

# Orange Activity

## Skills Density Continuum

In this activity, participants have the opportunity to review and discuss two to three sample activities featuring oranges to determine if the activity has Low or High Skills Density.

1. Copy the Orange Activity strips below onto orange paper and cut into strips, one activity per strip.
2. Prepare enough strips to distribute two to three per table group.
3. Copy the Low and High arrows for the two ends of the Skills Density Continuum.
4. Post the Skills Density Continuum on the wall with masking tape or other acceptable adhesive.
5. Cut small pieces of transparent tape or adhesive for the participants to use to post their activities on the Continuum.
6. Before the training place two to three strips in the basket on each table.
7. During the activity, each table group reviews and discusses the activities and decides where they will be posted on the Continuum. One representative from the Table Group posts the activities on the Skills Density Continuum.

## Orange Activity Skills Density Continuum

**Set a goal and develop a plan for eating two or more oranges a week**

CHECS Standard: Yes or No If yes, which standard: \_\_\_\_\_

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**Sing about oranges**

CHECS Standard: Yes or No If yes, which standard: \_\_\_\_\_

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**Analyze marketing strategies used in an orange soda commercial**

CHECS Standard: Yes or No If yes, which standard: \_\_\_\_\_

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**Draw an orange**

CHECS Standard: Yes or No If yes, which standard: \_\_\_\_\_

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**Measure an orange**

CHECS Standard: Yes or No If yes, which standard: \_\_\_\_\_

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**Compare the nutrient density of orange juice and orange drink**

CHECS Standard: Yes or No If yes, which standard: \_\_\_\_\_

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**Practice peeling an orange**

CHECS Standard: Yes or No If yes, which standard: \_\_\_\_\_

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**Write a letter to the food service director  
advocating for more oranges**

CHECS Standard: Yes or No If yes, which standard: \_\_\_\_\_

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**Watch a video about oranges**

CHECS Standard: Yes or No If yes, which standard: \_\_\_\_\_

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