

# NUTRITION EDUCATION ACTIVITY

## MANGOES

Mangoes are a tropical fruit and are round, oval or oblong. They are usually eaten ripe when they are a yellowish-orange color, but they are also eaten green with vinegar, soy sauce or salt and pepper. The mango is an excellent source of vitamin A and is a good source of vitamin C and potassium as well. When purchasing mangoes, you should select a firm and unblemished fruit. It will ripen in three to five days at room temperature and, when ripe, the flesh will yield slightly to gentle pressure.

To prepare mangoes for eating, start by having the children wash their hands and wash the mangoes. Talk about how this is important to remove things from our hands or the mango that might make us sick. An adult may have to peel the entire mango with a knife, but the children may be able to peel some of the skin off once the peeling has been started. While the mango is being peeled, have the children think of fruits that they eat with peels and fruits that they peel before they eat them. Once the mango is peeled, cut it in half to reveal the large, fuzzy seed. Compare this seed to the seeds of other fruits. Ask the children if they can think of fruits that have seeds that we eat. Remove the seed and cut up the flesh of the fruit for all to enjoy. The following recipe contains mango and is featured on the Head Start menu this month:

### TROPICAL FRUIT COCKTAIL

- 3/4 cup sliced banana
- 1 cup diced fresh pineapple
- 1 cup diced mango
- 2 tablespoons orange juice concentrate, thawed
- 1 teaspoon chopped fresh mint

Place all of the fruit in bowl and add the concentrate and mint, mixing lightly. Chill 1 hour. Makes four servings.

