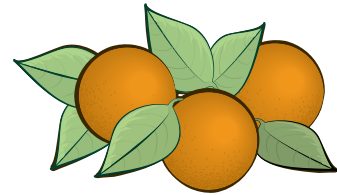




Have You Ever Heard of Pineapple Oranges?

(How About Valencia, Temple, Navel, or Blood Oranges?)

The oranges you usually see in the cafeteria are called *pineapple oranges*. Pineapple oranges are popular because they have few seeds and have the familiar bright orange skin.



All types of oranges are sweet and juicy, but each type has a different name and looks a little bit different from the others. Some are light orange on the inside, some are bright orange on the inside, and some are even bright red on the inside (these oranges are called *blood oranges*).

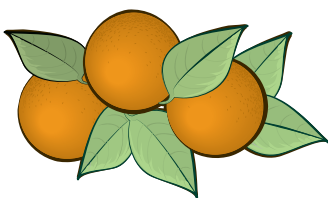
Some oranges have thin skin, like Valencia oranges, which also have few seeds and so are great for juicing, and some have thick, easily peeled skin, like navel oranges. Oranges also come in different sizes, ranging from the smaller temple to the larger navel.

Because oranges are so delicious, they make a great snack and a sweet dessert! You can eat them on their own, peeled or cut into wedges, as part of a salad, or even inside a sandwich! Eating oranges in any of these ways lets you enjoy them and gives you a boost of vitamin C that helps you grow, play, and learn.

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

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