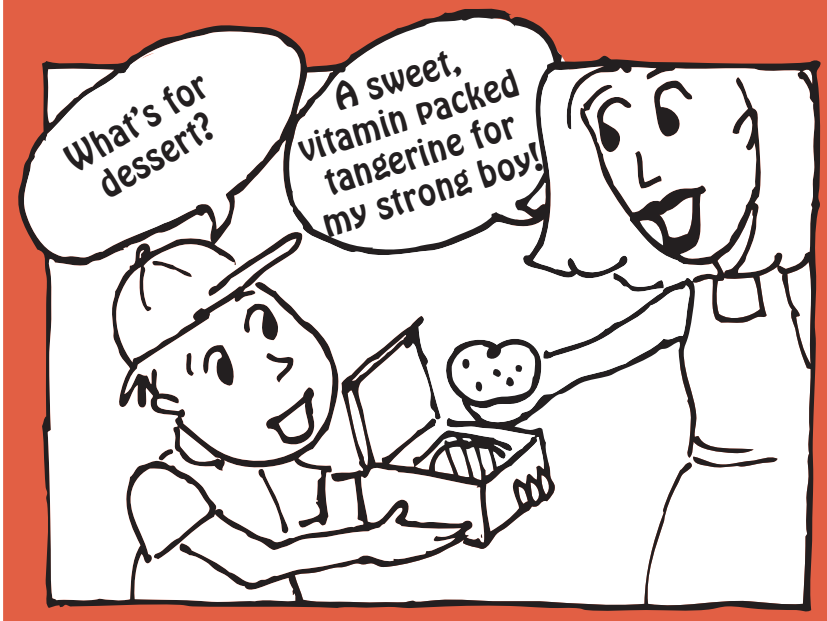
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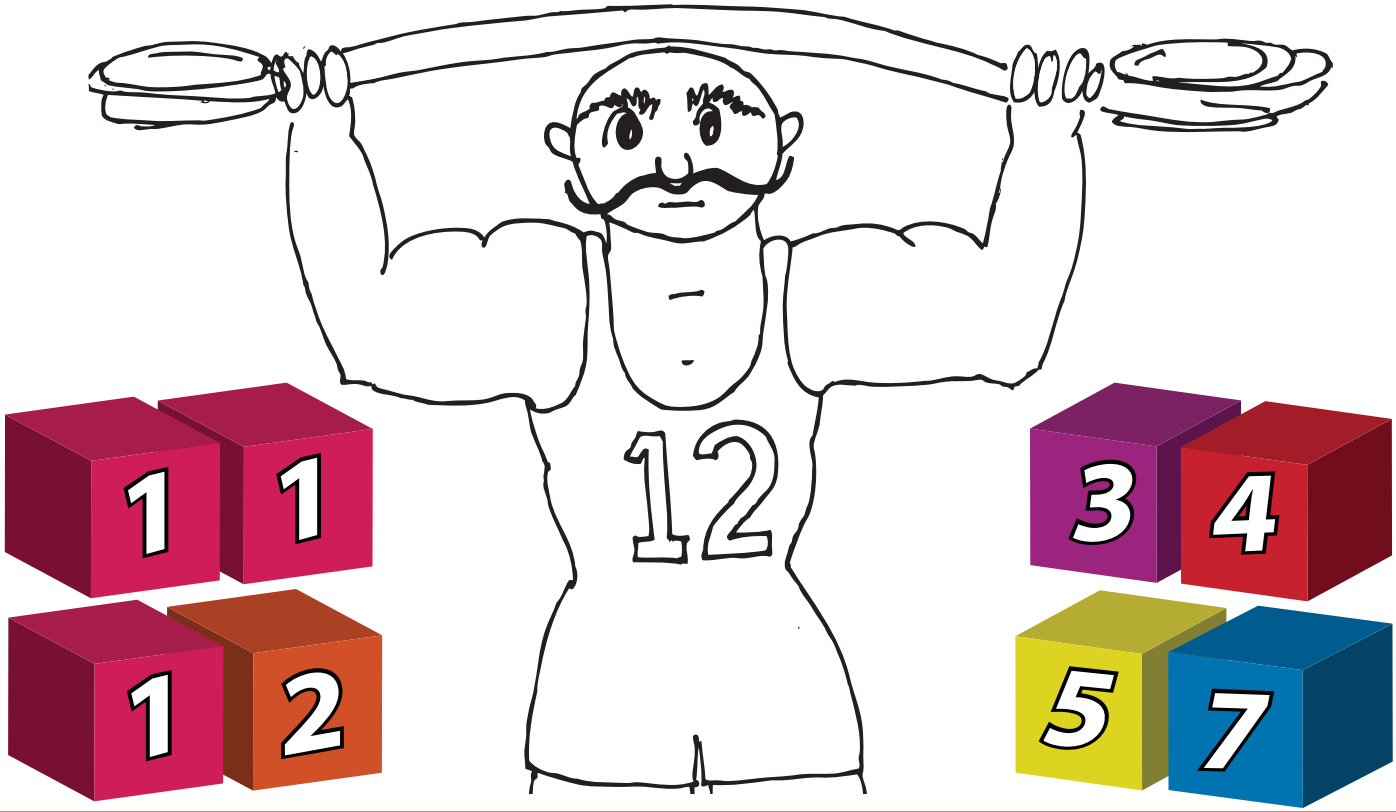



