

# Mandarin Oranges

"Mandarin Oranges" is a term that applies to an entire group of citrus including Satsumas, Clementines, Dancys, Honeys, Pixies, and some varieties of Tangerines. Mandarins are sweeter than any of their citrus cousins. They have a bright, orange skin that is easy to peel. Inner segments are also easily separated. There are both seeded and seedless varieties available.

## Nutrition Information

Mandarins are very low in calories (53 calories/100 g).

Mandarins are like Oranges, rich in vitamins such as Vitamin A and B. The Vitamin C found in Mandarins is useful in combating unstable molecules otherwise known as free radicals. This is because it is an anti-oxidant.

Mandarins are rich in fiber, supplying 14% per 1 cup of orange section and they are low in fat.

The Vitamin C is useful in fighting colds and making sure your immune system is working properly. Mandarins contain microbial properties that prevent bacterial functions. They can also prevent disorders of the digestive system such as cramps and vomiting. They can help purify blood and remove toxins from the body.

## Can you find all of these words?



- CITRUS
- DANCY
- HONEY
- PIXIE
- SATSUMA
- TANGERINE

