

Oranges

- 1. What are the major parts of the body that thiamin supports? What are the effects of thiamin deficiency?**

It helps produce energy from carbohydrates in all the cells of the body. Effects of deficiency: fatigue, weak muscles, and nerve damage.

- 2. Among other important functions, zinc plays a role in the acuity (sharpness, clarity, and distinction) of two major senses. What are those senses?**

Zinc supports a healthy immune system, which is needed for wound healing, helps maintain your sense of taste and smell, and is needed for DNA synthesis. Zinc also supports normal growth and development during pregnancy, childhood, and adolescence. Zinc affects taste and smell.

- 3. What does the color of an orange's peel tell you?**

Florida's warm days and nights produce oranges with some green in the skin coloring. California and Arizona oranges tend to have deeper orange color due to cool desert nights. Discolored skins indicate the fruit is old or has been stored incorrectly.

- 4. Map the various geographical regions in CA where oranges are grown. What do these regions have in common? How are they different?**

Citrus is grown in Kern, Fresno, Tulare, Ventura and San Diego. These areas have a similar climate that promotes the best taste. These counties are spread between central and southern California.

- 5. Ninety percent of Florida's oranges go into making juice. How much of California's oranges go into processed foods and juice? How much are available to be sold whole/fresh?**

California produces two major varieties – Navels and Valencia. One-third of California's fresh market crop is made up of Valencia. Navel oranges are excellent to eat fresh but have poor juicing qualities.

Sources:

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