



Q4:H<sub>2</sub>O

## 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.



Health  
Central Coast  
Local Health District

Could you eat 4 oranges at once?



4 oranges = 1 juice