

Cara Cara Oranges

Today you will get to try Cara Cara oranges from California. Oranges grow on trees in warm climates. They are about the size of a baseball. Oranges have a smooth, removable skin called the peel. The inside sections of an orange are called carpals. Cara Cara oranges have a redish-pink flesh and do not have seeds inside. They are sweeter than other oranges. Cara Cara oranges are juicy and refreshing.



Fun Fact: The United States grows over 25 billion oranges every year. Oranges are the fourth most popular fruit in the country and orange juice is the most popular juice in the United States.

Body Benefits: Cara Cara oranges are full of important nutrients, like Vitamins A and C, which will help you to stay healthy and grow strong.

Oranges belong to the **red Fruits** section on *MyPlate*.



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