

To ALL SITE ADMINISTRATORS	WAD Date January 5, 2011	WAD No.	Page 1 of 1
Subject <b>January Harvest of The Month</b>		Date Due N/A	Not Applicable After January 30, 2011
From Kim Coates	Title Supervisor, Student Support Services Department, School Health Programs	Signature	Telephone 242-2615

Action Required  
PLEASE INFORM ALL STAFF AND ENCOURAGE HARVEST OF THE MONTH ACTIVITIES    X    Post    X    Distribute To    **All Staff**

Administrative Directive

**WHO:** All Staff at Elementary, Middle and High Schools



**WHAT:** January's Harvest of the Month – Mandarins

**Facts about Mandarins:**

1. Mandarins have vitamin C which helps keep your teeth, gums and skin healthy.
2. Mandarins are full of antioxidants, mandarins help fight aging, cancer and other diseases.
3. There is no waste in processing citrus fruits. The juice is used for vinegars and syrups and the peel and seeds are used to make oils.

For more information about *Mandarins*, click on the attachments below:

- Educator's newsletter
- Family Newsletter (English)
- Family Newsletter (Spanish)
- Family Newsletter (Chinese)

**HOW:**

- **Distribute Harvest of the Month materials:**
  - ⇒ Copy Educator's Newsletter for every classroom teacher
  - ⇒ Copy Family Newsletter, send home in weekly envelope
- Prepare and offer the *Tangerine Popsicles* or the *Citrus Ambrosia*, at your next staff meeting (recipes available in the Harvest of the Month newsletters).
- Teach a lesson from the Educator's Newsletter

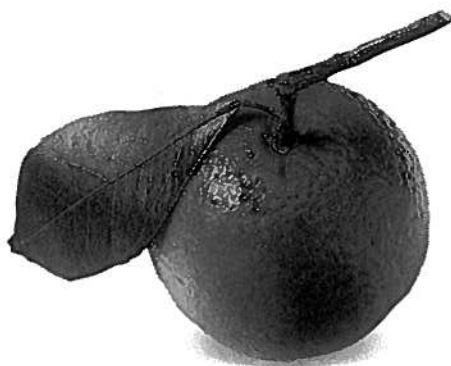
**WHY:**  
*The goal of Harvest of the Month is to increase fruit and vegetable awareness and to motivate children, families, and school staff to make healthier choices.*

**WHEN:** January 2011

Approved	Name Kevin Truitt	Title Associate Supt. Student Support Services	Signature
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# Harvest of the Month

Network for a Healthy California



## Nutrition Facts

Serving Size: 1 medium mandarin (88g)

Calories 47

Calories from Fat 2

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 12g 4%

Dietary Fiber 2g 6%

Sugars 9g

Protein 1g

Vitamin A 12% Vitamin C 39% Calcium 3% Iron 1%

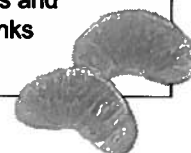
Source: [www.nutritiondata.com](http://www.nutritiondata.com)

For nutrition information in bar graph format, visit the *Educators' Corner* at [www.harvestofthemonth.com](http://www.harvestofthemonth.com).

**CITRUS GALORE:  
MANDARINS**  
January

## Health and Learning Success Go Hand-in-Hand

The school environment plays an important role in feeding a child's body and mind and promoting lifelong healthy habits. Studies show that students who sample new foods in class first are more likely to try them in school meals. Use **Harvest of the Month** to introduce students to fruits and vegetables and promote daily physical activity. It connects with core curricula and links the classroom, cafeteria, home and community.



## Exploring California Mandarins

Offering activities that allow students to experience mandarins using their senses may help increase interest, awareness and support for eating more fruits and vegetables.

### Tools:

- One Satsuma, tangerine and tangelo variety\* per group; harvest from school garden
- Paper and pencils
- One cutting board and knife per group

\*See *What's in a Name?* on page 2 for varieties.

