

Fruit or fruit juice?



Show your children how many oranges it takes to make a one cup of juice.

- Squeeze 3 - 4 oranges when they are in season.
- Look at the fibre and pith that is thrown away.
- When we eat an orange, we eat all this, and it fills us up.
- When we drink juice, there is no fibre to fill us up - that is why it is easy and quick to drink so much juice.
- It is better to eat the whole fruit.



Could you eat 4 oranges at once?

