

JANUARY**MANGO**
TROPICAL FRUIT**GRADE**
2-3

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| NEEDED SUPPLIES | Mango, paper plate or small cup for serving mango |
| NEEDED RESOURCES | "A Snowy Day" activity break, "Cutting a Mango" reference sheet Mango photos, Fruit riddles, "Mango Mania" crossword puzzle |
| 21ST CENTURY SKILL | Students will learn that eating fruit is a way to be healthy and want to include it in a healthy diet. <ul style="list-style-type: none"> Practice preventative health behaviors. <ul style="list-style-type: none"> 2-3: Choose healthy foods. |
| OBJECTIVES | <ul style="list-style-type: none"> Students will gain knowledge of mango (plant part, how to recognize, how to eat, how to prepare). Students will learn that mango helps them fight off infection and is good for their bodies. Students will learn that friends and educator eat mango. Students will learn to try new fruits and vegetables. |
| WHAT YOU NEED TO KNOW ABOUT MANGOES | <ul style="list-style-type: none"> Mango gets softer as it ripens. Judge its ripeness by feel, not color. Mangoes ripen at room temperature. They can be put in a paper bag at room temperature to help speed the ripening process. Once ripe, mangoes can be stored up to five days in the refrigerator. Mangoes are 2-4 inches in length and are very colorful. The immature fruit has green skin that gradually turns yellow, orange, red, purple or a combination of these colors. The mango flesh is orange-yellow, juicy and sweet when ripe. Mangoes have a flat, hairy seed. This impacts how you cut the mango with a knife. Tropical fruits - bananas, mango, kiwi, papaya, pineapple, pomegranate, and passion fruit - are cultivated mostly in countries with warm climates. The first mango was grown in India 5,000 years ago. Other major producers are Mexico, Pakistan, China, Indonesia, Brazil and Philippines. Mangoes grow on trees. Some trees grow as tall as 100 feet! The mango tree grows best in sub-tropical and tropical environments. The main producer of mangoes in the United States is Florida. |
| RECAP FROM LAST LESSON | Did anyone ask their grown-up for a fruit or vegetable and got it? Did anyone ask for a fruit or vegetable and get turned down? When would be a better time to ask your grown-up for the fruit or vegetable? (Help children problem solve.) Did anyone have broccoli or cauliflower at home with your family? Show me with your thumbs how they liked it? |
| PHYSICAL ACTIVITY | "A Snowy Day" from Get Movin' Activity Breaks |
| FUN FACTS | <ul style="list-style-type: none"> The mango is called the "king of fruit" in India where there are 1,000 commercial varieties. In India, a basket of mangoes is considered a gesture of friendship. The paisley pattern developed in India represents the mango shape. Mango is the most popular fruit in the world. Its taste resembles a mix of oranges, peaches, and pineapples. The fruit of the mango tree matures in three to five months after flowering. The fruit weighs 1/4 pound to 3 pounds (show photos of mango tree). |
| PART OF PLANT | Fruit |