### Sensory Exploration Activity:

- Divide class into groups of four
- Observe, feel and smell each variety
- Cut fruits into quarters; observe differences in skin
- Observe and record different tastes, colors, textures and shapes
- Discuss similarities and differences between varieties
- Report observations to class and note preference

### For more ideas, reference:

*Fruits and Vegetables Galore*, USDA, 2004.

## Cooking in Class: Tangerine Popsicles\*

### Ingredients:

Makes 70 mini-popsicles

- 35 large tangerines (50 medium)
- Ice trays
- Plastic wraps
- 70 toothpicks
- Hand juicers (optional)

Cut tangerines in half and juice into bowl using hand juicer or squeezing. (Scoop out any seeds from juice.) Pour juice into ice trays. Cover trays with plastic wrap. Insert toothpicks into middle of each cube. Let juice freeze. Serve mini-popsicles.

\*For botanical investigation activities, visit the *Educators' Corner* at [www.harvestofthemonth.com](http://www.harvestofthemonth.com).

Adapted from: *Kids Cook Farm-Fresh Food*, CDE, 2002, pp. 74-75.

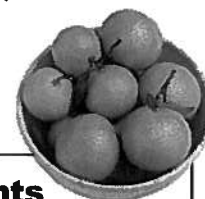
Citrus fruits are sources of flavonoids (or bioflavonoids), known for their antioxidant properties and ability to increase levels of Vitamin C within the body's cells, positively affect blood flow and exhibit anti-allergy and anti-inflammatory effects.

For more information, visit: [www.nal.usda.gov/fnic/foodcomp/Data/Flav/Flav02-1.pdf](http://www.nal.usda.gov/fnic/foodcomp/Data/Flav/Flav02-1.pdf)

## Reasons to Eat Mandarins

One medium mandarin provides:

- An excellent source of Vitamin C, which is an antioxidant. Antioxidants help prevent chemical damage to cells and can promote vision health, keep the immune system healthy, support cardiovascular health and help prevent cancer.
- A good source of Vitamin A, supporting healthy vision.
- A source of folic acid, a B-complex vitamin that can help prevent birth defects.



## January Events

- National Fiber Focus Month
- Healthy Weight Week
- National Fresh Squeezed Orange Juice Week

## What's in a Name?

**Pronunciation:** mǎn'də-rĭn  
**Spanish name:** mandarina  
**Family:** Rutaceae  
**Genus:** *Citrus*  
**Species:** *Citrus reticulata*



The genus *Citrus* consists of three primordial species, one of which is the mandarin orange (*Citrus reticulata*).<sup>\*</sup> Mandarin oranges are not oranges (*Citrus sinensis*), and to avoid confusion are often referred to as simply "mandarins." The name "tangerine" is used to refer to mandarins of a deep, orange-red color and is derived from a mandarin cultivar that originated in Tangier, Morocco. While the two names are used interchangeably for commercial purposes, this is botanically incorrect.

There are different taxonomy systems in use to categorize the fruits within the *Citrus reticulata* species. The USDA adheres to the system which categorizes mandarins into three major cultivars (see chart).

Mandarin Cultivars	Marketed as	Popular California Grown Varieties of Cultivar
Common Mandarin	Mandarins and tangerines	Clementine, Honey, Sunburst, Dancy, Pixie
Satsumas	Satsuma or "Emerald Tangerine"	Kara, Owari, Silverhill (70 California varieties and 200 worldwide)
Mandarin Hybrids	Tangelos (tangerine-pomelo) and tangors (tangerine-orange)	Minneola tangelo, Sampson tangelo, Thornton tangelo, King tangor

<sup>\*</sup>Implement *Science Investigation* activity on page 4 to help students learn about the three *Citrus* species.

