



## A HEALTHY, TASTY TREAT

Easy to peel with your fingers, mandarin oranges split apart into juicy, bite-sized segments that are easy to snack on. They're also packed with vitamin C, which your body needs to grow and heal. Can you guess what part has the most vitamin C? It's the peel!



## FUN MANDARIN FACTS

Mandarin oranges grow on trees, and one tree can produce about 80 kilograms of fruit. That's the same weight as a newborn Asian elephant! The trunk and branches of a mandarin orange tree are covered in spikes.



## OUR FOOD, OUR STORIES

Food feeds our bodies, but it is also an important part of who we are. The food and food stories that we share connect us to our family, to our home, to our culture, and even to those people in our family who lived a long time ago.

People around the world have different ways of choosing, preparing, and sharing food. Foods are often an important part of people's traditions.

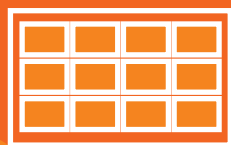
Mandarin oranges have grown in Asia for thousands of years and are very important to the traditions of many Asian cultures. During the celebration of Chinese New Year, Chinese people give mandarin oranges to friends and family to wish them good luck and happiness.

## WHAT A LONG TRIP!

Our Canadian winters are too cold for growing oranges. Most mandarin oranges are grown in China and are imported here. How do they get all the way to Canada?



In China, the freshly harvested oranges are packaged very carefully into boxes or crates to get them ready for transport.



Then they are stacked inside special containers that keep the fruit from getting too hot or too cold during the trip.



Next, they are loaded onto airplanes or container ships to make the long journey across the ocean.



When they reach Canada, they are loaded onto trucks or trains to travel to grocery stores across the country.

Mandarin oranges play an important role in many Asian cultural traditions. They are symbolic reminders of family, hospitality, and friendship, as well as the joys of the changing seasons and nature. There are many other practical uses for this fruit. The skin of a mandarin orange adds flavour to foods, acts as a natural insect repellent, and makes an effective cleaning solution when mixed with vinegar.

## ACTIVITY: TAKE A FOOD JOURNEY

**Curriculum Connection:** Language Arts - grades 1 to 3: Explain the role that story plays in personal, family, and community identity. First Peoples Principles of Learning: Learning is embedded in memory, history, and story.

After your students have finished eating their oranges, discuss the symbols associated with the mandarin. Next, have the students think of their own family traditions that include food, dance, songs, and festivals. Finally, have the students share with the class a favourite traditional food or activity. Ask them to talk about when their families practise these traditions and why they like them.

Now, connect the idea of food traditions to BC's First Peoples. Do your students know that, for thousands of years, First Peoples on BC's coast have eaten a diet that includes a lot of salmon and other seafood? First Peoples in the interior of BC have depended on venison and other wild game, as well as fruits like saskatoon berries. These foods are important in First Peoples' storytelling and art.

## ACTIVITY: BE AN ARTIST

**Curriculum Connection:** Art Education - grades 1 to 3: Create artistic works using ideas inspired by imagination, inquiry, experimentation, and purposeful play.

See how well your students can use their observational skills to create a still life drawing of a mandarin orange from different viewpoints (e.g. a bird's-eye view, side view, close up, distance view, or cross-sectional view).

## ACTIVITY: WHAT TO DO WITH AN ORANGE PEEL

**Curriculum Connection:** ADST - grades 1 to 3: Generate ideas from their experiences and interests. Make a product using known procedures or through modelling of others.

Have your students start by peeling their orange from the top where the stem was attached. Once they get to the bottom of the orange, have them pull the entire skin away from the fruit, then scrape away the white pith on the inside of the peel. Ask them if they want to try tasting a piece of fresh orange peel. Do they like it? How would they use an orange peel? Add their ideas to a class list. If possible, in your classroom, place the peel on a sheet pan to dry on a windowsill. Turn the peels every day until they are dry and brittle. This should take about three days but will vary depending on how much sun they get. Alternatively, you could dehydrate them in an oven set at a low temperature.

Once the peel is fully dry, brainstorm some uses for it. For example, dried peel can be added to tea or baking, it can be added to vinegar as a cleaner, and its refreshing citrus scent makes an effective natural air freshener/potpourri. Your students might want to try one of these uses, or they could incorporate the dried peel into a piece of art.

## MATH QUESTION

**Curriculum Connection:** Mathematics - grades 1 to 3: Represent mathematical ideas in concrete, pictorial, and symbolic forms.

Ask each student to count how many segments are in their mandarin orange. What is the average number of segments for four other classmates? Does their orange have more or less segments than the average?

student 1 has \_\_\_ segments

student 2 has \_\_\_ segments

student 3 has \_\_\_ segments

student 4 has \_\_\_ segments

\_\_\_ + \_\_\_ + \_\_\_ + \_\_\_ = \_\_\_ ÷ 4 = \_\_\_

I have \_\_\_ segments in my orange. My orange is more/less than the average mandarin orange.

Show your answer concretely, pictorially, or symbolically.

### MAGNIFICENT MANDARIN VOCABULARY

**Export:** means to send something to another country.

**Import:** to bring something into a country from somewhere else.

**Symbol:** something that stands for something else.

**Tradition:** customs or beliefs that are passed from generation to generation.



### FAMILY CONNECTION

Students can take home some dried mandarin orange peel to share with their families. Ask the students to report back on how their families liked the orange peel flavour.