

The Last Orange on Earth....A Child's View

Dear Parent,

Today your child participated in “The Last Orange on Earth...A Child’s View” and learned about mindful eating. We tasted an orange using all five of our senses. First we looked at the orange, then we touched it. After smelling it, we then made several scrapes just through the peel and smelled it again. Then we discussed which end was the stem end and which was the blossom end of the orange. Finally, we tasted the orange. We hope this lesson encourages you and your child to become involved in the entire experience of enjoying all foods.

Ask your child:



Was one end of the orange sweeter than the other?



What are the benefits to eating slower and enjoying our food?



Why was this lesson called “The Last Orange on Earth?”

Here is a recipe your child tasted today.

Fresh Sunny Salsa in a Bag

Ingredients: For Single Serving

3 fresh orange segments, diced
1 cherry tomato or ¼ of a small tomato, diced
¼ teaspoon red onion
1 pinch of jalapeño, diced (optional)
Couple pinches of fresh cilantro leaves and stems, minced
Dash of salt
Small sealable plastic bag
Whole wheat crackers or baked chips

Directions:

Combine fresh orange segments, tomato, red onion, jalapeño, cilantro and salt in a small sealable plastic bag. Toss gently to mix thoroughly. You can dip directly out of the bag with whole wheat crackers or baked chips. Do not use a sharp knife without adult supervision.

Food safety tip: If you share your bag of salsa with a friend, don’t double dip. Be sure you each use a new chip or cracker every time.

“The Last Orange on Earth...A Child’s View” is adapted from *The Last Orange on Earth: An activity to teach mindful eating*, accessible at www.uwyo.edu/ces/pubs/MPI12-5.pdf.



For more information about the *Cent#ible Nutrition Program* please call 1-887-219-4646 (en Español 1-877-356-6675) or visit the *Cent#ible Nutrition Program* website at: www.uwyo.edu/centsible.