



Seasonal Gardening: Mandarin Oranges Part 1

Health Standards Addressed

Kindergarten: 1.1.N Name a variety of healthy foods and explain why they are necessary for good health.

1.2.N Identify a variety of healthy snacks.

7.1.N Select nutritious snacks. **First Grade: 1.3.G** Identify a variety of behaviors that promote healthy growth and development.

Second Grade: 1.1.N Name a variety of healthy foods and explain why they are necessary for good health.

1.2.N Identify a variety of healthy snacks.

7.4.N Examine the criteria for choosing a nutritious snack.

Third Grade: 5.1.G Examine why a variety of behaviors promote healthy growth and development.

Fourth Grade: 1.1.N Identify and define key nutrients and their functions.

7.1.N Practice how to take personal responsibility for eating healthy foods.

Fifth Grade: 1.6.N Differentiate between more-nutritious and less-nutritious beverages and snacks.

5.1.N Use a decision-making process to identify healthy foods for meals and snacks.

7.1.N Identify ways to choose healthy snacks based on current research-based guidelines.

8.1.N Encourage and promote healthy eating and increased physical activity opportunities at school and in the community.



Materials

Mandarin Oranges from Harvest of the Month (uncut), Mandarin Oranges information, copies of types of mandarin orange information, one for each table group or each pair of students (2nd-5th grade)

Success Skills

- **Collaboration** with their peers during their discussion of food and food choices.
- **Communication** of ideas with peers as students discuss the topic.
- **Creativity** as students illustrate and write about what they have learned about food and food choices.



Challenging Question

How can healthy choices make a difference in how I feel and grow up?

(K-5) Grade Access Prior Knowledge

Review the seed to table cycle. Remind students that food (vegetables and fruits) are grown and harvested.



Explore

Kindergarten through First Grade Explore

In this activity, students understand that by choosing foods that are healthy, they can build healthy diets and start to see food choices as a part of how we can keep our bodies healthy.

Review: a fruit is the sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food.

Ask: Is the mandarin orange related to another fruit? Have students talk about similarities and differences of mandarin and regular oranges. Show different types of oranges.

- Review the information sheet with students.
- Students can also describe the shape and descriptions of oranges.

Ask: How would you describe the texture of the skin of the mandarin orange?

Second and Third Grade Explore

In this activity, students understand that by choosing foods that are healthy, they can build healthy diets and start to see food choices as a part of how we can keep our bodies healthy.

Review: a fruit is the sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food.

Ask: Is the mandarin orange related to another fruit? Have students talk about similarities and differences of mandarin and regular oranges. Show different types of oranges.

- Review the information sheet with students.
- Students can also describe the shape and descriptions of oranges.

Ask: How would you describe the texture of the skin of the mandarin orange?

- Using the nutritional information, have students work in groups to create an informational poster listing the health benefits of mandarin oranges.

Fourth and Fifth Grade Explore

In this activity, students understand that by choosing foods that are healthy, they can build healthy diets and start to see food choices as a part of how we can keep our bodies healthy.

Review: a fruit is the sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food.

Ask: Is the mandarin orange related to another fruit? Have students talk about similarities and differences of mandarin and regular oranges. Show different types of oranges.

- Review the information sheet with students.
- Students can also describe the shape and descriptions of oranges.

Ask: How would you describe the texture of the skin of the mandarin orange?

- Using the nutritional information, have students work in groups to create an informational poster listing the health benefits of mandarin oranges.
- Display the posters in the cafeteria as an advertisement for the Harvest of the Month.

Kindergarten and First Grade Revision and Reflection

Have students respond to this prompt: Do you prefer mandarin oranges or other, larger oranges? Draw a picture and then write to explain your answer.

Second and Third Grade Revision and Reflection

Using the information sheet, identify some benefits of eating mandarin oranges. Summarize the benefits in your response journal.

Fourth and Fifth Grade Revision and Reflection

Using the information sheet, identify some benefits of eating mandarin oranges. Compare and contrast navel oranges and mandarin oranges. Is there any

Types of Mandarin Oranges

While many people are familiar with mandarin oranges, it is sometimes a surprise to find that there are several different types or varieties of them. Each of these types share some common characteristics, while still having one or two factors that make each type distinct.

A *satsuma* tends to set the standard for what people expect when it comes to the taste of mandarins. Because the sections keep very well, canned satsumas are ideal for use in fruit salads and provide a source of citrus during the winter months.

Gaining popularity on the satsuma is the *clementine*. This variety of mandarin oranges is usually grown in temperate climates and produces fruit during November and January. Spain is one of the major producers of the Clementine.

Tangerines also are part of the **mandarin orange** family. The **tangerine** tends to have a deeper shade of color to the sections than some other forms of orange. A ripe tangerine will have a deeper orange color, leaning more toward a red tint. Sweet and refreshing, the tangerine is often a favorite fruit around holidays such as Christmas.

The temple orange, or *tangor*, is a cross between a satsuma and the common orange. This variety of mandarin oranges takes the best qualities of both fruits and combines them into one new type. Juicy and easy to peel, the tangor is an excellent choice for fresh fruit around the house.

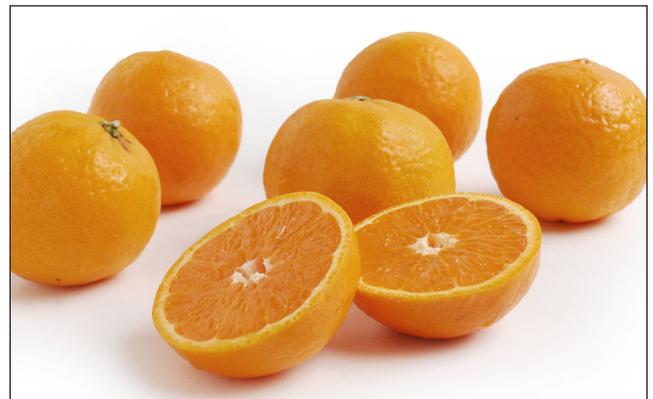
In like manner, the *rangpur* is another hybrid within the family of mandarin oranges. Described as a cross between a mandarin and the lemon, the rangpur has a hint of sour that tempers the sweet taste, providing a fruit option with a little extra bite in both the aroma and the flavor of the fruit.



Clementine



Rangpur Mandarin



Tangerines

<http://www.wisegeek.com/what-are-the-different-types-of-mandarin-oranges.htm>

