



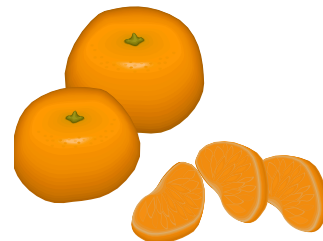
# CAMPBELL COUNTY SCHOOL NUTRITION DECEMBER NUTRITION TIDBITS

*Fruits are nature’s wonderful gift to mankind; Indeed, medicines packed with vitamins, minerals, anti-oxidants and many phyto-nutrients (Plant derived micronutrients). They are an absolute feast to our sight, not just because of their color and flavor but for their unique nutrition profile that helps free the human body of diseases and stay healthy!!!*

## FRUITS OF THE MONTH:

### TANGERINE

#### Fun facts:



Tangerines, also known as mandarins, are a type of citrus fruit. They are easier to peel compared to other citrus fruits and are sometimes called “easy peelers!”

Tangerines are bright orange in color and have a distinctive sweet flavor.

China produces more tangerines than any other country.

Most of the tangerines produced in the United States come from Florida and California.

Tangerines grow on trees. Tangerine trees grow best in subtropical environments where the nights are cool. A mature tree is usually between 15 and 20 feet tall.

Tangerines are packed full of Vitamin C and fiber. One tangerine has half the vitamin C you need for the whole day!!!

## Nutrition Facts

Serving Size =	1 large fruit
Calories	56
Fat	.5 grams
Protein	1 gram
Fiber	3 grams
Calcium	84 mg.
Vitamin A	80 IU
Vitamin C	89 mg.

# Tangerine

## Fun Fruit Kabobs

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

### Ingredients:

Tangerines, peeled and sliced  
Bananas, sliced  
Apples, sliced  
Green grapes  
Red grapes  
Pineapple chunks  
Low-Fat Fruit Flavored Yogurt  
1 small pkg. coconut

Directions: Slide fruit onto skewer.  
Roll kabob in yogurt, then coconut  
Enjoy!



# POMEGRANATE

## History

The pomegranate originated somewhere between Iran and the Himalayas of Northern India. It has been grown and cultivated across Mediterranean Europe, Asia, and Africa since ancient times. The pomegranate is one of the oldest fruits known in existence. The first records of this fruit date back to 100 B.C. The pomegranate was brought to America by the Spanish conquistadors.

Pomegranate fruit is grown in the U.S. mainly in the drier areas of California and Arizona.



## FUN FACTS

Each pomegranate contains on average 300 edible seeds that are called arils.

A mature pomegranate is about the size of a large orange.

Pomegranates can be stored for two months in the refrigerator.

Pomegranates grown in the US are available from September to December.

Pomegranates will make a metallic sound when tapped if ripe.

In the Ancient Greek mythology, the pomegranate was also known as the “fruit of the dead”

Its name in Latin means “apple with many seeds”

## **How to Eat a Pomegranate:**

- 1. Cut off the crown end of the pomegranate**
- 2. Lightly score the rind in several places.**
- 3. Hold fruit under a bowl of water and break sections apart, separating seeds from the membrane. Seeds will sink while rind and membrane float.**
- 4. Remove rind and pith from water and discard**
- 5. Pour seeds into a colander, drain, and pat dry.**
- 6. Enjoy!**

## **Health Benefits of Pomegranates:**

**The fruit is moderate in calories: 100 grams provides 83 calories, slightly more than that in the apples. It contains no cholesterol or saturated fats.**

**It is rich source of soluble and insoluble dietary fibers, providing 4 grams per 100 grams**

**An excellent source of the antioxidant - Vitamin C. Vitamin C helps the body develop resistance against infectious agents by boosting immunity.**

**The seed is where the nutrient prize lives. The seeds deliver high levels of micronutrients, omega fatty acids and fiber.**

**Pomegranate juice has antioxidants that are super powerful and beneficial to your heart and overall health.**

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**Eat a Rainbow of Foods Each Day for Good Health**