**For more information, visit:**  
<http://citrusvariety.ucr.edu/citrus/mandarins.html>  
[www.ers.usda.gov](http://www.ers.usda.gov)

## Student Sleuths

- Write a story describing the journey of a ripe citrus fruit from the farm to the consumer and how its nutrients are used in the human body.
- What nutrients do citrus fruits provide and what are the levels recommended to help keep you healthy? Determine if you are getting these levels and, if not, make a plan to eat at least one citrus fruit each day.
- According to the USDA, there are three main citrus species and many hybrid cultivars. What are the three main species? What are the hybrid cultivars and what species were crossed to create these hybrids? (See *Adventurous Activities* on page 4 for follow-up activity.)
- How are seedless citrus fruit trees developed?

**For information, visit:**  
[www.cfaitc.org](http://www.cfaitc.org)  
<http://ucce.ucdavis.edu>

## How Much Do I Need?

### Recommended Daily Amounts of Fruits and Vegetables\*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

\*Ranges take into account three activity levels: sedentary, moderately active and active. For example, active individuals should aim to eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

## School Garden: Plant a Fruit Tree

Go beyond growing an orange tree from seed (*School Garden* activity from Cycle I). Plant a citrus or other fruit tree.\* Consult a local nursery for help with selecting an appropriate fruit tree for your area.

### Materials:

- Dwarf rootstock (e.g., citrus, apple, peach, pear, plum)
- 4' x 4' area in garden
- Compost or other soil amendment
- Mulch (e.g., straw, wood chips, compost)

\*For instructions on how to plant a tree, visit the *Educators' Corner* at [www.harvestofthemonth.com](http://www.harvestofthemonth.com).

Adapted from: [www.lifelab.org](http://www.lifelab.org)

**For more ideas, visit:**  
[www.garden.org](http://www.garden.org)  
[www.ecomagic.org/fruition](http://www.ecomagic.org/fruition)

**Why start a school garden? Experiments conducted in California schools have shown that students are more likely to choose fruits and vegetables offered in school meals when they have planted, grown and harvested them from an instructional garden.**

## Just the Facts

- There is no waste in the processing of citrus fruits. The juice is used for fresh juice and refined into wines, liquors, vinegars and syrups; the peel is used to make oils, marmalade, pectin and citric acid; and seeds are used to make oils.
- In 2005, about 68 percent of the nation's total citrus crop was processed (mainly for juice), but more than half of California's citrus crop was sold as fresh. California's dry climate allows for growth of fruits that are more aesthetically appealing.
- Satsumas were once the most popular mandarin variety but are second now to Clementines.
- California Clementines are available from mid-November to January leading to their nickname as "Christmas Oranges."

Sources:  
<http://ucce.ucdavis.edu>  
[www.fas.usda.gov](http://www.fas.usda.gov)



## A Slice of Mandarin History\*

- **2,200 B.C.E.:** First known references to citrus fruits; the mandarin is native to southeastern Asia and the Philippines.
- **1840:** Willow-leaf and China mandarin varieties are imported by Italian consulate from Italy and planted in New Orleans; varieties later travel to Florida and then California by end of 19th century.
- **1882:** King mandarin variety is sent from Southeast Asia to University of California Citrus Research Center at Riverside (UC Riverside).
- **1914:** Clementines are introduced to California farmers after five years of study at UC Riverside.
- **1997:** Harsh winter in Florida devastates domestic orange production; opens booming market to California Clementines.

\*Visit the *Educators' Corner* at [www.harvestofthemonth.com](http://www.harvestofthemonth.com) for a more detailed timeline.

**For more information, visit:**  
[www.hort.purdue.edu/newcrop/morton/mandarin\\_orange.html](http://www.hort.purdue.edu/newcrop/morton/mandarin_orange.html)

## Home Grown Facts

- California leads production of fresh citrus and ranks second nationally (behind Florida) in total citrus production.
- California is the nation's second leading grower of mandarins and leads domestic production of Clementines.
- Of the 250,000 acres of citrus grown in California, about 10,500 acres are harvested for mandarins at total value of about \$38.2 million.
- Leading counties of mandarin production are Tulare, Riverside, San Diego, Imperial and Ventura.
- Satsumas, Clementines and Minneola tangelos are the State's top three mandarin varieties.

