

NUTRITION EDUCATION LESSON PLAN

LESSON NAME

Mango Nutrition

GRADE LEVEL

Pre-K - 8

TIME

5-30 minutes

CONTENT AREA

Health, Math, Science,
English Language Arts

MATERIALS & PREPARATION

Review the **Mango Handout** to familiarize yourself with the content and select one or more activities for your lesson.

Review and modify the **Mango Slides** as needed and project on screen (optional).

Print 1 copy of the **Mango Handout** for each student (optional).

Prepare **mango** to serve to the students during the lesson.

OBJECTIVES

Pre-K - Grade 8

Identify mango as member of the fruit food group.

Grade 3 - Grade 8

Describe the role of nutrients found in mangoes.
Understand where/how mangoes are grown.

Grade 6 - Grade 8

Assess personal need for nutrients found in mango.
Plan healthy meals and snacks that incorporate mango.

LESSON OUTLINE

#1 Serve: Provide each student with a serving of mango to consume during the lesson.

#2 Teach: Use the first page of the Mango Handout to teach the students about mango.

#3 Explore: Select one or more activities from the second page of the Mango Handout for the students to complete.

#4 Discuss: Use one or more of the questions below, or create your own, to assess your students' understanding of the material covered:

- What are different ways mangoes can be enjoyed?
Examples: raw, in salsas, salads, in smoothies, on ice cream/yogurt, on chicken/meat/fish, etc.
- Describe the steps you would take to cut a mango.
Example: 1. slice each side, 2. slice the flesh, 3. scoop out the slices
- Why is eating a mango good for your health?
Examples: provides essential vitamins and minerals, good source of Vitamin A & C, etc.
- What should you look for when selecting mangoes at the store?
Example: Look for plump, slightly soft, fragrant mangoes. Avoid too soft or wrinkled mangoes, etc.
- How do mangoes grow?
Example: Mangoes grow on trees

