

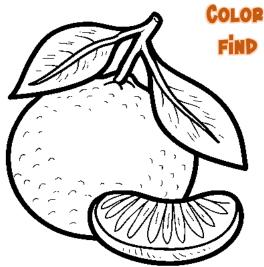
Fresh Fruit and Vegetable Program Nutritional Education



Tangenes

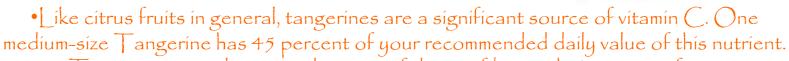
DID YOU FNOW ...?

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



Color the Tangerine and find your way through the Maze!

NUTRITIONAL BENEFITS



• Tangerines are also a good source of dietary fiber, with 6 percent of your recommended daily value of fiber in each.