2005 Data

**For more information, visit:**  
[www.cdfa.ca.gov](http://www.cdfa.ca.gov)  
[www.nass.usda.gov](http://www.nass.usda.gov)



## Eat Your Colors

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. These may lower the risk of some cancers. Mandarins are in the yellow/orange color group.

Color Group	Health Benefits	Examples of Citrus Fruits
Yellow/Orange	Help maintain heart health, vision health and healthy immune system	Mandarins*, pomelos, citrons, oranges, grapefruits, lemons, loquats, kumquats

\*See *What's in a Name?* on page 2 for list of mandarin cultivars and common varieties.

**For more information, visit:**  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

## How Does Citrus Grow?

Citrus plants are large shrubs or small trees distinguished for their shiny, evergreen leaves and fragrant blossoms. The flowers produce a fruit known as a *hesperidium*, a berry with a leathery rind surrounding pulp-filled segments. Most citrus trees blossom two to five years after planting. Citrus fruits can be left on the tree without becoming overripe and do not continue to ripen after being picked.

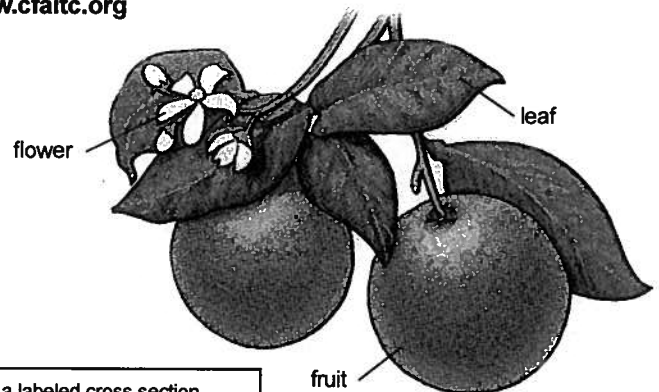
	Citrus Trees	California Mandarins
Climate	Tropical and subtropical; most cannot tolerate freezing	Thrive in subtropical areas; most tolerant citrus tree; can withstand frost and drought*
Soil	Any type with good drainage or high air humidity	Tolerates low or high pH levels and salinity
Planting	Rows 10 to 20 feet apart; grow 16 to 50 feet tall	Rows about 10 feet apart; grow up to 25 feet
Propagation	Grafting or budding by rootstock	Same
Flowers	Light-colored, sweet scented blossoms; single flower contains both sexes	Same
Reproduction	Most are self-fertile; bees transfer pollen from male to female parts within flower	Self-fertile (common mandarin and hybrids) or parthenocarpic** (Satsuma)
Time from blossom to fruit	5 to 18 months	About 18 months
Harvest period	Year-round depending on locale (Northern or Southern Hemisphere)	October through May; Satsumas (early fall), common mandarins (winter), tangelos (late winter to spring)
Harvesting	Hand harvested (both processed and fresh)	Must be clipped, not pulled from tree

\*Trees can withstand freezing, but fruits are easily damaged by cold.

\*\*Parthenocarpic flowers do not require pollination.

**For more information, visit:**

<http://aggie-horticulture.tamu.edu/citrus/mandarins.htm>  
[www.cfaitc.org](http://www.cfaitc.org)



For a labeled cross section of an orange, refer to Cycle I or download from [www.harvestofthemonth.com](http://www.harvestofthemonth.com).

Adapted from: *Tall and Tasty Fruit Trees*, Meredith Sayles Hughes, 2000.

## Cafeteria Connections

### Grades K–5:

- Get into the classroom by reading to students.
- Select a book from *Literature Links* on this page.
- Promote with teacher a follow-up student activity that complements book and supports literacy and/or nutrition skills, such as:
  - Ask students to draw themselves eating their favorite citrus fruit and list adjectives to describe fruit.
  - Display students' artwork on bulletin board in cafeteria.

