

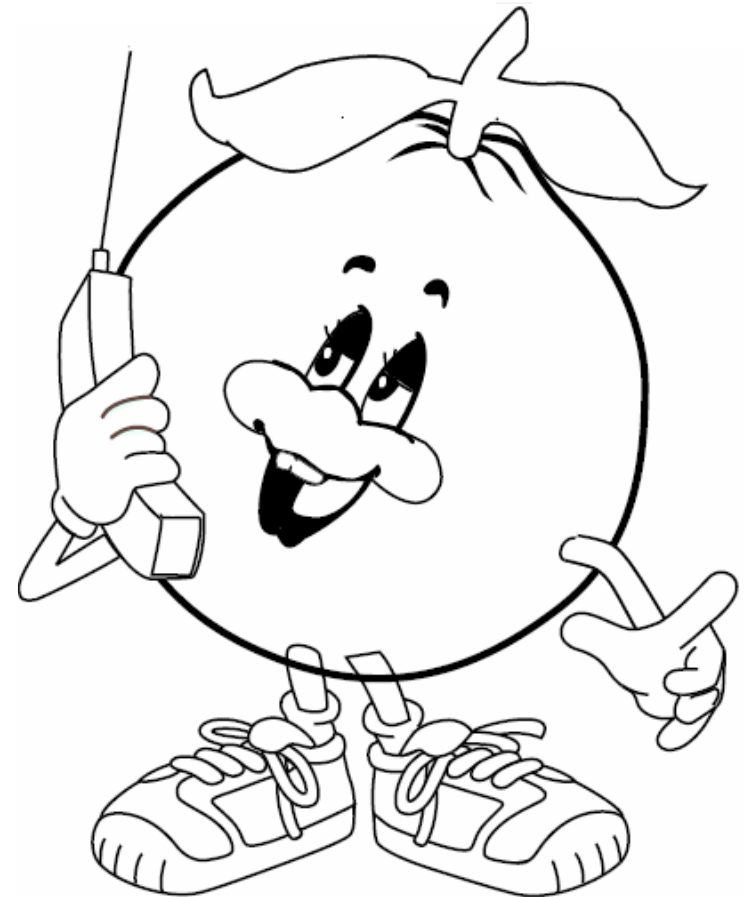


CHAMPIONS for CHANGE

Network for a Healthy California

For information on obesity prevention or food stamps, call 1-888-328-3483. This material was funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.

Mandarin character on cover taken from
dole5aday.com.



MY MANDARIN BOOK

BY: _____

Mandarin Acrostic Poem



For each letter of the word, write a word or phrase that describes mandarins.

M _____

A _____

N _____

D _____

A _____

R _____

I _____

N _____

Mandarin Story Problems



1. One mandarin has 8 sections. If you eat $\frac{1}{2}$ of the mandarin, how many sections did you eat?

2. Your mom bought 6 mandarins at the store. If you, your brother, and your sister share the mandarins for an after school snack, how many mandarins will you each get?

3. The farmer packed 10 boxes of mandarins to sell to the stores. If each box has 10 mandarins, how many mandarins did the farmer pack?

4. You have a mandarin tree in your backyard. You want to sell the mandarins. If you have 20 mandarins and you sell them for 4 for \$1.00, how much money will you make?

5. The farmer is going to plant some new mandarin trees. If he makes 6 rows of trees with 5 trees in each row, how many trees did he plant?

Mandarin General Facts



1. Mandarins belong to the citrus family, but are not oranges.
2. Satsumas, Clementines, and Minnoela tangelos are the state's top 3 mandarin varieties.
3. California is the nation's second leading grower of mandarins.
4. Satsumas were once the most popular variety of mandarins but are now second to Clementines.
5. California Clementines are available from mid-November to January, giving them the nickname, "Christmas Oranges".
6. The name tangerine is used to describe mandarins of a deep orange-red color and was derived from a mandarin cultivar (grower) that originated in Tangier, Morocco.
7. Citrus plants are large shrubs or small trees distinguished for their shiny evergreen leaves and fragrant blossoms.

Healthy Goal: A Healthy New You!

January starts the beginning of a new year. Many people make New Year's Resolutions. Resolutions are promises or goals you make to do something good for yourself. Think about some New Year's Resolutions you'd like to make for this year in the following areas.

My healthy eating New Years Resolution is:



My physical activity New Years Resolution is:



Mandarin Comprehension Questions



1. True or False: Mandarins are a type of orange? _____
2. What type of mandarin has the nickname, "Christmas Oranges"?

3. Mandarins are an excellent source of what vitamin? _____
4. What variety of mandarin is the most popular?

5. What state is the nation's second leading grower of mandarins?

6. Vitamin C is an antioxidant. Name two ways antioxidants keeps your body healthy.

7. True or False: Mandarins, like all plants, are cholesterol free. _____
8. True or False: Mandarins are high in fat.

Mandarin Nutrition Facts



1. Mandarins are an excellent source of vitamin C.
2. Vitamin C is an antioxidant.
3. Antioxidants can:
 - ◆ help protect cells from chemical damage
 - ◆ promote vision health
 - ◆ help keep your immune system healthy
4. Mandarines are also a good source of vitamin A.
5. Vitamin A helps support healthy vision.
6. Mandarins are a source of folic acid which is a B vitamin that can help prevent some birth defects.
7. Mandarins do not contain fat.
8. Mandarins are cholesterol-free, like all plants.