



Orange Bowls

Orange Bowl Recipe

Ingredients:

Thick skinned oranges

At least three of any of the following fruits (be aware of any potential fruit allergies):

Mango	Bananas (these are excellent for the kids to cut themselves)
Watermelon	Honeydew Papaya Peaches
Cantaloupe	Blueberries Strawberries

Materials:

Serving bowls and spoons

Cutting board or waxed paper, soft edged knife

Directions for Parents:

Slice oranges in half and cut the orange segments out and put them aside for use in the fruit salad.

Scoop/cut out the remaining membranes, leaving the oranges smooth on the inside.

Cut a small slice off of the bottom of each orange bowl so that it sits flat, cover and freeze.

Cut each fruit into bite sized pieces, except bananas.

Put each cut fruit into its own serving bowl with a serving spoon.

Directions for Kids:

Have kids carefully cut bananas or other soft fruit with plastic knives.

Have kids chose their favorite fruits to fill their orange bowls.

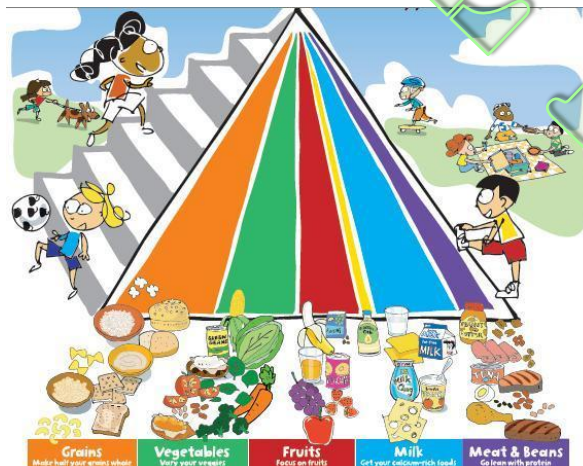
Info on fruits:

Fruit contains fructose, a natural sugar, which makes it an excellent choice for dessert or snack.

Oranges contain Vitamin C or ascorbic acid which helps the body heal and keeps gums healthy.

Bananas contain Potassium, which helps regulate blood pressure, as well as calcium loss in urine.

Watermelon contains lycopene, a powerful antioxidant which helps keep us free from disease.



Cooking Corps. is a group of volunteers from the University of New Haven's Dietetics program. Dedicated to nutrition education, these future Registered Dietitians teach classes to children of all ages and abilities. For more information, contact Ilisa Spitzer Nussbaum at inuss1@unh.newhaven.edu

