

SNACKBITE

Orange



- A warm-climate fruit, most of the world's oranges are grown in sunny California, Florida, Arizona, and Texas.
- Oranges are one of the most recognizable citrus fruits. Like other citrus fruits, they are high in Vitamin C which helps form collagen to hold muscles, bones and tissues together, protects us from infections and bruising, aids in healing, and keeps our gums healthy.
- An orange tree can grow to reach 30 feet and live for over a hundred years.
- Only about 2 out of every 10 oranges is sold as whole fruit, the remainder are used in preparing orange juice, extracts, and preserves
- Contrary to what most of us think, this fruit was not named for its color. Instead, the word orange comes from a transliteration of the Sanskrit naranga. Which means "fragrant."
- Oranges and Orange Blossoms are used as a symbol of love.
- As a good source of fiber, you can rely on oranges as filling snack that easy to take with you.



Be sure to visit the Fresh Fruit & Vegetable Program page under West Fargo Public Schools Food Service tab for program information and activities.

This institution is an equal opportunity provider.