

## Science

- The child learns about the concept of fruits being a source of natural juice.
- They understand the process of extracting juice from fruits through squeezing.
- They may observe the change in the state of the orange from solid to liquid during the squeezing process.
- They develop fine motor skills as they use their hands to squeeze the oranges.

Squeezing oranges can be a fun and educational activity for children. To continue their development, you can encourage them to explore different types of fruits and compare how the juice differs in color, taste, and texture. You can also involve them in making simple fruit salads or smoothies, giving them a hands-on experience with different fruits.

## Book Recommendations

- [The Very Hungry Caterpillar](#) by Eric Carle: This classic book teaches young children about the life cycle of a caterpillar and includes references to different fruits, including oranges.
- [The Berenstain Bears and Too Much Junk Food](#) by Stan and Jan Berenstain: This book helps children understand the importance of healthy eating and the benefits of consuming natural fruits and juices, like oranges.
- [How Did That Get in My Lunchbox?](#) by Chris Butterworth: This delightful book explores the journey of food from farm to table, including the production of orange juice.

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