

MANGO

FAST FACTS

- Mangoes are the most consumed fruit in the world!
- They are grown in tropical regions, including southern Florida and southern California
- Mangoes grow on trees that can grow over 100 feet tall
- Mangoes have a large flat seed in the center of the fruit



IMPORTANT NUTRIENTS

- **Fiber** – good for your gut and heart
- **Vitamin A** – good for your eyes, skin, and immune system
- **Vitamin B6** – plays key roles in sleep, appetite, and mood
- **Vitamin C** – helps with wound healing
- **Copper** – Plays an important role in iron metabolism and immune system

SELECTION & STORAGE

Look for plump mangoes that are slightly soft when pressed with thumb. Avoid too soft and wrinkled mangoes and those with sap on the skin. If mango is not soft, place it in brown paper bag and close bag to ripen.

Store mangoes at room temperature. Store sliced mangoes in the refrigerator for 1-2 days.

IDEAS FOR SERVING

- Enjoy raw – slice each side just past the seed, slice the flesh of each side segment without breaking the skin, scoop out the slices
- Top yogurt with fresh mango
- Make a mango salsa with jalapenos, bell pepper, red onions, cilantro and mango
- Make a mango smoothie with fresh or frozen mango
- Garnish meats, chicken fish and/or salads with mango



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ACTIVITIES

Five Senses Fun!

Use your five senses to describe how mango looks, feels, tastes, sounds, and smells.

Mango Math

If a mango tree can grow 100 mangoes and there are 8 mango trees, how many mangoes can be harvested by the mango farmer?

Compare & Contrast

What other fruit(s) are similar to a mango?
How is a mango different than other fruit?

Write

Write a story about a mango that grew on a 100-foot tall mango tree.

Draw

Draw the steps to cut a mango and write a caption for each step. How many steps did you draw?

Watch a Video

Find and watch a video online that shows how to cut a mango.

CHECK FOR UNDERSTANDING

What are different ways mangoes can be enjoyed?

Describe the steps you would take to cut a mango.

Why is eating a mango good for your health?

What should you look for when selecting mangoes at the store?

How do mangoes grow?

REFERENCES

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