

DID YOU KNOW?

QUEEN TANGERINE



- *Tangerines are much easier to peel than other citrus fruits.*
- *China produces more tangerines than any other country in the world.*
- *Tangerines grow on 15 to 20 foot trees.*
- *Tangerines are full of vitamin C and fiber.*
- *Tangerines can be enjoyed in salads, desserts, and even main dishes.*

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 - 1 ½ cups
Children, Ages 9-13	2 - 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

FRUIT KABOBS WITH A TWIST

Ingredients:

- TANGERINES, PEELED AND SLICED
- BANANAS, PEELED AND SLICED
- APPLE, CUBED
- GREEN GRAPES
- RED GRAPES
- PINEAPPLE CHUNKS
- LOW-FAT YOGURT
- SHREDDED COCONUT FOR DIPPING

DIRECTIONS:

Slide pieces of each fruit onto skewer. Roll Kabob in yogurt and then shredded coconut. Enjoy cold!