



## Out-of-School Learning Plan Mandarin

### Harvest Out-of-School Objectives

Participants will review which plant part mandarins are from  
Participants will review the health benefits of mandarins  
Participants will make a mandarin snack



### Harvest Out-of-School Review

- Hold up a mandarin and ask the participants if they remember, from school:
  - what it is called (mandarin)
  - what type of plant part do they come from (flower)
- Review with them how mandarins grow (on trees, from flowers after they are pollinated), why we should eat mandarins (healthy immune systems—prevents colds, healthy eyes, healthy blood), and how to pick good mandarin (skin should be free of marks/bruises, and be deep orange-red color.) Please see the next pages for images to share with them.

### Harvest Out-of-School Brainstorm—Which food fits the part?

- Hold up one mandarin, one string cheese, and the raisins. Tell the participants that we will be making trees out of these food items. Ask them which food item will be which tree part? Allow participants 1-2 minutes to visit about their ideas with a partner and write/sketch their brainstorms. If time permits, have a group discussion about their ideas.

### Harvest Out-of-School In Action

**Rule of 15** “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

#### **Silly Trees** (10 participants)

(adapted from: <http://littlenummies.net/2012/03/the-lorax-snack/>)

10 Mandarins	5 pieces of string cheese
10 oz container of raisins	2 Knives/Cutting boards
Plate (1 per participant)	



General Directions: Place items on a plate to look like a tree (raisins on string cheese for the trunk and orange slices for the leaves.)

1. All participants should wash their hands.
  - a. Wet hands with warm water
  - b. Apply hand wash (soap)
  - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
  - d. Rinse both sides of hands with water all the way up to the wrists
  - e. Dry hands and shut off faucet with towel
2. Have 1 participant put out 10 plates.
3. Demonstrate how to cut the string cheese in half, lengthwise. Show them how to hold the knife handle correctly, and how to roll their fingers under, so their fingertips are protected.



## Out-of-School Learning Plan **Mandarin**


Two at a time, have 5 participants cut the 5 pieces of string cheese in half and put one half on each plate.

4. Have 5 participants count out 7 raisins and put them on each plate.
5. Once each plate has  $\frac{1}{2}$  of a piece of string cheese and 7 raisins. Demonstrate how to peel the mandarins. Have each participant peel 1 mandarin.
6. Demonstrate how to assemble the food into a tree: the string cheese piece is the trunk, the raisins the trunk's ridges, and the mandarins are the tree top.
7. Did anyone brainstorm his or her tree this way? Enjoy!

### **Harvest Out-of-School Wrap-Up**


- After trying the mandarin, have the participants record in their HOM journal on their "Like" "Don't Like" table.
- On the "Why we should eat..." page have the older participants record one health benefit.
- If time permits, participants may share their responses in pairs, or with the group.
- Ask the participants, how else can you make a healthy snack in the shape of a tree? (Cucumber slices could be the tree top and pretzels could be the trunk; banana could be the trunk and kiwi could be the tree top, etc.) (see: [http://cryominute.files.wordpress.com/2012/02/fruit\\_palm.jpg](http://cryominute.files.wordpress.com/2012/02/fruit_palm.jpg))

### Mandarin?



**Vitamin A**


Healthy eyes



**Vitamin C**

Healthy immune system  
(prevents colds, heals cuts)


**Folate**




Healthy blood

### How do Mandarins grow?

Mandarins grow on a tree with shiny leaves and fragrant flowers.



leaf



skin: flavedo glands, which citrus odor  
 rind: albedo  
 carpel: segment juice sacs  
 core: placental

the mandarin become the we eat.