### Grades 6–12:

- Ask students to research and develop nutrition labels for several types of citrus fruits.
- Ask students to develop marketing messages that promote consumption of citrus on the school menu.
- Display students' creations in cafeteria.
- See *Literature Links* on this page for books to support students' research.

## Adventurous Activities

### Science Investigation:

As students will learn from the *Student Sleuths*, the USDA recognizes three species of the genus *Citrus*: the mandarin (*C. reticulata*), the citron (*C. medica*) and the pomelo (*C. maxima*). Within these species are dozens of sub-species, or cultivars, as well as natural and man-made hybrids. Common hybrids include the orange, grapefruit, lemon, lime and tangelo. Discuss the taxonomy system and how fruits and vegetables are botanically classified. Then have students complete the following activity:

- Work in groups of three to six students
- Develop a "new" citrus hybrid or other fruit
- Describe fruit characteristics (e.g., reproduction, growth, color, seeds, texture)
- Classify fruit according to characteristics (from Kingdom to Species)
- Present fruit and taxonomy chart to class

**For more activities, visit:**  
[www.harvestofthemonth.com](http://www.harvestofthemonth.com)



## Student Advocates

- Color photographs have been shown to help increase school meal participation. Have students take photos of school meals and display on bulletin boards. Include nutrient analyses of meals and provide comparisons with lunches from home or other places.
- Have students identify ways to make a more walkable community. Work with school leaders and community members to begin implementation of the Safe Routes to School program. Visit [www.cawalktoschool.com](http://www.cawalktoschool.com) or [www.pbs.org/americaswalking](http://www.pbs.org/americaswalking) for more ideas.

## Physical Activity Corner

### Safe Routes to School National Partnership

In the past 30 years, the number of children who walk or bike to school has declined from over 50 percent to fewer than 15 percent. A new federal transportation bill has created a Safe Routes to School program. Visit the Web site below to learn more.

- Poll students on how they get to/from school (e.g., walk, bike, bus, carpool).
- Discuss factors that influence how they get to/from school (e.g., distance, parents, safety, lack of transportation).
- Determine what would need to change for students to walk or bike to/from school.
- Discuss ways the school community can start a Safe Routes program.\*

\*See *Student Advocates* activity above to encourage students to get started.

**For more information, visit:**

[www.bikesbelong.org](http://www.bikesbelong.org)

## Literature Links

- **Elementary:** *Harvest Year* by Cris Peterson, *What Grows from a Tree?* by Lola Schaefer and *Tangerine* by Colin Cheong.
- **Secondary:** *All About Citrus and Subtropical Fruits* by Maggie Klein, *Fruit Crate Art* by Joe Davidson and *Sell What You Sow* by Eric Gibson.

**For more ideas, visit:**

[www.cfaitc.org/Bookshelf/Bookshelf.php](http://www.cfaitc.org/Bookshelf/Bookshelf.php)

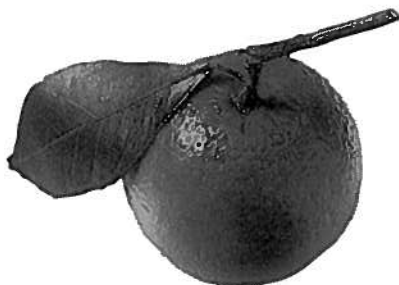


# Harvest of the Month



Network for a Healthy California  
January

The Harvest of the Month featured produce is **mandarins**



## Helping Your Child Eat Healthy

- Start the day with 100 percent fruit juice.
- Provide healthy after-school snacks like a piece of citrus fruit or canned mandarin slices (packed in 100 percent fruit juice).
- Dip tangerine segments into lowfat flavored yogurt.
- Add tangerines to green salads for flavor and color.
- Squeeze juice of citrus fruits over chicken and fish to make tender and juicy. Or use juice to make reduced fat salad dressings.