TROPICAL FRUIT
FEATURED TASTING:
MANGO**ALTERNATIVE:**
PAPAYA

| | |
|---------------------------------|---|
| DISCUSSION | <p>Who likes to eat fruit? Do you eat fruit at home? What are some fruits you eat at home? I like to eat fruits every day.</p> <p>What is a fruit? It grows from a flower and has seeds. Discuss what makes a fruit different from a vegetable. Fruit grows on trees, bushes, or vines and always grows from the flower of the plant. Once the flower blooms, the birds and bees pollinate the plant and the fruit forms. Fruits typically have a seed on the inside and are juicier than vegetables.</p> <p>What does the word “tropical” mean? What are examples of tropical fruit? Can we grow tropical fruits in Iowa? Who likes to eat tropical fruits? Do you eat tropical fruits at home? I like tropical fruits but they aren’t always available in the produce section, and if they are, sometimes they are expensive. With your family, you can look for your favorite fruits in cans or bags in other parts of the store.</p> <p>In Mexico, children like to eat mango with lime juice, chili powder and salt. Has anyone tasted mango prepared like this?</p> |
| HEALTH CONNECTION | <ul style="list-style-type: none"> • Mangoes are rich in Vitamin C, which helps our bodies fight infection and heal wounds (reinforce with a defense shield; cross your arms in front of your body to ward off germs). • Mangoes are rich in Vitamin A, which is very important for healthy eyesight (put on your super goggles). Mangoes contain more vitamin A than most fruits. • Mangoes are also a good source of fiber. Fiber helps with digestion and helps us feel full longer (reinforce by rubbing stomach). |
| ACTIVITIES | <p>Show students a mango pit with all the fruit removed (prepare pit ahead of time so it’s dry). Complete “Mango Mania” crossword puzzle as a class or individually. Read fruit riddles.</p> |
| TASTING | <p>Students will taste mango. Show how to choose a fresh, ripe mango by gently squeezing the mango. Prepare the mango (emphasizing knife safety): With a sharp knife, cut from the top of the mango, down one side of the flat, oblong pit. Repeat on the other side. Take the mango “cheek” and make slices lengthwise and crosswise. Try not to cut through the peel. Flip the skin under to “pop” out the fruit and carefully slice off the cut mango from the skin. Also cut off fruit left around the pit.</p> <p>Child will vote with thumbs as to preference for mango. Thumbs up-I like it, thumbs sideways-it’s okay, thumbs down-no thanks. Ask the children: Who wants to eat a mango again?</p> |
| CLOSING DISCUSSION | <p>What is the name of the fruit we just tasted? What kind of fruit is it? (tropical) Where can you get mangoes?</p> <p>Look in the grocery store’s fresh fruit and vegetable section or in the canned (may be in a tropical fruit blend) and frozen aisles. Today we got to see what a mango looks like. Do you think you would be able to help your grown-up pick out a mango? In the frozen foods section? Do you think you could tell an adult how to cut a mango like we did today? We tried mango all by itself today. Do you think you would like to try mango in a smoothie? Or maybe in salsa? Will you ask your grown-ups for mangoes?</p> |
| TAKE-HOME MATERIALS | <p>Pass out “Ask me about...mangoes” stickers. Send home parent newsletter. Discuss the bingo card for the month. Hand out incentives for returned bingo cards.</p> |
| REFERENCES AND RESOURCES | <p>www.mango.org https://www.hort.purdue.edu/newcrop/morton/papaya_ars.html http://thaifood.about.com/od/thairecipesstepbystep/ss/howtocutapapaya.htm https://snaped.fns.usda.gov/nutrition-through-seasons/seasonal-produce/mango</p> |

HELPFUL HINT

Use this recipe with a dairy lesson to make a Mango Smoothie.

Ingredients:

½ cup vanilla yogurt

½ cup milk

1 cup of frozen or fresh mango

1 whole banana, preferably frozen

Handful of spinach leaves (optional and encouraged!)

Instructions: Blend until smooth.

(source: Spend Smart. Eat Smart. <http://www.extension.iastate.edu/foodsavings/>)

SAFETY NOTE

Mango latex allergy, especially with raw, unripe mangoes is common in some sensitized individuals. Immediate reactions may include itchiness at the angle of the mouth, lips, and tip of the tongue. In some people, the reactions can be severe, with manifestations like swelling of the lips, ulceration at the mouth angles, respiratory difficulty, vomiting, and diarrhea.



Stories in Motion

In-Class Activity Breaks

Continue each bulleted activity or set of activities for 15-30 seconds.

A Snowy Day

- It snowed last night and school is cancelled! Let's get dressed to go outside! Put on your boots and jacket and don't forget your hat.
- First, we need to walk through the snow, so we can start building a snowman. Lift your feet high and don't fall over. I think it snowed at least 2 feet!
- This looks like a good spot. Bend down and start making snow balls. Pack the snow together and roll it on the ground. Make as many as you can.
- Now, pick up the snow balls and stack them to make a snow man. Make it sturdy and add eyes and a nose and mouth!
- That looks great. I feel like making snow angels. Start by moving only your arms; keep them extended and bring them up and over your head and back down to your side. Now, move your legs by themselves as if you were doing jumping jacks. Great! Move your arms and legs together? What a bunch of beautiful snow angels you are too!
- My friend wants to have a snowball fight. Let's start throwing the snowballs we just made! Bend down to pick them up and throw them as fast as you can. Now, try throwing them with the other arm!
- It's almost time to head home. Run to the sled with me! Now, hop on it and lean forward as we go down the hill. Watch out for that tree!
- Good job. Let's walk back to the house now for a healthy snack. Remember to lift your feet up high; it is a challenge to travel through the snow.
- That was a lot of fun! Maybe we can do that again soon.





