

# THE PERFECT ORANGE

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## CALIFORNIA CONTENT STANDARDS

**Kindergarten:** Reading Comprehension 2.3 Connect to life experiences the information and events in texts. 2.5 Ask and answer questions about essential elements of a text.

**Grade One:** Reading Comprehension 2.2 Respond to who, what, when, where, and how questions. 2.6 Relate prior knowledge to textual information.

**Grade Two:** Reading Comprehension 2.4 Ask clarifying questions about essential textual elements of exposition (e.g., why, what if, how). 2.5 Restate facts and details in the text to clarify and organize ideas.

**Grade Three:** Reading Comprehension 2.3 Demonstrate comprehension by identifying answers in the text. 2.4 Recall major points in the text and make and modify predictions about forthcoming information. 2.5 Distinguish the main idea and supporting details in expository text. 2.6 Extract appropriate and significant information from the text, including problems and solutions.

**Grade Four:** Reading Comprehension 2.3 Make and confirm predictions about text by using prior knowledge and ideas presented in the text itself, including illustrations, titles, topic sentences, important words, and foreshadowing clues. 2.4 Evaluate new information and hypotheses by testing them against known information and ideas.



GRADES: K - 5

OBJECTIVES:

Students will be able to 1) Identify 4 important nutrients from oranges and the functions each nutrient performs in our bodies, and 2) Identify 3 different ways they plan to incorporate oranges in their own diets.

## ABOUT THIS STORY...

*One day, as she was picking oranges in the orchard, the kind and thoughtful Tshai came upon the perfect orange, which she immediately thought that would be “just the right gift” to give to the king. The king was so tremendously pleased she rewarded her richly with a donkey and precious jewels. Ato Jib, a conniving hyena, became envious and devised his own plan to please the king, hoping to also receive the same in return. The king was indeed pleased and rewarded Ato Jib with the palace’s “most prized possession”; the perfect orange.*

## FOR WHAT IT’S WORTH...

In the book, Ato Jib, the Lord Hyena, called Tshai’s perfect orange, “a silly gift.” He did not consider her gift to Nigus to be valuable. From this, we quickly learn that Ato Jib’s sense of value in oranges was different from Tshai’s. This is true for many people. Certain foods hold special meaning to different people, depending on where they’re from, the people with whom they’ve eaten those foods; for many different and valid reasons. For example, in the Chinese culture, tangerines and oranges are given freely as gifts during Chinese New Year because they symbolize luck and wealth. Explore different definitions and synonyms for the term “valuable.” Ask the students to think of any foods that hold special meaning or value to them, their family, or in their culture. It can be any food; it can be a fruit, vegetable, a special dish or recipe. Ask the students to explore, and (if time permits) create a list of, the reasons why they consider this particular food item to be valuable. Use these questions below to spur the students’ thought process.

- Does it hold some special meaning or symbolism?
- Is it something that is only served during an important celebration or holiday?



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## LESSON CONT.

- Does it help them remember an important time in their lives?
- Is it something that is special because it takes a long time to make?
- Is it something that their mother, father, or grandparents taught them how to make?
- Is it a secret family recipe?
- Does it mark a tradition in the family?
- Does it bring back good memories of the time they helped to plant it?

Whatever reasons the students come up with, emphasize the importance of recognizing that different people, including the students themselves, have different perceptions of value in certain foods, all of which can be valid.

### IS AN ORANGE JUST AN ORANGE, OR IS IT WORTH ITS WEIGHT IN GOLD?

Relate the discussion above of value and worth to the topic in *The Perfect Orange*. When Tshai presented her gift to Nigus, she said, “When I saw this perfect orange, I thought it would be just the right gift for your Majesty.” Later in the book, Nigus referred to this very same orange as the royal palace’s “most prized possession.” From this, we learn that both Tshai and Nigus saw prized value and worth in oranges. Nigus regarded this gift so highly that, in return, he tried to reward Tshai with gold and jewels. Perhaps they saw perfection in its shape and rich color; or maybe the beauty was in the simplicity of the gift or the gesture of giving. Whatever their reasons were, a nutritionist would say that the value of an orange lies in the gift of good health. One way in which oranges are valuable is that they provide some of the nutrients that our bodies need to be healthy. Oranges contain Vitamin C, potassium, folate, and fiber. Use the table below to discuss with the students these nutrients and their functions in the body.

