

English Language Arts

- The student learned vocabulary related to fruits and food, such as "orange," "juice," and "squeeze."
- Developed listening and comprehension skills through following instructions on how to properly squeeze oranges.
- Engaged in language-rich conversations while discussing the process of making orange juice and the importance of healthy eating.

Physical Education

- Improved fine motor skills and hand-eye coordination by squeezing the oranges to extract the juice.
- Learned about the importance of healthy eating and the benefits of consuming fresh fruits like oranges for overall well-being.
- Participated in a physical activity by using hand muscles to compress the oranges, promoting strength and dexterity.

Engage the child in a discussion about the benefits of different types of fruit squeezing, or introduce other fruits for squeezing to expand their experience and learning.

Book Recommendations

- [Little Pea](#) by Amy Krouse Rosenthal: In this funny and charming book, Little Pea has to eat his candy before getting his spinach dessert, teaching kids about the importance of healthy eating in a humorous way.
- [Eating the Rainbow](#) by Star Bright Books: This book introduces the concept of eating a variety of fruits and vegetables with colorful illustrations, promoting healthy eating habits in a fun and engaging way.
- [Orange Pear Apple Bear](#) by Emily Gravett: This playful and beautifully illustrated book explores the names of fruits in a simple and delightful way, perfect for young readers.

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