Tangerine tree bearing fruit.



# Tangerine Balance

**Help Herbie balance his diet with tasty iron rich tangerines.**
**Balance his load by creating equal sums!**




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# Tangerine Lesson Plan

**Background Information**- Vegetables are an important part of your diet because they tend to be lower in calories and an excellent source of dietary fiber. They have vitamins and minerals which help us to maintain a healthy body.

Tangerines are low in calories, an excellent source of Vitamin C and fiber-rich. Tangerines have been linked to lower cholesterol, lower cancer risks and healthier hearts. Tangerines have more Vitamin C than oranges.

Herbie is the main character in this vegetable series. His mother, Violet is teaching him how to be healthy by eating foods that have rich vitamin and mineral value.

**Next Generation Sunshine State Standards**- SC.3.L.14.1, SC.2.L.14.1, SC.3.L.14.2, MA.3.A.6.1, MA.2.A.6.1, LACC.2.W.3,

**Engage**
1. Put a tangerine into a brown lunch sack. Have students guess what is in the bag.
2. Talk about how tangerines are similar to and different from oranges.

**Explore**
1. Peel the tangerine. Have students smell the peeling. Talk about how the citrus smells.
2. Separate the sections and count them. If you had 2 tangerines, how many sections would you probably have?
3. How many tangerines would you need for everyone in your class to have 2 sections?
4. Introduce the character Herbie and discuss his quest to learn about foods that are good for your body.

**Explain**
1. Discuss how tangerines are loaded with vitamin C. The strong man at the bottom of the vegetable sheet wants a balanced diet that includes a great supply of vitamin C. Help him balance the pans by finding the combination of tangerines that makes each plate equal. Cut and paste the correct tangerine numbers. There is a hint on his shirt.

**Elaborate**
1. Predict how many tangerines would it take to fill a shoe box? Test it. Why can't more tangerines fit inside the box? (Too much air space, they are round). Often oranges and tangerines are transported in the back of a truck and not in boxes. Why does this make sense?
2. The early explorers often became sick with scurvy. Find more information about scurvy and present it to the class.
3. Find citrus fruit recipes and prepare a dish.

**Evaluate**
1. Complete the vegetable activity sheet.
2. Make your own tangerine math problems.
3. For one week, keep a chart of the vegetables eaten daily.

**Literature connection**- Ruth Kraus-The Carrot Seed, Lois Ehlert- Planting a Rainbow, Eve Bunting-Sunflower House, Lois Ehlert'-Growing Vegetable Soup, Malachy Doyle-Jody's Beans, Grace Lin. Charlesbridge-The Ugly Vegetables, George Shannon-Busy in the Garden

**Reference http://science.howstuffworks.com/search.php?terms=tangerine**

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