



# Tangerines

## Did you know...?

- A tangerine is a variety of Mandarin Orange!
- Tangerines were originated in Morocco & came to US in 19<sup>th</sup> century.
- They have been cultivated for over 3,000 years!
  - Tangerines have a bright orange peel, much more than other Oranges.
- The segments are easily separated and very sweet in flavor
- This fruit is also very juicy and extremely rich in vitamin C.



**COLOR THE TANGERINE AND  
FIND YOUR WAY THROUGH  
THE MAZE!**



## NUTRITIONAL BENEFITS

- Like citrus fruits in general, tangerines are a significant source of vitamin C. One medium-size Tangerine has 45 percent of your recommended daily value of this nutrient.
  - Tangerines are also a good source of dietary fiber, with 6 percent of your recommended daily value of fiber in each.