



Tangerine

Tangerines are an excellent source of vitamin A and vitamin C

Nutrition Facts

Serving Size = 1 Tangerine

Calories	56
Fat	.5 gram
Protein	1 gram
Fiber	3 gram
Calcium	84 mg.
Vitamin A	80 IU
Vitamin C	89 mg.

Fun Facts of Tangerine

- ✓ Tangerines, also known as mandarins, are a Citrus fruit, sometimes called “easy peelers”
- ✓ They are bright orange in color and are sweet.
- ✓ 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.
- ✓ One tangerine has half the vitamin C you need for the whole day. It keeps brain and skin healthy.



Fresh Fruit and Vegetable Program Nutritional Activity Sheet



Healthy Eating Word Search



FRUIT	WATER	BREAD
VEGGIE	CHICKEN	PROTEIN
MILK	NUT	EGG
APPLE	TANGERINE	ORANGE