



Harvest Objectives

Families will describe the outside and inside of the mango.
Families will identify that mangos grow on trees and have seeds inside.
Families will taste a piece of mango.



Harvest Vocab

Outside Inside Firm Fruit Smooth Tree

Materials & Prep

Mango (enough for each family member to taste small $\frac{1}{4}$ pieces)
Brown paper bags
Chalkboard/Whiteboard and chalk/whiteboard markers
Pictures of fruits or vegetables (optional)
Images (included at end of learning plan)
Knife & Cutting Board
Taste Test Chart
Stickers (or small Post-It Notes)
Taste Test Extension supplies (optional)

Literature Connections

A Mango in the Hand: A Story Told Through Proverbs by Antonio Sacre and Sebastia Serra
Too Many Mangos by Tammy Paikai and Don Robinson
Mango Tree by Karyn Hughes and Susie Stone

Warm Up

- In order to engage the family and activate prior knowledge, place whole mangos in brown paper bags (one per bag). Pass the bags around and have the family feel the mango, without looking, and ask them to think of a describing word. After everyone has felt the mango, ask them to share their describing word and record their responses in a list under the word "Outside." Then take out the mango and ask the family what it looks like and continue to record responses.
- Write the word "Inside." Then cut one mango in half. Pass it around and ask the family what they observe and record their responses. What does it look like? Feel like? Smell like?
- Finally, ask them, "What do you think this is? Have they ever seen one before?"

Explain

- If nobody mentioned it, share with the family the word "mango" and write it on top of the warm up list. If nobody mentioned the word smooth in the warm-up, share that now along with other examples. Explain that botanically it is a fruit (the seed, the large tan oval is inside). What other fruits can they think of, with seeds inside? (Apple, banana, orange, cucumber, eggplant, etc.) If possible, put out pictures of fruits and vegetables and allow the families to think about which ones have seeds inside.



- Describe how mango grow (from a tree, after the flowers are pollinated they swell to become the mango we eat), why we should eat mango (healthy eyes, helps prevent colds, healthy blood, and helps digestion) and for each reason come up with an action to help the family remember. For example, they can shake their finger no and touch their forehead while saying “no fever.” Also explain how to pick a good mango (it should be firm when you press it gently). Please see the next pages for images to share with the family.

Taste Test

- Using the extra mango from the warm up, cut quarter pieces for each person to taste.
- If possible, have two different mango varieties for the family to taste. Do they notice any difference in taste?
- Create another chart that says “I Like” with a smiley face and “I Don’t Like” with a sad face. Give each person a sticker, and ask them to vote by placing it in a column. Count the number of people that like mango, and don’t like mango and write that number in each column.
- Review how a mango grows and the health benefits with the family.

Toddler Tasting

- Rinse the mango, peel, deseed and mash with a fork. Add water to the mash, if needed until the proper consistency is achieved.

Taste Test Extension

Rule of 15 “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

For an additional mango tasting experience, prepare this recipe with family in class using different stations, or ahead of time. Serve it with this lesson, or on a different day to expand the Harvest of the Month experience.

Mango Patterns (for 20 family)

Adapted from: <http://lifebehindthegrill.blogspot.com/2010/06/chicken-or-steak-kabobs-with-fruit.html>

4 mangos
Knife & Cutting Board
Plate (1 per child)

4 of another fruit (apples, bananas, etc)
Kebab sticks with point remove (optional)



1. Rinse and cut the mangos into strips. Rinse and cut the other fruit into chunks
2. Invite the family to wash their hands and come to the table for a cooking activity.
3. Demonstrate how to hold the plastic knife properly and how to cut the mango strip into smaller pieces. Have each child cut one mango strip into small pieces (chunks).
4. Then have the family add the mango and fruit pieces to the kebob stick in a pattern. NOTE: If you prefer not to use the kebob sticks, have the family make a pattern on their plate. Serve and enjoy!

How do mangos grow?



Mangos grow on a tree in the tropics.
After pollination, the flower swells to become the mango we eat.



Why should we eat mangos?

Vitamin A



Healthy eyes

Vitamin C



Healthy immune system
(prevents colds, heals cuts)

Folate



Healthy blood

Fiber



Healthy digestion,
cleans out your system