



THIRSTY?  
**CHOOSE WATER!**  
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## Fruit or fruit juice?

Show how many oranges it takes to make a one cup of juice

- Squeeze 3–4 oranges when they are in season
- Look at the fibre and pith that is thrown away
- When we eat an orange, we eat all this, and it fills us up
- When we drink juice, there is no fibre to fill us up – that is why it is easy and quick to drink so much juice
- It is better to eat the whole fruit



Could you eat 4 oranges at once?



4 oranges  
= 1 juice