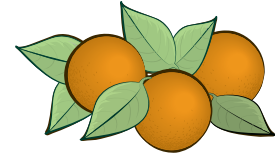


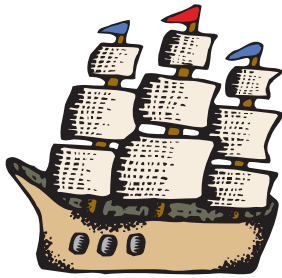


Oranges for Each Day's Journey



Originally, oranges grew in Asia and the East Indies—do you know where these areas are on the map? Oranges were brought to Europe and then to the New World (North America) by explorers. Orange trees were first planted in the San Gabriel Mission in San Gabriel, California, in 1804. In 1841, William Wolfskill planted a commercial orange grove in Los Angeles. By 1849, this entrepreneur sold oranges to gold rushers to prevent scurvy, a disease marked by overall weakness, spots on the skin, and, in the worst cases, bleeding gums.

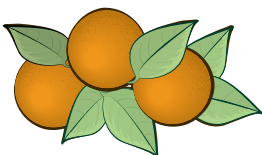
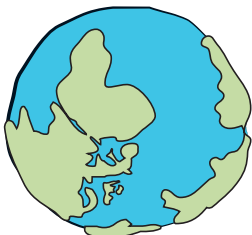
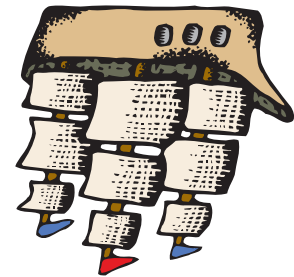
The vitamin C in oranges and other citrus fruits (like lemons, limes, and grapefruit) helped keep the gold rushers and the early explorers, like Columbus, Magellan, and Marco Polo, healthy during their long journeys. Just like the explorers, you can keep healthy and strong on your daily journeys (to school, to home, and to the store) by eating oranges and other citrus fruit. It's as easy as eating the orange wedges served in the cafeteria or grabbing a clementine and peeling it on the go. You'll have energy for playing, and the vitamin C will help you grow strong, heal cuts and bruises, and fight off infections.



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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