

# did you know?

- *Tangerines are much easier to peel than other citrus fruits.*
- *China produces more tangerines than any other country in the world.*
- *Tangerines grow on 15 to 20 foot trees.*
- *Tangerines are full of vitamin C and fiber.*
- *Tangerines can be enjoyed in salads, desserts, and even main dishes.*

## QUEEN TANGERINE



### JOKE

What do you call an orange that has been left out in the sun too long?

**“A TAN-gerine”**

### FRUIT KEBOBS WITH A TWIST!

#### INGREDIENTS:

- TANGERINES, PEELED AND SLICED
- BANANAS, PEELED AND SLICED
- APPLE, CUBED
- GREEN GRAPES
- RED GRAPES
- PINEAPPLE CHUNKS
- LOW-FAT YOGURT
- SHREDDED COCONUT FOR DIPPING

#### DIRECTIONS:

Slide pieces of each fruit onto skewer. Roll Kabob in yogurt and then shredded coconut. Enjoy cold!

### RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 – 1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups