

# MCS D PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET Tangerines, Tangelos & Mandarins



## JANUARY 2008 READ ALOUD BOOKS

- Week 1:** **Oranges** by Inez Snyder (05-06)  
**Oranges for Orange Juice** by Rozanne Williams (06-07)  
**Oranges to Orange Juice** by Inez Snyder (06-07)
- Week 2:** **My Very First Book of Numbers** by Eric Carle (07-08)
- Week 3:** **Eat Your Colors** by Sesame Street (07-08)  
**We Like To Help Cook** by Marcus Allsop (07-08)
- Week 4:** **Gabe's Grocery List** by Heidi Shelton Jenck

### Additional books for reading:

- The Strange Egg** by Mary Newell DePalma (05-06)  
**The Runaway Orange** by Usborne Easy Reading (05-06)  
**Armadillo's Orange** by Jim Arnosky (06-07)

Materials provided by:

*Network for a Healthy California-Merced County Office of Education*  
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Visit us at [www.mercednutrition.org](http://www.mercednutrition.org)

This material is adapted from the California Department of Public Health **Harvest of the Month** tool kit. Principal funding is from the USDA Food Stamp Program through the *Network for a Healthy California*, which is an initiative of the California Department of Public Health. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with limited incomes that can help them buy nutritious foods for a better diet. For information, call 1.888.328.3483.

The Harvest of the Month MCS D Preschool Activity Packet was developed to align with the "Houghton Mifflin (Pre-K) Where Bright Futures Begin" Curriculum used in Merced County. The packets were not designed to be used as a stand alone nutrition curriculum.



# HARVEST OF THE MONTH ACTIVITIES

Mandarin Oranges, Tangelos and Tangerines

HM Theme 6: "Construction Zone"/Fairness

Week 1

## Oranges to Orange Juice

**Books:** Oranges by Inez Snyder  
Oranges for Orange Juice by Rozanne Williams  
Oranges to Orange Juice by Inez Snyder

### **Objectives:**

- Students will describe the steps in making orange juice.
- Students will draw three pictures to illustrate the sequence of making orange juice.
- Students will participate in Food Experience and make their own juice.

### **Materials:**

Mandarin oranges  
Juicer  
Cups  
Drawing paper  
Crayons

### **Directions:**

1. Read the books Oranges and Oranges for Orange Juice (both editions).
2. Discuss the stories. Ask the students if an orange is a fruit or a vegetable. Have a student find the picture of the orange and place it on the MyPyramid pocket chart. Show pictures of Mandarin oranges, tangelos and tangerines and explain that they are also fruits like the orange.
3. Model and explain how the orange juice is made.
4. Tell the children to draw 3 pictures showing how orange juice is made.

# HARVEST OF THE MONTH ACTIVITIES

Mandarin Oranges, Tangelos and Tangerines

HM Theme 6: "Construction Zone"/Fairness

Week 2

## Orange Number Book

**Books:** My Very First Book of Numbers By Eric Carle  
Oranges by Inez Snyder

### **Objectives:**

- Students will describe how oranges, Mandarin oranges, tangelos and tangerines grow on trees.
- Students will describe how oranges, Mandarin oranges, tangelos and tangerines taste.
- Students will paint oranges, Mandarin oranges, tangelos and tangerines and create a class book of numbers.

### **Materials:**

Color Me Healthy picture card (oranges), color card (orange)

Produce for Better Health (old 5 A Day) flashcards (tangerines and oranges)

Red and yellow paint

Paint brushes and Q-tips

White construction paper

Black crayons

### **Directions:**

1. Read and discuss Oranges. Using the Color Me Healthy picture cards, ask the students to name other foods that are orange. Show the pictures from Produce for Better Health flashcards and Color Me Healthy picture cards and have them describe how oranges, Mandarin oranges, tangelos and tangerines grow. Ask the students to describe what a Mandarin orange, tangelo and tangerine taste like (recall from last week's Food Experience).
2. Read My Very First Book of Numbers. Explain that they are going to make a counting book like Eric Carle, except their book will only have Mandarin oranges, tangelos and tangerines in it.
3. Show the children how to paint Mandarin oranges, tangelos and tangerines like Eric Carle using the yellow and red paint. Have them describe to you what color the fruit is before it turns orange. Have the children paint as many oranges as they want, up to ten. Each student should count the fruit and write the number at the top with a black crayon. After the pictures dry they can be put together to make a class book.

# HARVEST OF THE MONTH ACTIVITIES

Mandarin Oranges, Tangelos and Tangerines

HM Theme 6: "Construction Zone"/Fairness

Week 3

## Eat a Rainbow Every Day!

**Book:** Eat Your Colors by Sesame Street

### **Objectives:**

- Students will identify a fruit or vegetable they would eat from each color group.
- Students will explain why it is important to eat fruits and vegetables from each color group.
- Students will describe what color group Mandarin oranges, tangelos and tangerines belong to.
- Students will choose a fruit or vegetable from each color group and construct their own "eat a rainbow plate" to share with the class.