For more ideas, visit:

[www.kidsnutrition.org](http://www.kidsnutrition.org)

## Produce Tips

- Look for plump citrus fruits that feel heavy and have stems still attached.
- Keep on countertop for immediate use.
- Store in refrigerator for up to one week.

## Health and Learning Success Go Hand-in-Hand

Did you know a single serving of fruits or vegetables usually costs less than 25 cents? These small costs have big health benefits. Eating a variety of colorful fruits and vegetables and being active every day are healthy habits that can help your child do better in school, feel good, stay healthy and grow strong. **Harvest of the Month** provides ideas to help your family eat more fruits and vegetables and get at least one hour of physical activity every day.

Mandarins are a type of citrus fruit that look like oranges but are usually smaller and more pumpkin-shaped. Mandarins that have a deep orange-red color are called *tangerines*. Other types of mandarins include satsumas, clementines and tangelos.

## Nutrition Facts

Serving Size: 1 medium mandarin (88g)

Amount per Serving

Calories 47      Calories from Fat 2

% Daily Value

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 2mg      0%

Total Carbohydrate 12g      4%

Dietary Fiber 2g      6%

Sugars 9g

Protein 1g

Vitamin A 12%      Calcium 3%

Vitamin C 39%      Iron 1%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

## CITRUS AMBROSIA

### Ingredients:

(Makes 4 servings at 1 cup each)

### Grated peel of tangerine

1 cup lowfat yogurt, plain or vanilla

2 tangerines, peeled, segmented and seeded

1 grapefruit, peeled and sectioned

2 oranges, peeled and cubed

1. Stir tangerine peel into yogurt.
2. Divide fruit into four cups or dishes.
3. Spoon chilled yogurt mixture over fruit.
4. Serve chilled.

Adapted from:

[www.fruitsandveggiesmatter.gov/recipes](http://www.fruitsandveggiesmatter.gov/recipes)

For more recipes, visit:

[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

### Recommended Daily Amounts of Fruits and Vegetables\*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

Only 40 percent of California teens meet the minimum daily target for physical activity, and close to 74 percent of California youth are physically unfit.

## Let's Get Physical!

Help your child be active and prepare for spring fitness testing at school with these tips:

- Set a weekly goal for each family member. (Example: Walk 10,000 steps and do stretches every day.)
- Post goals in a highly visible area, such as on the refrigerator.
- Encourage each other to meet goals and set new ones.
- Decide on a "reward" (family outing or hike).
- Limit all screen time.

For more ideas, visit:

[www.activeca.org/active/](http://www.activeca.org/active/)

## How Much Do I Need?

A serving of mandarins is one medium fruit. This is about the size of a baseball. Eating a variety of colorful fruits and vegetables each day will help you and your child to reach your total daily needs.

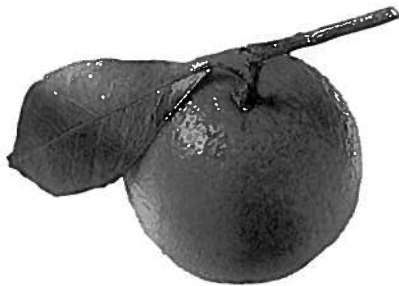


# 本月收成

Network for a Healthy California

1月

本月收成農作物是 **橘子**



## 讓您的小孩有健康的飲食

- 開始新一天，喝百份百純果汁。
- 提供健康課後零食，例如一片橘子或罐頭橘子。
- 將橘子和低脂優酪乳一起吃。
- 將橘子放入沙拉裡增，添味道和顏色。
- 擠壓柑橘類的果汁在雞肉和魚肉上，使肉質更嫩和多汁。或使用果汁來製造低脂肪的沙拉醬。

更多資訊，可參閱：  
[www.kidsnutrition.org](http://www.kidsnutrition.org)

