

SNACK FACTS

CLEMENTINES



Don't forget to wash your hands before you eat!
Handwashing is one of the simplest and best ways to stay healthy and prevent spreading germs.

CLEMENTINES

Are clementines grown in Ontario?

- No, orange trees can not survive an Ontario winter
- Clementines are grown in North Africa, Spain, Europe, Florida and California

The clementines sent to your school were imported from Morocco

When are clementines grown?

- People link clementines with Christmas because availability peaks between November and January

How are clementines used?

- As a juicy snack when peeled and eaten fresh
- As a sweet addition to salads

Did you know?

- Clementines are a source of Vitamin C and fibre.

Vegetables and fruit contain vitamins, minerals, fibre and belong to five different colour groups: red, yellow-orange, green, blue-purple, and white-tan-brown.

Clementines belong to the yellow-orange colour group:

- Yellow and orange vegetables and fruit contain special compounds called *phytochemicals* like *beta carotene* and *flavonoids* which may lower the risk of heart disease and some cancers.

Reference: *Paint Your Plate! Create a Masterpiece; Vegetable and Fruit Action Guide for Schools.* Northern Healthy Eating Project. 2006.



Students:

- Can you find Morocco on a world map? (Answer on back)
- How do you think the clementines traveled from Morocco to your school?

Parents:

- Does your child enjoy sweets? Clementines are sweet, delicious and healthy too!

Teachers:

- Clementines are a great treat to serve during holiday events at your school. For more information about healthy celebrations and events refer to *Paint Your Plate!* section 3.2.



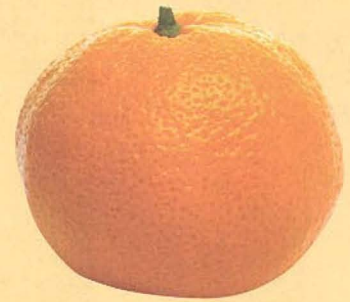
SNACK FACTS

How to serve nutritious vegetables and fruit

Consider the following when preparing vegetables and fruit:

- If detergent soaps are used to wash produce the chemicals could be absorbed by the fruit or vegetable or leave a residue so rinse thoroughly
- Soaking vegetables and fruit in water can cause vitamins to leak out
- Vitamins can be lost when exposed to light and air so cut vegetables and fruit into large pieces, serve quickly and reduce cooking time
- Avoid overcooking by cooking until "tender-crisp"
- Cook by steaming, microwaving, or stir-frying
- If boiling use as little water possible and do not over boil
- Do not thaw frozen fruit before cooking
- Avoid adding fat (e.g., oil, butter, margarine) when cooking
- Do not thaw loosely packed vegetables (e.g., corn) before cooking
- Partially thaw lightly packed vegetables (e.g., broccoli spears) before cooking
- Fully thaw tightly packed vegetables (e.g., spinach) before cooking
- Heat canned vegetables in the canning liquid

Reference: *Paint Your Plate! Create a Masterpiece; Vegetable and Fruit Action Guide for Schools*. Northern Healthy Eating Project. 2006.



Green Salad with Clementines

6 cups lightly packed greens
(such as romaine lettuce,
leaf lettuce, baby spinach)
12 clementines, sectioned
1/2 cup slivered almonds,
toasted (or use chopped
walnuts)



For the dressing:

3 tablespoons olive oil
1/4 cup lemon juice
1 tbsp whole-grain Dijon mustard

Rinse greens under cool tap water and pat dry with a clean cloth or paper towels. Place the salad ingredients in a bowl. Mix dressing ingredients together in a separate bowl. Add dressing to salad, toss and serve immediately.
4-6 servings

Where is... Morocco?

Morocco is a country in North Africa. Your clementines traveled over 6,000 kms to get to you!



Remember:

Try to make healthy eating and physical activity a part of your daily routine.



Funded by Ontario