

Clementines



• A clementine is a type of citrus fruit that grows on trees. Like tangerines, they can only be harvested in late fall and winter, and only grow in warm climates. Clementines, as well as tangerines and satsumas, are all varieties of a mandarin orange.

FUN FACTS

- Clementines are seedless mandarin oranges.
- In order to "plant" more trees, a branch is grafted onto a rootstock to make more Clementine trees!

DISCUSS ?

Orange fruits contain lots of healthy vitamins and bio-flavonoids. What other orange fruits can you name?

NUTRITION

- Provides thiamin and vitamin B6, which help the body break down food for energy and brainpower.
- Excellent source of vitamins A and C

HISTORY

The Clementine was an accidental hybrid of a mandarin tree and was discovered in Algeria in the early 1900s.



CARROTS

FAST FACTS

- Carrots are a root vegetable, which means they grow underground
- Orange carrots are the most recognized, however, carrots can also be red, purple, white, or yellow in color
- Carrots are typically planted in the spring and may take anywhere from 2 to 4 months to mature
- Carrots are usually harvested when the roots are at least 1/2 inch in diameter



IMPORTANT NUTRIENTS

- **Vitamin A** – essential for vision, healthy skin and tissues, and immune function
- **Biotin** – helps convert food into energy
- **Vitamin K** – plays an important role in your immune system
- **Phytochemicals** – such as beta-carotene and lutein which are carotenoids that support health

SELECTION & STORAGE

Look for smooth, firm, and well-shaped carrots with an even color. Avoid carrots that feel soft, limp, or wilted.

Store in the refrigerator for up to two weeks. If you buy fresh carrots with the green tops, break off the tops before refrigerating and store separately.

IDEAS FOR SERVING

- Eat fresh carrots in a variety of forms – whole, sliced into sticks, cut into rounds, chopped, or shredded
- Add carrots to salads and soups for a crunchy, sweet flavor
- Steamed or roasted carrots are two ways to eat this vegetable cooked





CARROTS

ACTIVITIES

Five Senses Fun!

Use your five senses to describe how carrots look, feel, taste, sound, and smell.

Compare & Contrast

Make a list of similarities and a list of differences between carrots and another vegetable. Are there more similarities or differences?

Write a Recipe

Invent a new recipe that includes carrots as one of the ingredients.

Poetry

Write a poem about the health benefits of carrots. Share with the class

Carrot Science

Think about the elements that carrots need in order to grow: food, sunlight, air, and water. Which of these elements do you also need to grow?

Watch a Video

Find and watch a video online that shows how carrots are grown, harvested, and distributed in the United States.

CHECK FOR UNDERSTANDING

What are some examples of other root vegetables?

How long does it take a carrot to mature after the seed is planted?

What nutrients are found in carrots?

What should you look for when selecting carrots at the market?

What is your favorite way to eat carrots?

REFERENCES

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STRAWBERRIES

FAST FACTS

- Eight strawberries will provide 140% of the recommended daily intake of Vitamin C for kids
- Strawberries are grown in every state in the United States and in every province of Canada
- On average, there are 200 seeds in a strawberry
- Strawberries are a member of the rose family



IMPORTANT NUTRIENTS

- **Fiber** – good for your gut and heart
- **Vitamin A** – good for your eyes, skin, and immune system
- **Vitamin C** – helps with wound healing
- **Folic acid** – involved in new cell creation
- **Potassium** – needed for muscle contraction

SELECTION & STORAGE

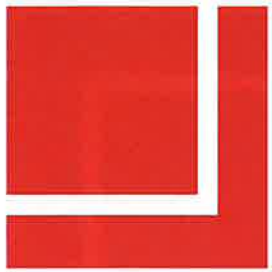
Look for bright red berries with fresh green caps. Visually check each package, to make sure there are no signs of mold.

Store unwashed berries loosely covered with plastic wrap in the coldest part of your refrigerator for two to three days. Do not wash berries until ready to use.

IDEAS FOR SERVING

- Enjoy fresh strawberries as a snack throughout the day
- Add strawberries to your smoothie, oatmeal or cereal at breakfast
- Incorporate strawberries into a salad at lunch or serve with yogurt for dessert





STRAWBERRIES

ACTIVITIES

Five Senses Fun!

Use your five senses to describe how strawberries look, feel, taste, sound, and smell.

Sort By Size

Separate your strawberries into two different piles, one pile of large strawberries and one pile of small strawberries.

Compare & Contrast

Make a list of similarities and a list of differences between strawberries and other berries. Are there more similarities or differences?

Poetry

Write a poem about the health benefits of strawberries. Share with the class!

Write a Recipe

Invent a new recipe that includes strawberries as one of the ingredients.

Watch a Video

Find and watch a video online that shows how strawberries are grown, harvested, and distributed in the United States.

CHECK FOR UNDERSTANDING

How many seeds on average are found on a strawberry?

Strawberries are a member of which plant family?

Which nutrients are found in strawberries?

What should you look for when selecting strawberries at the store?

How should you store strawberries?

REFERENCES

University of Illinois Extension. (2019). Retrieved From. <https://web.extension.illinois.edu/strawberries/facts.cfm>

