

# Taste Test: Oranges



Oranges are a delicious round citrus fruit with thick, orange-colored, inedible skin. There are many different types of oranges all with slightly different taste and sizes. The most popular varieties of oranges include: Valencia, Navel, and Jaffa, and the red-colored blood orange. Oranges taste sweet and are grown in warm places like the United States, Brazil, Mexico, Spain, China, and Israel.

## Food Fact

Oranges are very high in vitamin C and folate. They are also a source of vitamin B<sub>1</sub> (thiamine), fibre, and potassium.

## How to Choose:

- Choose oranges that have a smooth skin and are heavy for their size.
- The colour of the orange does not need to be uniform or perfectly orange to be good.
- Avoid oranges with soft spots or traces of mold.

## How to Prepare:

- Simply rinse the fruit, peel off the skin, and pull apart the sections of the orange. Or, cut the orange into quarters and eat it right off the peel.

## How to Store:

- You can keep oranges in the refrigerator or on the counter depending on your preference.
- Oranges will last about 1 week at room temperature or up to a month in the refrigerator.

## Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

## I Tried It!

My Rating (circle one):



Would you like to try oranges again?

YES     NO

## Ideas for Serving Oranges:

- Orange segments are a delicious addition to both fruit or green salads.
- Make fruit kebabs with bite-sized cubes of oranges, bananas, and strawberries.
- Simply put orange segments, ice, milk, and vanilla yogurt into a blender on high speed until combined for a delicious orange creamsicle drink.

### French Toast Sticks with Pineapple Orange Toppings

Makes 4 servings

#### Ingredients:

- ½ cup skim milk
- 2 eggs
- ½ tsp grated orange rind
- 1 tsp vanilla
- ½ tsp ground cinnamon
- 1 cup bran flakes, crushed
- 4 slices whole grain bread



#### Pineapple orange topping:

- 1 tsp soft non-hydrogenated margarine
- 1 tsp granulated sugar
- 1 navel orange, peeled & chopped
- 1 cup diced pineapple

#### Directions:

1. In a large bowl, whisk together milk, eggs, orange rind, vanilla and cinnamon. Place bran flakes on a plate. Dip a slice of bread in egg mixture and coat both sides well. Dip one side of the bread into the bran flake mixture.
2. Heat a nonstick skillet or griddle over medium high heat and spray lightly with cooking spray. Cook coated bread slices, bran flake side down, for about 3 minutes or until golden. Turn over and cook for another 2 minutes or until golden. Repeat with remaining bread slices. Place French toast on a baking sheet and keep warm in a preheated 250°F oven.
3. In another nonstick skillet, melt margarine and sugar over medium- high heat. Add orange and pineapple and bring to a simmer for 2 minutes to warm through.
4. Cut each French toast slice into 4 sticks and serve pineapple orange topping on the side or on top.

Recipe adapted from

<https://food-guide.canada.ca/en/recipes/french-toast-sticks-pineapple-orange-topping/>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at [info@appleschool.ca](mailto:info@appleschool.ca).

