Each day fill in what physical activity you did and how many minutes you did it.

Name ____________________________

January

total minutes of physical activity

Search for Citrus
Find your way to different citrus fruits in the maze below.

Citrus Fun Facts
- Approximately 141 billion pounds of oranges are grown annually in 114 countries worldwide. The U.S. produces 25 billion pounds of oranges each year.
- The U.S. is the leading producer of grapefruit with 44% of 10.9 billion pounds grown worldwide.
- Florida, California, Texas and Arizona grow most U.S. citrus.
- Citrus fruit is produced by small evergreen trees or tall shrubs. Trees may reach 20-30 feet in height, but most cultivated trees are less than 15 feet tall.
- An orange contains about 50 mg. of Vitamin C, which is about 2/3 of the recommended daily requirement.
- Citrus fruit is never colored artificially. The orange fruit colors orange under the influence of cold temperatures.