### ACTIVITY: MY PERFECT ORANGE

Ask the students to draw and color the most perfect orange they can. Below, the picture, have them make a list or write a

#### ORANGES

Vitamin C	Potassium	Folate	Fiber
<ul style="list-style-type: none"><li>• helps with wound healing</li><li>• keeps gums healthy</li><li>• protects the body's cells and tissues from oxidation</li></ul>	<ul style="list-style-type: none"><li>• helps muscles and nerves function properly</li><li>• helps maintain proper fluid balance in our blood and our cells</li></ul>	<ul style="list-style-type: none"><li>• helps produce healthy red blood cells and prevent anemia</li><li>• helps cells stay healthy, especially during periods of rapid growth</li><li>• keeps arteries healthy</li></ul>	<ul style="list-style-type: none"><li>• helps the digestive system work regularly and keeps intestines healthy</li></ul>

paragraph about the different nutrients oranges contain, and the benefits or functions of each nutrient.

### HOW MANY WAYS CAN YOU EAT AN ORANGE?

Ask the students to share ideas on the different ways oranges can be eaten. Write their ideas on a piece of butcher paper on the wall, on a large paper pad on an easel, or on a chalkboard, or dry-erase board.

Following are some ideas to start the discussion:



# THE PERFECT ORANGE

LESSON CONT.

- Peeled and separated into segments
- Sliced and eaten as wedges
- In the summer, cold, out of the refrigerator
- Peeled and bitten into, similar to how one would eat an apple
- In a salad (for example, Chinese Chicken Salad with oranges, or Orange Fennel Salad-refer to the recipe from November's HOTM)
- Squeezed as a juice
- Freeze juice in ice cube trays
- As part of a fruit salad
- Squeezed, made into juice, and frozen in ice cube trays
- Cubed and blended into a smoothie
- As the main ingredient in a salsa with chopped tomatoes, onion, lime, and chili
- Cut into cubes and put on skewers with some grapes or other favorite fruits
- Mixed into vanilla yogurt
- As a topping for pancakes

## EXTENSION ACTIVITIES - UPPER GRADES

- The name Tshai means "sun." Discuss with the class the ways in which "tshai" may be a metaphor in the story.
- Discuss with the class how irony is used in the story.

On a piece of paper or a 3x5 note card, using the shared ideas, ask each student to identify 3 ways in which they have not yet tried oranges. Using complete sentences, ask them to write them down in a list as their plan for how they will try oranges in a new way by next week. Ask them to put the card in a place that will remind to work on their goal. Next week ask your students how many achieved their goal and have them share the new way they ate an orange.

Distribute copies of the recipes on the last page if needed, to help students carry out their plan.

### EXAMPLE:

This week I will try oranges 3 different ways I have not tried before.

I will try orange wedges mixed into yogurt.

I will try oranges with pineapple and kiwi on skewers.

I will try eating an orange like an apple.



