

# Activity Share: **Fresh Squeezed Citrus Juice**

Age group: **All ages!**

## Materials Needed:

- Juicer or strainer
- Citrus fruit of your choice

## Directions:

- Talk to your child about the fruit you are about to juice - *Where did it grow? How does it feel/smell? What do you think it will look like inside?*
- Cut fruit in half and have your child squeeze the fruit over the juicer (can use a non-electric juicer or even a strainer).
- If using a strainer, squeeze the fruit over a strainer that is on top of a pitcher to catch the seeds.
- Add water and sugar to your liking.

*Use leftover rinds for stamping!*