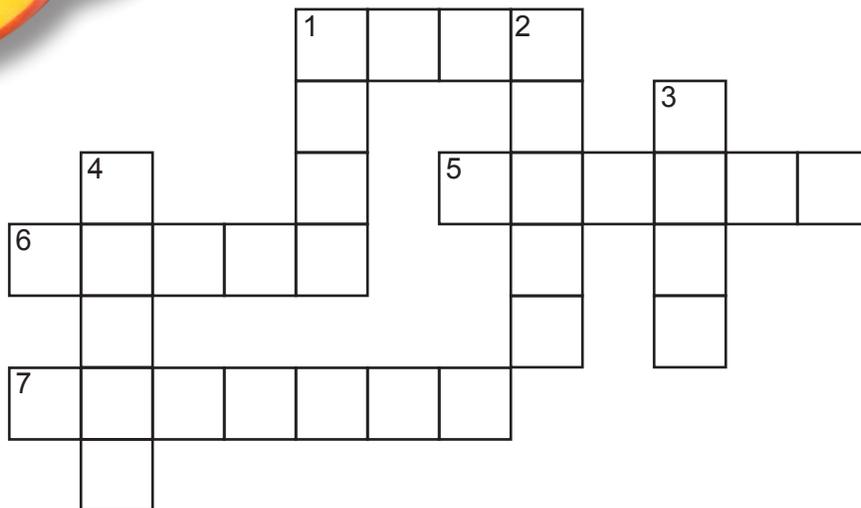
Name: _____

Mango Mania



Mango Mania

Peel. Cut. Eat. (How easy is that?)



ACROSS

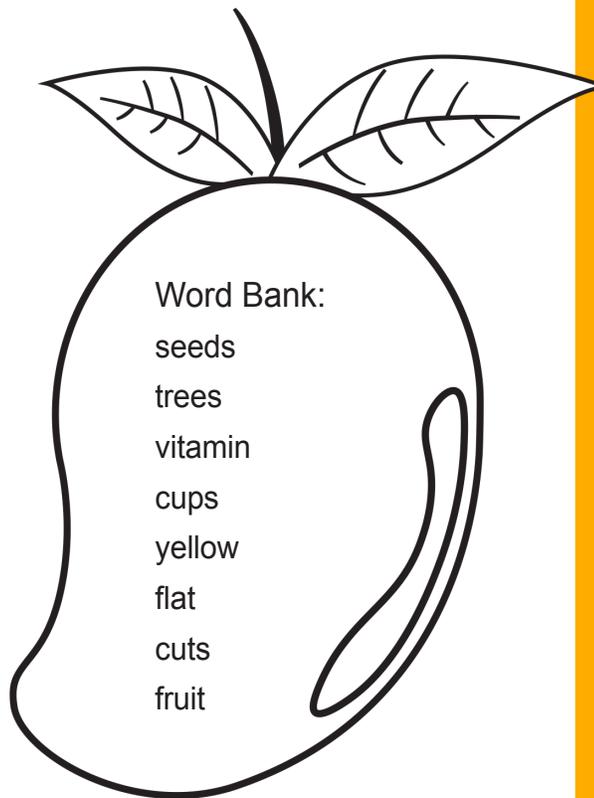
- 1 Children should eat 1 1/2 _____ of fruit everyday.
- 5 The fruit on the inside of the mango is _____.
- 6 Fruits grow on bushes and _____.
- 7 Mangoes are rich in _____ A.

DOWN

- 1 Vitamin C helps heal _____.
- 2 Fruits have _____ in them.
- 3 The seed inside of a mango is big and _____.
- 4 A mango is a tropical _____ that needs warm sun.

Word Bank:

seeds
trees
vitamin
cups
yellow
flat
cuts
fruit



Pick a **better snack**™





Fruit Riddles

Solve the following riddles with the students. After the riddle is solved, ask whether the item meets the definition of a fruit (edible part of a plant that develops from the flower, generally found on bushes and trees).

