

JANUARY**MANGO**
TROPICAL FRUIT**GRADE**
K-1

RECOMMENDED BOOK	<u>Marti and the Mango</u> by Daniel Moreton <u>Handa's Surprise</u> by Eileen Browne
NEEDED SUPPLIES	Mango, paper plate or small cup for serving mango
NEEDED RESOURCES	"Cutting a Mango" reference sheet, "A Snowy Day" activity break, "Banana Dance" video and lyrics, "The Mango Song" lyrics, mango photos, bilingual word search
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"> K-1: Identify healthy foods.
OBJECTIVES	<ul style="list-style-type: none"> Students will gain knowledge of mango (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. Put them in a paper bag at room temperature to speed up 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 have broccoli or cauliflower with their family at home? Show me with your thumbs how they liked the vegetable? How do you think you could get your family to try some of the foods we have been tasting at school? (You could tell them how much you, your teacher and your classmates liked the samples at school, and that you sometimes have to try things many times before you start to like them.)
PHYSICAL ACTIVITY	"A Snowy Day" from <u>Get Movin' Activity Breaks</u> or "Dr. Jean's Banana Dance" http://www.youtube.com/watch?v=MFmr_TZLpS0

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

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).
DISCUSSION	<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 parents, you can look for your favorite tropical fruits in cans or in bags in the freezer section.</p> <p>What is a fruit? It grows from a flower. It holds seeds.</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 important for healthy eyesight (Use your fingers to 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). Pass around a mango and a seed. Students can feel and smell the ripe mango and seed. Sing “The Mango Song” (sing to tune of “B-I-N-G-O”) or sing “Banana Dance” by Dr. Jean. Complete the bilingual word search. Ask students to say the English and Spanish words.</p>
SENSES CONNECTION	<p>See: A mango has green/yellow/red/purple skin. The fruit is yellow/orange, and the seed is big and flat.</p> <p>Touch: The outer skin of the mango is smooth. A ripe mango yields to gentle pressure.</p> <p>Smell: The aroma is fruity.</p> <p>Taste: The taste is a mix of oranges, peaches, and pineapple.</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 the 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? Where can you get mangoes? Look in the grocery store’s fresh fruit and vegetable section or in the canned and frozen aisles. The produce (or fresh fruit and vegetable) section is usually the first thing you see when you go into the grocery store. 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? Will you ask your grown-ups for mangoes?</p>

TAKE-HOME MATERIALS	Pass out “Ask me about...mangoes” stickers. Send home the parent newsletter.
REFERENCES AND RESOURCES	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
HELPFUL TIP	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.

Banana Dance Lyrics

Form the banana, form, form the banana. (Bring your right arm up as you say this.)

Form the banana, form, form the banana. (Bring your left arm up.)

Peel the banana, peel, peel the banana. (Bring your right arm down.)

Peel the banana, peel, peel the banana. (Bring your left arm down.)

Go bananas, go, go bananas. (Jump around and act crazy!)

Go bananas, go, go bananas.

Form the corn, form, form the corn. (Bring your right arm up as you say this.)

Form the corn, form, form the corn. (Bring your left arm up.)

Shuck the corn, shuck, shuck the corn. (Bring your right arm down.)

Shuck the corn, shuck, shuck the corn. (Bring your left arm down.)

Pop the corn, pop, pop the corn. (Jump on the word "pop.")

Pop the corn, pop, pop the corn.

Form the mango...

Do the tango! (Dance with a partner.)

Form the orange...

Squeeze the orange! (Hug a partner.)

Form the tomato...

"Th" the ketchup! (Make a "thump" sound as you pretend to shake a ketchup bottle.)

Form the carrot...