## 秘訣

- 選擇有葉柄和較飽滿重身的柑橘類水果。
- 放在檯面上，可隨時食用。
- 存放在冰箱中可保存長達一周。

## 攜手邁向健康與成功學習

你知道單一份蔬果的費用通常低於 \$0.25 嗎？這些小費用會帶來很大的健康效益。

每天進食各種顏色的水果和蔬菜，並積極運動，可以幫助您的孩子在學習上更出色，身體更健康強壯。

「本月收成」可幫助您的家庭了解多吃蔬菜水果，及持續每天至少一小時運動的益處。

橘子屬柑橘類植物，跟柳橙相似，但體形一般較細小及略扁平；顏色偏向深橙紅色的屬柑桔類，其他種類的橘子還有蜜橘，小柑橘，柚柑。

## 柑橘美點

材料（四人份，每人一杯）：

- 橘子皮，搓碎
- 1 杯低脂優酪乳，原味或香草味
- 2 個橘子，去皮，去籽，切塊
- 1 個葡萄柚，去皮，切塊
- 2 個柳橙，去皮，切塊

1. 將橘子皮放入優酪乳中
2. 將上述水果分成四杯
3. 將混有橘子皮的優酪乳放進盛有水果的杯裡
4. 凍食風味較佳

Adapted from:  
[www.fruitsandveggiesmatter.gov/recipes](http://www.fruitsandveggiesmatter.gov/recipes)  
更多食譜，可參閱：  
[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

建議每日蔬果數量\*

兒童5-12歲	青少年13-18歲	成人19歲以上
每天2½ - 5 杯	每天3½ - 6½ 杯	每天3½ - 6½ 杯

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

## Nutrition Facts 營養成份

Serving Size: 1 medium mandarin (88g)  
每餐份量: 1個中型橘子 (88克)

Amount Per Serving 每餐食用量

Calories 卡路里 47    Calories from Fat 脂肪熱量 2

% Daily Value 每日食用值

Total Fat 總脂肪 0g    0%

Saturated Fat 飽和脂肪 0g    0%

Trans Fat 反式脂肪 0g

Cholesterol 膽固醇 0mg    0%

Sodium 鈉 2mg    0%

Total Carbohydrate 總碳水化合物 12g    4%

Dietary Fiber 飲食纖維 2g    6%

Sugars 糖 9g

Protein 蛋白質 1g

Vitamin A 維他命A 12%    Calcium 鈣 3%

Vitamin C 維他命C 39%    Iron 鐵 1%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

只有百分之四十的加州青少年達到最低的每日運動目標量，而接近百分之七十四的加州青少年體能上未能達到強健標準。

## 來運動吧！

下列方法可幫助於您的孩子為春季健身測試作好準備：

- 每週為每個家庭成員設定一個目標（例如每天走10,000步和做伸展運動）。
- 把目標擺放一個當眼的地方，例如冰箱。
- 互相鼓勵達到目標，達標後再設定新的目標。
- 設定一個“獎賞”（例如家庭郊遊）。
- 減少花在螢光幕前的時間。

更多資訊，可參閱：  
[www.activeca.org/active/](http://www.activeca.org/active/)

## 我需要多少份量？

一份是一個中型的橘子；約一個棒球的大小。

確保每日要進食包括各種顏色的水果和蔬菜，以幫助您和您的孩子達到每日總需求。





# La Cosecha del Mes.

enero

En enero, la mandarina es la fruta de La Cosecha del Mes.



## Ayude a sus hijos a comer sano

- Empiece el día con jugo de fruta 100% natural.
- Tenga a la mano bocadillos saludables después de la escuela tales como gajos de una fruta cítrica o de mandarina enlatada (en jugo 100% de fruta).
- Unte gajos de mandarina con yogur de sabores bajo en grasa.
- Agregue mandarinas a sus ensaladas verdes para sabor y color.
- Exprima jugo de frutas cítricas sobre pollo o pescado para que estén tiernos y jugosos.