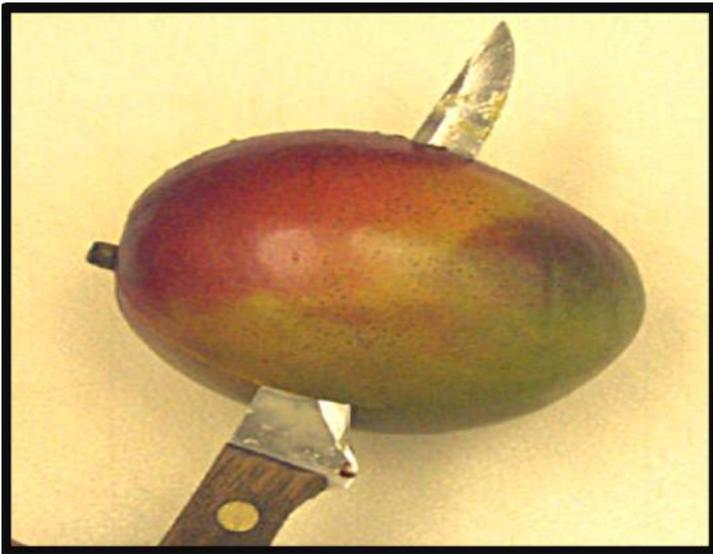
1. I grow on a tree and I'm yellow, juicy and oh so fair. What am I? (Pear)
2. I grow on a vine in big purple or green bunches. With one bite you can eat me. What am I? (Grape)
3. I grow on a tree and I'm round and orange. You can squeeze me for juice or peel and enjoy. What am I? (Orange)
4. I'm the tastiest berry that you ever saw, but I'll tell you I'm not made of straw. What am I? (Strawberry)
5. I grow on a tree with skin oh so fuzzy. Watch out when you bite me because my pit is big. What am I? (Peach)
6. I come in red, green or yellow. Slice me and turn my skin inside out and watch out for my pit. What am I? (Mango)
7. I'm smooth and I'm yellow. I grow in a bunch. (Banana)

(source: <http://www.idph.state.ia.us/INN/PickABetterSnack.aspx?pg=Educators>)

Fruit and Vegetable Jokes

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| Q: Why aren't bananas ever lonely? A: Because they come in bunches. | Q: What did the apple skin say to the apple? A: I've got you covered. |
| Q: What fruit always travels in groups of two? A: Pears | Q: What does corn say when it's picked? A: Ouch! My ears. |

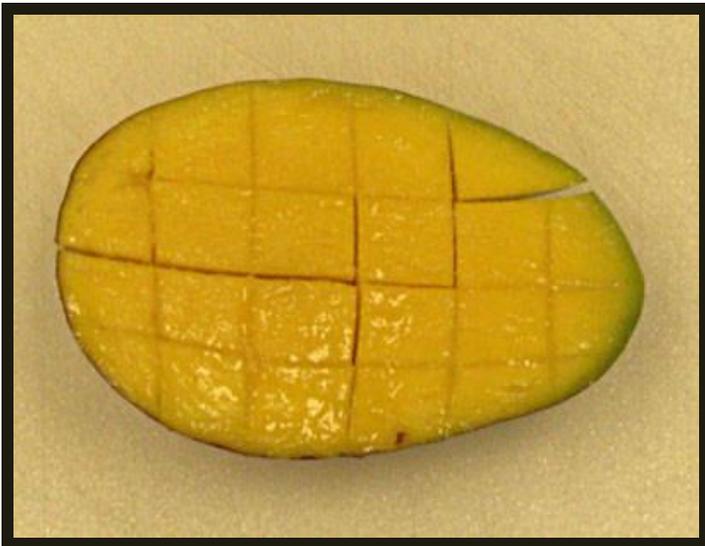
(source: <http://www.fns.usda.gov/sites/default/files/FuelupFruitsVeggiesActivitySheet.pdf>)



Only an adult should cut a mango with a sharp knife.

Mangos have a very large, flat seed, so they cannot be sliced through the center.

- Place the mango with one flat side resting on the cutting board.
- Slice the mango lengthwise along the flat side next to the seed.
- Turn mango over and repeat on the other side. You should have two halves of mango in the skin.



- Carefully cut a cross-hatch pattern through the mango pulp down to the skin, being careful not to cut through the skin.
- Pick up the cross-cut mango half.
- Gently push upward with your fingers while pressing down with your thumbs to turn the diced pulp inside out in the skin.
- Carefully slice out the diced pulp by cutting between the cubed mango pulp and the skin.

- Cut remaining yellow flesh from the outer edge of the mango seed.
- Dice and add to the rest of the diced mango.

If you don't want to use a sharp knife, peel the skin and eat anyway you want to! Just be ready with a napkin to catch the delicious juice.

Want a little extra flavor? After the mango is peeled, squeeze a little lime juice on it and sprinkle with chili powder and a pinch of salt. YUM.

