

# Tips for Busy Early Childhood Professionals

# M

## is for Mandarin

- Mandarins look like oranges, but are usually smaller with a pumpkin shape.
- There are many different varieties of mandarins. The ones with a deep orange-red color are called tangerines.
- Seedless mandarins are great snacks for young children.
- Mandarins are an excellent source of Vitamin C and A. They are also a good source of B vitamins.

**For more information, visit:**

[www.harvestofthemonth.com](http://www.harvestofthemonth.com)

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)



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## Mandarin Segments

Makes 25 tastes at 1/2 Mandarin per child

### INGREDIENTS:

- 13 fresh Mandarins (any small, sweet variety, with loose skin. Note: it is best to buy seedless mandarins for 3-5 year olds.)

### SUPPLIES:

- Napkins

### PREPARATION:

1. Have the children take turns peeling the skin off the mandarins.
2. Divide each peeled mandarin into half, giving a half to each child.
3. Have each child separate the segments of their mandarin half.

### Recipe adapted from:

Discover the Secret to Healthy Living,  
Public Health Institute, 2004.

### Nutrition: Information per serving:

Calories 20; Carbohydrate 5 g;  
Protein 0 g; Fat 0 g; Saturated Fat 0 g,  
Cholesterol 0 mg;  
Sodium 1 mg, Fiber 1 g.



## Cooking in the Preschool Classroom

provides many benefits to children

- Cooking compliments other classroom learning such as language and vocabulary.
- Children can peel mandarins.
- Children can segment the mandarins.
- Children can help in the cleaning of the cooking area.

## Food Safety and Sanitation

- Wash hands before handling mandarins.
- Mandarins should be washed before eating.
- Avoid giving children fruits with pits or seeds as they may choke.

## Create a child-friendly environment

Teach children about good manners.  
Use please and thank you.



## Activity:

# Old MacDonald Had a Farm



Children will recognize the mandarin as a member of the citrus family, and identify other members of the same family. They will also learn about gardening, practice their language and motor skills movement.



### MATERIALS

- Picture of a mandarin tree.
- Hang pictures of different citrus fruits (orange, lemon, lime, mandarin and grapefruit).
- Paper plates and paper towels.

### WHAT TO DO NEXT

1. **Before the children arrive:** Place all the pictures of the citrus and the mandarin tree around the classroom.
2. **Circle Time:** Teacher asks children if they recognize the fruits in the different pictures. Ask children to tell you the names of the fruits. Ask children to raise their hand and tell you their names. Once all the names have been called, repeat the names, vocalizing the first letter of the fruits. For example, (L for Lemon). Explain to the children that all these fruits belong to the citrus family.
3. **Talk about the family.** Each child has family members and they are all related. Just like fruits in the citrus family.
4. **Show the mandarin tree picture.** Citrus fruits grow on trees. Explain that mandarin and other members of the citrus family can grow in their own backyard, if there is enough space.

To grow a lot of mandarins, you need a farm.



5. **Describe the “Old MacDonald” activity and tune.** Explain they will sing and follow the directions. Start singing:

Old Mac Donald had a farm ... E-I-E-I-O  
(children clap to the beat of the song)

On the farm he had a tree... E-I-E-I-O  
(children reach out to the imaginary tree, raising their arms above their heads)

On this tree there was a fruit, and mandarin was its name.

(Ask children to reach and grab with their right hand side and then left high side)

There were trees here and trees there, here a tree, there a tree, everywhere a mandarin tree.

(Children point to the right and then to the left, then to different places in the room)

Old Mac Donald had a farm ... E-I-E-I-O  
(Children clap with their hands and clap their legs, and clap to an imaginary drum).

6. **Ask children to wash their hands,** sit at the table and prepare the snack from the front page. If funding is available, buy different kinds of citrus and ask children to rate the taste.

### Connections to California Department of Education Child Desired Results: 3 Years to Pre-K

**Activity:** CDR 1: Language 12, 13, 14, 15; CDR 2: Cognitive 18, 19, 20;  
CDR 3: Motor Skills 34, 35; CDR 4: Safety and Health 39

**Cooking in the Classroom:** CDR 1: Self-Regulation 9, 10, 11; CDR 3:  
Motor Skills 35; CDR 4: Safety and Health 39