Health and Learning Success Go Hand-in-Hand

Did you know a single serving of fruits or vegetables usually costs less than 25 cents? These small costs have big health benefits. Eating a variety of colorful fruits and vegetables and being active every day are healthy habits that can help your child do better in school, feel good, stay healthy, and grow strong. 

Harvest of the Month provides ideas to help your family eat more fruits and vegetables and be more active every day.

Healthy Serving Ideas
• Serve breakfast with a glass of 100% fruit juice.
• Provide healthy after-school snacks like fresh or canned mandarin slices (packed in 100% fruit juice).
• Dip tangerine segments into lowfat flavored yogurt.
• Add mandarins to green salads.
• Squeeze juice of citrus fruits over chicken and fish to make tender and juicy. Or, use juice to make reduced fat salad dressings.

For more ideas, visit: www.kidsnutrition.org

ORANGE FREEZE
Makes 4 servings.
1¼ cups per serving.
Prep time: 5 minutes
Ingredients:
1 cup 100% orange juice
10 ice cubes
1 cup 1% lowfat or nonfat milk
1 teaspoon vanilla extract
2 cups drained, canned mandarin oranges
1. Place all ingredients in a blender.
2. Blend for about 30 seconds or until smooth.
3. Pour into four glasses and serve.

Nutrition information per serving:
Calories 91, Carbohydrate 18 g, Dietary Fiber 1 g, Protein 2 g, Total Carbohydrate 18 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 33 mg

Adapted from: Kids…Get Cookin’, Network for a Healthy California, 2009.

How Much Do I Need?
• One medium mandarin orange is about a ½ cup of fruit sections.
• A ½ cup of mandarins is an excellent source of vitamin C and a good source of vitamin A.
• Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection. Vitamin C is found only in plant foods.
• Our bodies do not make or store vitamin C so try to eat foods with vitamin C every day.

The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level. Eating a variety of colorful fruits and vegetables can help you stay healthy. Fruits and vegetables come in a variety of forms – fresh, frozen, canned, dried, and 100% juice – and all forms count toward your daily amounts. Find out how much each person in your family needs. Make plans to help your family reach the goal amount.

Recommended Daily Amount of Fruits and Vegetables*

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<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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<tbody>
<tr>
<td>Males</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td>Females</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
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*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Let’s Get Physical!
Help your child be active and prepare for spring fitness testing with these tips:
• Set a weekly goal for each family member. (Example: Walk 10,000 steps and do stretches every day.)
• Post goals in a highly visible area, such as on the refrigerator.
• Encourage each other to meet goals and set new ones.
• Decide on a “reward” for meeting goals. (Example: family outing or hike).

For more ideas, visit: www.activeca.org

Produce Tips
• Look for plump mandarins that feel heavy for size and have stems still attached.
• Look for mandarins with glossy, deep orange skins. (Some patches of green near the stem are okay to eat.)
• Keep on the counter and use within a few days. Or, store in the refrigerator for up to one week.
• Helpful Hint: Mandarins that have a deep orange-red color are called tangerines. Other types of mandarins include satsumas, clementines, and tangelos.