



Gemma the giraffe says...
how do you
juice an orange?

HOW TO JUICE AN ORANGE

There are lots of different things that can be used to juice an orange.

Here are pictures of some of them.



Hand juicer - cut the orange in half and press the cut side onto the juicer. The juice collects in the tray underneath



Press - cut the orange in half and put the cut side down onto the press. Push down the handle. The juice collects in the tray underneath.



Fruit Reamer - cut the orange in half and press the point into the flesh and twist. The juice will run out but you will need to collect it in a bowl.



Juicing machine. These are used in cafes and restaurants to make lots of fresh juice. Whole oranges go in the top, they are cut up and squeezed by the machine and the juice comes out of the side openings.

You might have seen one of these if you have been on holiday to places like Spain or France.

Now use the juicer you have been given to make some fresh juice.

You will need an orange that has been cut in half.

Press the cut side onto the juicer and twist it a bit. Be careful not to press too hard or you may break through the peel.

Carefully pour the juice you have squeezed into a beaker. Make sure you do not get any pips.

You may need to squeeze more than one orange to get enough juice for the taste test.