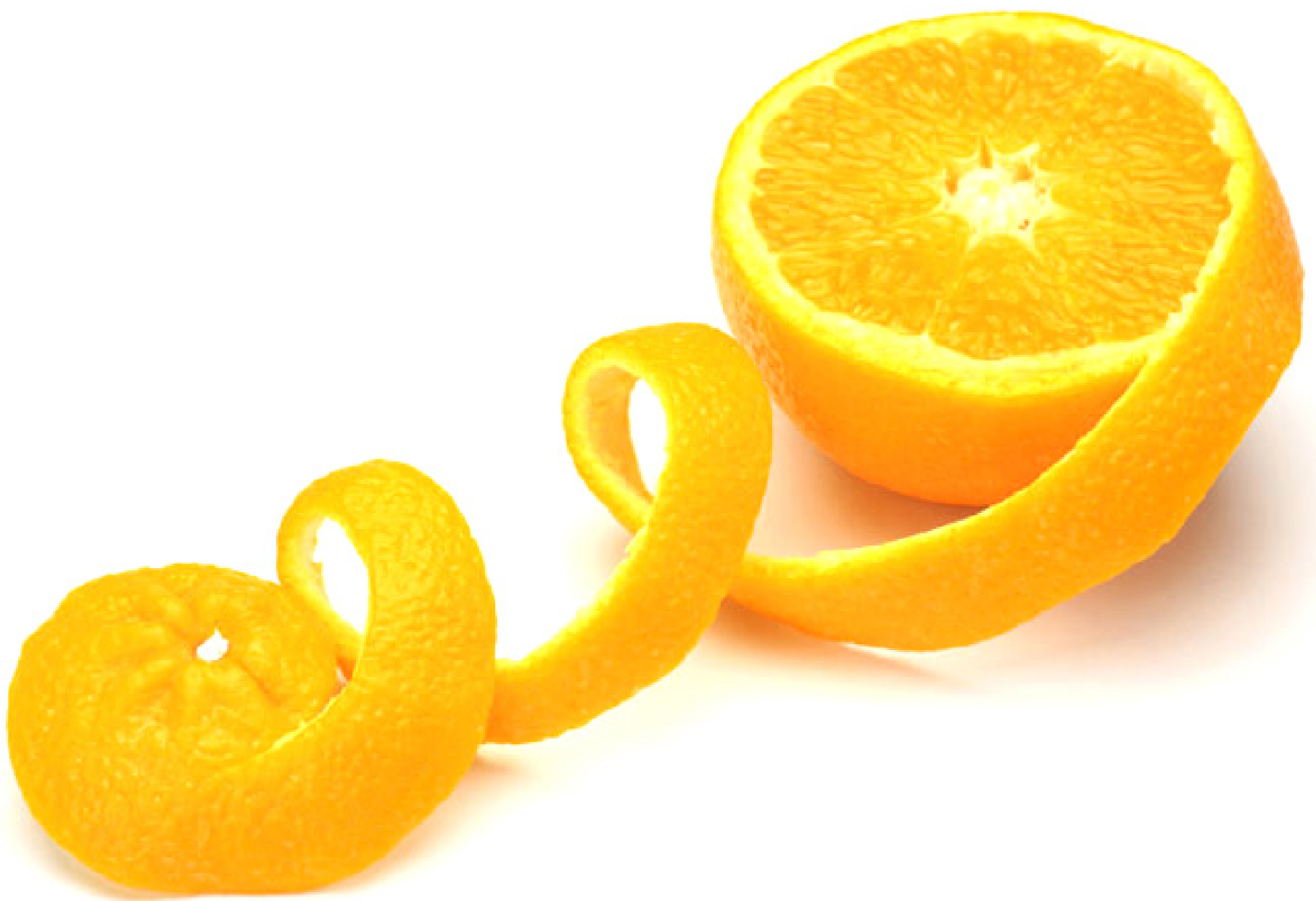
I just thought you
might like to know.

Did you know
that oranges
are orange?



I just thought you
might like to know.

Did you know that
oranges have a **peel**?



I just thought you
might like to know.

Did you know that oranges give you Vitamin C?



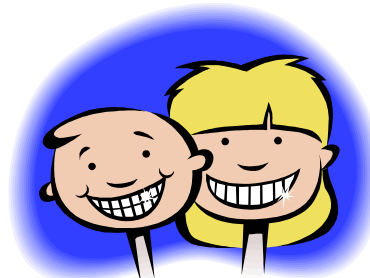
Vitamin C



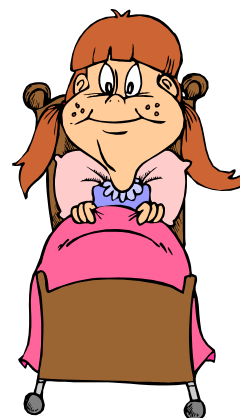
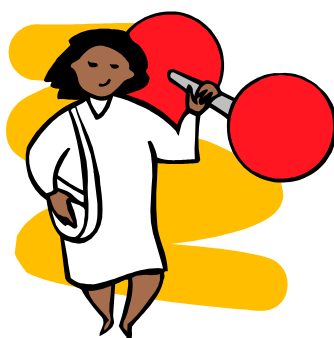
Holds bones together



Helps cuts



Helps teeth and gums for a beautiful smile



Helps keep blood strong to keep you healthy

Tulare County Office of Education
Jim Vidak, County Superintendent of Schools

This material was produced by the California Department of Public Health's *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information visit www.cachampionsforchange.net.

I just thought you might like to know.