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<h3>Healthy Orange Smoothie</h3> <p>1 orange peeled and separated          ½ banana          1 cup orange yogurt          ½ cup ice cubes</p> <p>Blend in blender until smooth. Makes 2 servings.</p>	<b>Nutrition Facts</b> Serving Size : ¼ cup (180.0g)
	<b>Amount Per Serving</b>
	<b>Calories</b> 143 <span style="float: right;">Calories from Fat 8</span>
	<b>% Daily Value*</b>
	<b>Total Fat</b> 0.9g <span style="float: right;"><b>2%</b></span>
	Saturated Fat 0.6g <span style="float: right;"><b>3%</b></span>
	<b>Cholesterol</b> 5mg <span style="float: right;"><b>2%</b></span>
	<b>Sodium</b> 41mg <span style="float: right;"><b>2%</b></span>
	<b>Total Carbohydrates</b> 31.0g <span style="float: right;"><b>11%</b></span>
	Dietary Fiber 2.4g <span style="float: right;"><b>10%</b></span>
	Sugars 23.3g
	<b>Protein</b> 3.5g
Vitamin A 11% <span style="float: right;">Vitamin C 63%</span> Calcium 13% <span style="float: right;">Iron 1%</span>	
* Based on a <a href="#">2000 calorie diet</a>	

<h3>Orange Kiwi Pineapple Fruit Skewers</h3> <p>1 orange, cut into cubes          1 kiwi, cut into cubes          ½ cup pineapple chunks          Cocktail toothpicks          6 oz. container vanilla yogurt</p> <p>On a toothpick, skewer one piece each of orange, kiwi, and pineapple. Top each with 1 to 2 teaspoons of vanilla yogurt as a sauce. Makes about 3 servings.</p>	<b>Nutrition Facts</b> Serving Size : about 3 skewers (157.0g)
	<b>Amount Per Serving</b>
	<b>Calories</b> 112 <span style="float: right;">Calories from Fat 5</span>
	<b>% Daily Value*</b>
	<b>Total Fat</b> 0.5g <span style="float: right;"><b>1%</b></span>
	Saturated Fat 0.2g <span style="float: right;"><b>1%</b></span>
	<b>Cholesterol</b> 2mg <span style="float: right;"><b>1%</b></span>
	<b>Sodium</b> 29mg <span style="float: right;"><b>1%</b></span>
	<b>Total Carbohydrates</b> 13.4g <span style="float: right;"><b>4%</b></span>
	Dietary Fiber 0.3g <span style="float: right;"><b>1%</b></span>
	Sugars 11.g
	<b>Protein</b> 2.1g
Vitamin A 5% <span style="float: right;">Vitamin C 8%</span> Calcium 5% <span style="float: right;">Iron 0%</span>	
* Based on a <a href="#">2000 calorie diet</a>	

<h3>Chinese Chicken Salad with Mandarin Oranges</h3> <p>3 oz. grilled chicken, chopped          1 cup chopped romaine lettuce          1 tsp sliced green onion          ½ cup canned mandarin oranges          1 tsp almond slices          1 Tbsp sesame oil          2 Tbsp rice vinegar          ½ teaspoon lite soy sauce</p> <p>In a large bowl, start by making the dressing. Combine the soy sauce, rice vinegar, and sesame oil. Add all the other ingredients and toss well. Serve immediately. (Note: For a more subtle sesame flavor, try decreasing sesame oil to 1 tsp, and add 2 tsp canola oil to the dressing).</p>	<b>Nutrition Facts</b> Serving Size : 1 serving (382.7 g)
	<b>Amount Per Serving</b>
	<b>Calories</b> 391 <span style="float: right;">Calories from Fat 164</span>
	<b>% Daily Value*</b>
	<b>Total Fat</b> 18.2g <span style="float: right;"><b>28%</b></span>
	Saturated Fat 2.9g <span style="float: right;"><b>14%</b></span>
	<b>Cholesterol</b> 72mg <span style="float: right;"><b>24%</b></span>
	<b>Sodium</b> 312mg <span style="float: right;"><b>13%</b></span>
	<b>Total Carbohydrates</b> 27.5g <span style="float: right;"><b>4%</b></span>
	Dietary Fiber 1.6g <span style="float: right;"><b>1%</b></span>
	Sugars 19.1g
	<b>Protein</b> 29g
Vitamin A 66% <span style="float: right;">Vitamin C 63%</span> Calcium 5% <span style="float: right;">Iron 11%</span>	
* Based on a <a href="#">2000 calorie diet</a>	