Para más ideas, visite:\*  
[www.kidsnutrition.org](http://www.kidsnutrition.org)

## Consejos "frescos"

- Busque fruta cítrica que se sienta pesada y que todavía tenga tallito.
- Téngala sobre el mostrador para uso inmediato.
- Puede guardarse en el refrigerador hasta una semana.

## Recomendación diaria de frutas y vegetales\*\*

Niños, edad 5-12	Adolescentes, edad 13-18	Adultos, 19+
2½ - 5 tazas por día	3½ - 6½ tazas por día	3½ - 6½ tazas por día

\*\*Si usted es activa, consuma el número más alto de tazas por día. Visite [www.mpiramide.gov](http://www.mpiramide.gov) para aprender más.

## La salud y el éxito en el aprendizaje van mano a mano

¿Sabía usted que una porción de frutas y vegetales generalmente cuesta menos de 25 centavos? Este pequeño costo brinda grandes beneficios de salud. Comiendo una variedad colorida de frutas y vegetales y siendo activa todos los días son hábitos saludables que pueden ayudar a su hijo a destacar en la escuela, sentirse mejor, mantenerse saludable y crecer fuerte. La **Cosecha del Mes** le proporciona ideas para que su familia coma más frutas y vegetales y para que obtenga por lo menos una hora de actividad física diaria.

La mandarina es un tipo de fruta cítrica que parece naranja pero generalmente es más pequeña y con forma de calabaza. Las mandarinas que tienen un color rojo/naranja se llaman *tangerinas*. Existen otros tipos de mandarina incluyendo satsumas, clementinas y tangelos.

## AMBROSÍA DE FRUTA CÍTRICA

Ingredientes:

(para 4 porciones de 1 taza cada una)

**Cáscara de mandarina rallada**

**1 taza de yogur bajo en grasa, sabor vainilla o simple**

**2 mandarinas peladas, en gajos y sin semillas**

**1 toronja, pelada y en gajos**

**2 naranjas, peladas y en cubitos**

1. Mezcle la cáscara de mandarina con el yogur.

2. Reparta la fruta en cuatro tazas o platos.

3. Ponga cucharadas de la mezcla de yogur sobre la fruta.

4. Sirva frío.

Fuente: [www.fruitsandveggiesmatter.gov/recipes](http://www.fruitsandveggiesmatter.gov/recipes)

## Información Nutricional

Porción: 1 mandarina mediana (88g)

Cantidad por Porción

**Calorías 47** Calorías de Grasa 2

% Valor Diario

**Grasas 0g** 0%

Grasa Saturada 0g 0%

Grasa Trans 0g

**Colesterol 0mg** 0%

**Sodio 2mg** 0%

**Carbohidratos 12g** 4%

Fibra Dietética 2g 6%

Azúcar 9g

**Proteínas 1g**

Vitamina A 12% Calcio 3%

Vitamina C 39% Hierro 1%

Fuente: [www.nutritiondata.com](http://www.nutritiondata.com)\*

Sólo el 40 por ciento de adolescentes en California logran alcanzar el objetivo mínimo diario de actividad física, y cerca del 74 por ciento de la juventud de California está en mala condición física.

## ¡En sus marcas, listos...!

Ayude a su hijo a ser activo y a que se prepare para las pruebas escolares de capacidad física durante la primavera con estos consejos:

- Establezca una meta semanal para cada miembro de la familia. (Ejemplo: caminar 10,000 pasos y hacer estiramientos todos los días.)
- Ponga las metas en un lugar visible, como el refrigerador.
- Anímense unos a otros para establecer y alcanzar nuevas metas.
- Decidan sobre una "recompensa" (un paseo familiar o excursión).

Para más ideas, visite:\*

[www.activeca.org/active/](http://www.activeca.org/active/)

## ¿Cuánto necesito?

Una porción de mandarina es una fruta mediana. Esto es alrededor del tamaño de una pelota de béisbol. Comiendo una variedad colorida de frutas y vegetales todos los días ayudará a que usted y su hijo consuman el total diario necesario.

\*Los sitios web sólo disponibles en inglés.