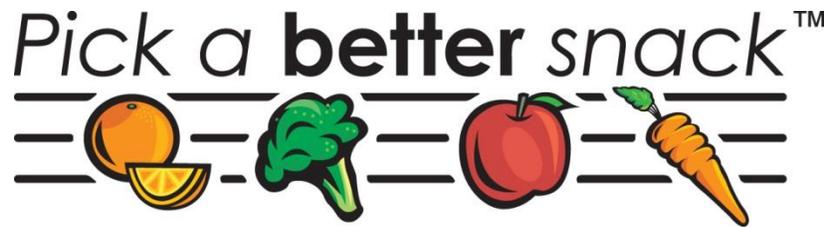
Feed the bunny! (Fingers over head like ears and put top teeth on bottom lip.)

Form the avocado...

Guacamole! (Shake your head and pretend to shake maracas.)







The M-A-N-G-O Song

(Sing to the tune of B-I-N-G-O)

"X" means clap

There is fruit that's good to eat, and MANGO is its name-O
M-A-N-G-O, M-A-N-G-O, M-A-N-G-O, and MANGO is its name – O

It's a tropical fruit that needs warm sun, and MANGO is its name –O
X-A-N-G-O, X-A-N-G-O, X-A-N-G-O, and MANGO is its name – O

The skin outside is reddish green and MANGO is its name – O
X-X-N-G-O, X-X-N-G-O, X-X-N-G-O, and MANGO is its name – O

The seed inside is very big, and MANGO is its name – O
X-X-X-G-O, X-X-X-G-O, X-X-X-G-O, and MANGO is its name – O

The fruit inside is yellow and sweet, and MANGO is its name – O
X-X-X-X-O, X-X-X-X-O, X-X-X-X-O, and MANGO is its name – O

There is a fruit that's good to eat, and MANGO is its name – O
X-X-X-X-X, X-X-X-X-X, X-X-X-X-X, and MANGO is its name – O

MANGO MANIA BILINGUAL WORDSEARCH

Look for the hidden English AND Spanish words below.

M	A	N	G	O	V	S	K	I	G
A	Q	T	D	S	U	N	G	O	X
N	R	O	J	O	G	A	R	K	Y
G	E	M	Y	L	N	L	E	L	E
O	D	V	V	E	R	D	E	D	L
B	S	P	H	I	M	R	N	S	L
I	E	A	M	A	R	I	L	L	O
G	R	A	N	D	E	G	M	A	W

English	Spanish
MANGO	MANGO
RED	ROJO
GREEN	VERDE
SUN	SOL
YELLOW	AMARILLO
BIG	GRANDE



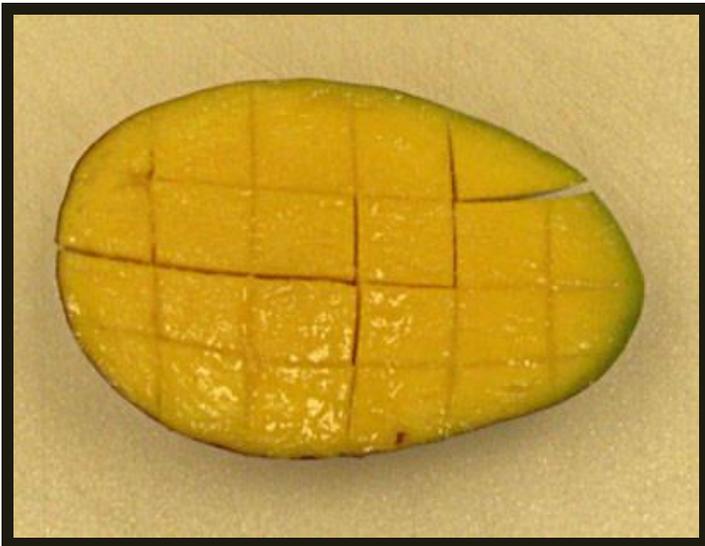
Funded by USDA's SNAP, an equal opportunity provider, in collaboration with the Iowa Department of Public Health. Iowa Food Assistance can help you buy healthy food. Visit <http://dhs.iowa.gov/food-assistance> for more information.



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.

