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Your child discovered...

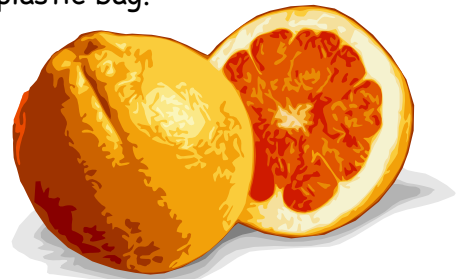


fresh squeezed (Vitamin C rich) orange juice...

today with a guest speaker from the Seneca County Cornell Cooperative Extension and 4-H Youth Development Program.

How To Make Fresh Squeezed Orange Juice with an Adult.

1. Wash your hands with warm, soapy, running water before preparing food.
2. Wash an orange with cool running water.
3. Ask an adult to cut a fresh orange into 4 equal quarters using a sharp knife.
4. Place one of the 4 orange quarters into a re-sealable plastic bag.
5. Have an adult make sure the bag is sealed tight.
6. Squeeze the orange inside the bag until you see juice inside the bag.
7. Carefully open the bag and put a straw inside the bag so you can drink the fresh squeezed orange juice you just made!!!!
Mmmm....
8. Think about which food group an orange is in on the Food Guide Pyramid. (The fruit group) Remember: **Everyone should have 5 servings of fruits and vegetables each day to help them stay healthy!!!!**



ORANGE SLUSHIES

Preparation Time: 10 minutes, plus 2 hours freezing time

Servings: 4

They're orange and taste just like Creamsicles

Ingredients:

8 cups orange juice

4 scoops fat-free vanilla yogurt

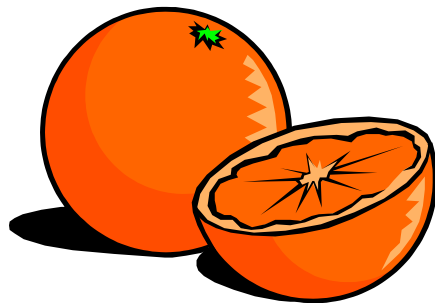
4 orange slices, optional



Directions:

1. Pour 4 cups orange juice into an 8-inch square metal pan until slushy, stirring twice, about 2 hours.
2. Pour slushy orange juice into 4 glasses and top off with remaining juice. Mix and then finish with a scoop of fat-free vanilla frozen yogurt. Garnish with orange slice if desired.

Source: www.sesameworkshop.com (Go to recipes)



Juice or Fruit Drinks?

Why Fruit Juice?

Juice is an easy way to enjoy fruit. Keeping juice on hand is good for your whole family! Here's what juice provides.

- **Vitamin C** to help heal cuts and bruises, fight infection, and use iron from food.
- **Vitamin A** in some juices for healthy eyes and skin.
- **Carbohydrates** for energy. Sugar from fruit is the carbohydrate in 100% juice.

Juice is mostly water. Like you, your child needs enough fluid to stay healthy.


How Much Juice?



Offer your child enough, but not too much:

Ages 1 to 6 years:

1/2 to 3/4 cup of juice a day.



Go Easy...

Because juice is convenient, it's easy to drink too much of it. Here's why drinking too much juice can be a problem:

- Juice has calories. Too much may give your child more calories than he or she needs. That may contribute to overweight. Go easy for yourself, too!
- If juice replaces milk or calcium-fortified soy beverages, your child may not get enough bone building calcium.
- Sipping juice a lot promotes cavities. Sometimes diarrhea is a problem too.

Provided by _____

Juice or Fruit Drinks?

Which Would You Buy?

Orange juice, juice drink, or orange soda? Each has a sweet, citrus flavor. Labels can help you choose beverages for your family.

- For nutrition 100% orange juice is the best.
- Juice drinks have some juice and added vitamin C.
- Orange soda is flavored water.

Labels can help you choose

- Nutrition Facts tell how calories and nutrients differ.
- Ingredients tell what it's made from.

Orange Juice

100% Juice

Nutrition Facts		
Serving Size 8 FL OZ (249g)		
Servings Per Container 8		
Amount Per Serving		
Calories 110		
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	26g	9 %
Dietary Fiber	0g	0 %
Sugars	22g	
Protein	1g	
Vitamin A	0%	• Vitamin C 50%
Calcium	2%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Water, concentrated orange juice

Orange Juice Drink

Made with 5% Juice

Nutrition Facts		
Serving Size 12 FL OZ (240g)		
Servings Per Container 1		
Amount Per Serving		
Calories 120		
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	30mg	1 %
Total Carbohydrate	31g	10 %
Dietary Fiber	0g	0 %
Sugars	29g	
Protein	0g	
Vitamin A	0%	• Vitamin C 70%
Calcium	0%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Water, high fructose corn syrup, pear juice, citric acid, ascorbic acid, yellow 5, red 40, (other ingredients)

Orange Soda

Nutrition Facts		
Serving Size 8 fl oz (240g)		
Servings Per Container 1.5		
Amount Per Serving		
Calories 120		
%Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	35mg	1 %
Total Carbohydrate	32g	11 %
Dietary Fiber	0g	0 %
Sugars	32g	
Protein	0g	
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: water, high fructose corn syrup, citric acid, ascorbic acid, yellow 6, red 40, (other ingredients)

