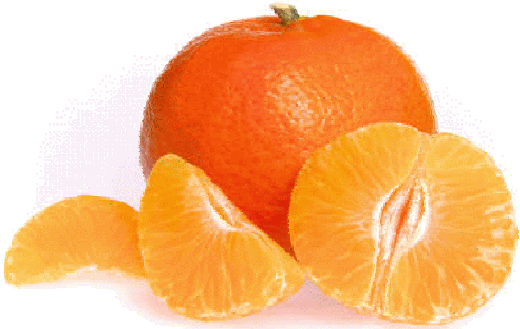


University of California Cooperative Extension, Alameda County

Tips for Early Childhood Educators



“T” is for Tangerines!

- Tangerines are a variety of mandarins.
- Tangerines have a deep orange-red color.
- Tangerines originated in Tangier, a city in Morocco.
- Tangerines are an excellent source of vitamins C and A, and a good source of fiber and potassium.
- Tangerines without seeds are a great snack for young children.

For more information visit:
www.harvestofthemonth.com and
www.fruitsandveggiesmatter.gov

Classroom Activity:

Children will learn about the citrus fruit family while learning new words and sounds.

RESOURCES/SUPPLIES

- Post pictures or Photo Cards of fruits in the citrus family – such as oranges, mandarins, tangerines, tangelos, grapefruits, lemons, and loquats.
- Make a compare and contrast chart on a poster board.
- Different types of citrus fruits to taste test.

WHAT TO DO NEXT?

1. Prepare the classroom: Post pictures of the citrus fruits in an area where all the children can see them.
2. Go over each Photo Card. Read the information available about each fruit.

3. Ask the children if they know the name of the fruit in each picture.
4. Write the names of each citrus fruit and spell and sound out each letter. Tan-ger-ines, Man-da-rins, Tan-ge-los, Grape-fruit, Lem-on, and Kum-quats are some members of the citrus family. Some of them look alike and we often mix up their names.
5. Tangerines and other fruits in the citrus family grow on small trees. Some of you may have an orange tree in your backyard.
6. Compare and contrast tangerines with oranges on the chart.
7. Ask children to wash their hands before they taste test.

Fruit	Color	Shape	Smell	Taste
Tangerine				
Orange				

Physical Activity Brain Break

Sing to the tune of “Old MacDonald”

Old MacDonald had a farm...E-I-E-I-O (Children clap to the beat of the song)

And on that farm he had a tree...E-I-E-I-O (Children reach up to an imaginary tree with their arms above their heads)

And on that tree were tangerines...E-I-E-I-O (Children reach with one hand at a time, alternating as if picking fruit)

Here a tree, there a tree, everywhere a tangerine tree (Children point their finger to different parts of the room)

Old MacDonald had a farm...E-I-E-I-O (Children clap their hands, stomp their feet, and beat an imaginary drum)

Recommended Book:
Orange Juice (Where Does Our Food Come From?)
 by Gretchen Will Mayo.

California Desired Results Developmental Profile-Preschool © DRDP-PS
 Language and Literacy: LLD1, LLD3, LLD4
 Physical Development: PD1, PD3
 English and Language Development:
 ELD1, ELD2, ELD3, ELD4

Cooking with Children in the Classroom

Create a child-friendly cooking area

CHILDREN COOKING:

- They can peel the tangerines.
- They can separate the segments.

COOKING UTENSILS:

- Select age-appropriate ordinary home or school cooking utensils:
- Plastic cutting boards
- Serrated plastic knives with rounded ends
- Plastic spoons, bowls, measuring spoons and cups

CLASSROOM ENVIRONMENT:

- Post pictures of citrus fruits.
- Post a picture showing tangerines as part of the cafeteria menu.

SAFETY & SANITATION:

- Children wash their hands before and after cooking.
- Children help clean the cooking and eating area.

FOR MORE INFORMATION:

Read NETA Cooking with Children Guide



Recipe:

Tangerine Segments

Makes 25 tastes at ½ tangerine per taste

INGREDIENTS

- 13 fresh seedless tangerines (or mandarins)

SUPPLIES

Small plates, napkins, plastic forks and knives.

PREPARATION

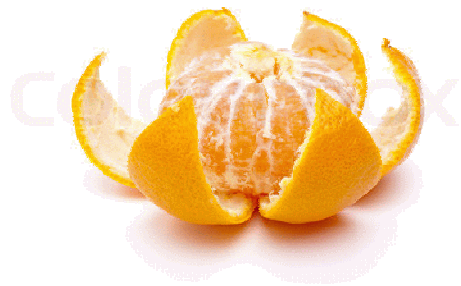
1. Observe if the tangerines have stems and leaves.
2. Let the children help peel the skins from the tangerines.
3. Divide each peeled tangerine into half, and give half to each child.
4. Ask children to separate the segments of their half tangerine.
5. Ask children to count how many segments in a half of tangerine.
6. Ask them to describe the taste and scent.

Nutrition information per serving:

Calories 20, Carbohydrate 5g, Dietary fiber 1g, Protein 0g, Total fat 0g, Saturated fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 1mg

Adapted from

Discover the Secret of Healthy Living. Public Health Institute, 2004.



Photos: Network for a Healthy California

California Desired Results Developmental Profile-Preschool ©DRDP-PS
Language and Literacy: LLD1, LLD2
Cognitive Development: COG1, COG3, COG4
Health: HLTH2



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call 877-847-3663.

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