### **Materials:**

Magazines or newspapers with pictures of fruits or vegetables

Scissors

Glue

Paper plates

### **Directions:**

1. Read and discuss the books listed above.
2. Follow the Eat Your Colors book and ask students to help you place the food puzzle pieces in the book. Have the students name the fruit or vegetable on the puzzle piece when it is placed in the book.
3. For each color group, paraphrase the message from the book about what that color group does for your body. For example: some orange and yellow fruits and vegetables have lots of vitamin C to help keep your body healthy and help you fight off colds. Oranges, mandarin oranges, tangelos and tangerines are from the orange and yellow group and they are an excellent source of vitamin C. Other orange and yellow fruits and vegetables that are excellent sources of vitamin C include: citrus fruit, cantaloupe, yellow/orange bell peppers, mangos and persimmons.
4. Reiterate that fruits and vegetables are great to eat anytime and that they help keep you healthy and strong.

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Mandarin Oranges, Tangelos and Tangerines

HM Theme 6: "Construction Zone"/Fairness

Week 3

## **Eat a Rainbow Every Day! (con't)**

5. Explain to the students that they are going to choose one fruit or vegetable from each color group to make a rainbow on their plates. Have the students cut out 5 pictures from magazines or grocery ads and glue them on the paper plate.
6. Have the students share their plates with the class and explain which fruits and vegetables they chose from each color group.

# HARVEST OF THE MONTH ACTIVITIES

Mandarin Oranges, Tangelos and Tangerines

HM Theme 6: "Construction Zone"/Fairness

Week 4

## Gabe's Grocery List!

**Book:** Gabe's Grocery List by Heidi Shelton Jenck

### **Objectives:**

- Students will identify the fruits and vegetables that Gabe and his father select in the story.
- Students will explain why it is important to eat fruits and vegetables from each color group.
- Students will name what color group Mandarin oranges, tangelos and tangerines belong to.
- Students will create their own shopping list with fruits and vegetables.

### **Materials:**

Magazines or newspapers with pictures of fruits or vegetables

Scissors

Glue

Paper plates

crayons

### **Directions:**

1. Read and discuss Gabe's Grocery List. Ask the students to identify the fruit or vegetable pictured in the book. Help the class identify which fruits and vegetables they have tasted with Harvest of the Month. Review why it is important to eat fruits and vegetables from different color groups every day.
2. Ask the students to name the color group that the fruits on Gabe's list belong to.
3. Tell the students that they are going to make their own grocery list to take home. Have students cut out pictures of fruits and vegetables from grocery ads and glue them onto a piece of paper in list form. Help the students write the names of the fruits and vegetables next to the pictures. Have the students take their grocery lists home to share with their families.

# FOOD EXPERIENCE RECIPES

## January 2009

Fri 1/9/09

### Orange & Orange Juice Taste Test

5 Navel oranges  
5 Mandarin oranges  
½ gallon orange juice

#### Directions:

1. Wash all oranges and slice the Mandarin oranges into quarters. Place one Navel orange slice on each student's plate.
2. Slice the Navel oranges in half and place one half on each student's plate.
3. Have each student squeeze his/her Navel on the juicer and pour the juice into a cup.
4. Pour ¼ cup of store bought orange juice for each student to taste.
5. Have the students taste and compare the flavors.

Makes 20 Taste Tests

Developed by *Network for a Healthy California-Merced County Office of Education*

Fri 1/16/09

### Citrus Banana Split

5 ripe bananas, sliced lengthwise twice (to make 4 pieces) and in half (to make 8 strips per banana)  
5 tangelos, peeled, seeded and cubed  
5 mandarins, peeled and cubed  
5 tangerines, peeled and cubed  
2 ½ cups low-fat lemon yogurt  
1 ¼ cups granola

#### Directions:

1. Wash all fruit. Peel, seed and cube tangelos, mandarins and oranges. Set aside. Place 2 strips of banana on each plate (like you would a banana split).
2. Place 1 section of each fruit in between the banana strips (like 3 different scoops of ice cream).
3. Place 2 tablespoons of yogurt on top of the fruit.
4. Sprinkle with 1 tablespoon of granola.

Makes 20 Taste Tests

Developed by *Network for a Healthy California-Merced County Office of Education*

# FOOD EXPERIENCE RECIPES

## January 2009

Fri 1/23/09

### Citrus Ambrosia

Grated peel of tangerine

1 ¼ cup low-fat vanilla yogurt

3 tangerines, peeled, seeded, and cubed

2 tangelos, peeled, seeded and cubed

3 Mandarin Oranges, peeled and cubed

3 ¾ tablespoons shredded coconut (optional)

#### Directions:

1. Wash all fruit.
2. Grate half of the peel of one tangerine. Stir the tangerine peel into the yogurt and set aside.
3. Peel, seed and cube the fruit and place in a bowl.
4. Place ¼ cup of the fruit mixture into each cup.
5. Spoon 1 tablespoon of yogurt/tangerine peel over the fruit.
6. Sprinkle with coconut (optional).

Makes 20 Taste Tests

Adapted from Harvest of the Month Family Newsletter (Mandarins)

Fri 1/30/09

### Citrus Morning Sunrise

1 orange, juiced

2 tangerines, juiced

½ lemon, juiced

1 cup finely chopped pineapple, frozen

1 banana, peeled and chopped

½ mango, chopped

1 carton (8 oz) low-fat plain yogurt

1 cup 100% orange juice

#### Directions:

1. In a blender, combine orange, tangerines and lemon juices.
2. Add pineapple, banana and mango. Puree until all fruit is blended.
3. Add yogurt and blend until smooth.
4. Stir in juice and serve.

Makes 20 Taste Tests

Adapted from: [www.sunkist.com/healthy/recipes/citrus\\_morning\\_sunrise.asp](http://www.sunkist.com/healthy/recipes/citrus_morning_sunrise.asp)