



Orange

3 Prep and cooking tips

- Oranges are easy to carry around and eat wherever you go; wash under running water to remove dirt and pesticide, peel the skin, and it's ready to eat.
- Fresh orange juice can be made by hand squeezing juice out, using a juicer, or by using a blender.
- Zest the skin to add flavors to recipes.

2 Shopping and storage

- Look for oranges that are bright in color, firm, and free of wrinkles on the skin.
- Oranges can be kept at room temperature for a week or refrigerated for up to two weeks. Keep oranges away from excessive humidity as they can mold easily.

1 Nutrition Fact:

- Oranges are good for skin to keep it healthy, glowing, smooth and soft.

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