





7. It takes about 4 months for a mango to reach maturity on the tree. TRUE\_\_\_\_\_ FALSE\_\_\_\_\_
8. Mangos are harvested: \_\_\_\_\_
  - a. by hand
  - b. by machine
9. Consumer research shows that consumers feel mangos are tropical, healthy and nutritious. TRUE\_\_\_\_\_ FALSE\_\_\_\_\_
10. A mango tree removes two-and-a-half times the carbon than is emitted during the growing, harvesting and transportation to the U.S. TRUE\_\_\_\_\_ FALSE\_\_\_\_\_

## **LESSON 2 - MANGO STORAGE, RIPENING & CUTTING**

### **QUIZ/REVIEW QUESTIONS**

1. Mangos are harvested commercially when mature but not yet ripe. TRUE\_\_\_\_\_ FALSE\_\_\_\_\_
2. Green mangos have no use in restaurants. TRUE\_\_\_\_\_ FALSE\_\_\_\_\_
3. Mangos ripen: \_\_\_\_\_
  - a. under refrigeration
  - b. best at 54-60° F, like a banana
  - c. in direct sun
4. Mangos produce ethylene, so be careful not to store next to ethylene sensitive products. TRUE\_\_\_\_\_ FALSE\_\_\_\_\_
5. Ripe mangos can be refrigerated up to: \_\_\_\_\_
  - a. 1 day
  - b. 5 days
  - c. 1 month
6. The best indicator of mango ripeness is the color of its skin. TRUE\_\_\_\_\_ FALSE\_\_\_\_\_
7. What happens during the ripening of a mango? \_\_\_\_\_
  - a. The starch converts into sugars.
  - b. The flesh softens and becomes juicier.
  - c. The flesh color changes from greenish-yellow to golden-yellow.
  - d. The aroma becomes more pronounced.
  - e. All of the above
8. Mango yield ranges from \_\_\_\_\_, depending on variety.
  - a. 60.5 to 71.3%
  - b. 22.5 to 35.5%
9. To maximize mango yield, you start by knowing how the seed is positioned in the fruit. TRUE\_\_\_\_\_ FALSE\_\_\_\_\_
10. The largest pieces of mango flesh, found next to the flat sides of the seed, are called cheeks. TRUE\_\_\_\_\_ FALSE\_\_\_\_\_



### LESSON 3 – MANGO VARIETY, AVAILABILITY & RIPENESS LEVELS QUIZ/REVIEW QUESTIONS

1. Fresh mangos can be ordered and fresh-cut. TRUE\_\_\_\_\_ FALSE\_\_\_\_\_
2. Which mango variety is available the most months of the year? \_\_\_\_\_
  - a. Keitt
  - b. Haden
  - c. Tommy Atkins
3. Which mango variety has no fibers? \_\_\_\_\_
  - a. Ataulfo
  - b. Kent
  - c. Francis
4. Which country exports the most mangos to the U.S.? \_\_\_\_\_
  - a. Mexico
  - b. Brazil
  - c. Peru
5. All mango varieties are fibrous. TRUE\_\_\_\_\_ FALSE\_\_\_\_\_
6. The flavor of a green mango is tart. TRUE\_\_\_\_\_ FALSE\_\_\_\_\_
7. The texture of a ripe mango can be described as:\_\_\_\_\_
  - a. Crisp
  - b. Slightly soft, juicy
  - c. Soft, very juicy
8. The flavor of a very ripe mango is very sweet. TRUE\_\_\_\_\_ FALSE\_\_\_\_\_
9. Ripe mango is the most popular ripeness level used in foodservice. TRUE\_\_\_\_\_ FALSE\_\_\_\_\_
10. Spices can enhance the mango's flavor at all stages of ripeness. TRUE\_\_\_\_\_ FALSE\_\_\_\_\_

### LESSON 4 – MANGO NUTRITION QUIZ/REVIEW QUESTIONS

1. Mango is an excellent source of:\_\_\_\_\_
  - a. Vitamin C
  - b. Vitamin A
  - c. Folate
  - d. All of the above
2. Mango is a good source of:\_\_\_\_\_
  - a. Fiber
  - b. Vitamin B6
  - c. Copper
  - d. All of the above



3. 165 grams of fresh mango (1 cup sliced) contains how many calories? \_\_\_\_
  - a. 100
  - b. 50
  - c. 200
4. Adding mango to a recipe can enhance the nutrition profile. TRUE\_\_\_\_  
FALSE\_\_\_\_
5. Mangos contribute over 20 difference vitamins and minerals to the diet.  
TRUE\_\_\_\_ FALSE\_\_\_\_

### **LESSON 5 – COOKING WITH FRESH MANGO IN GLOBAL CUISINES**

#### **QUIZ REVIEW QUESTIONS**

1. List three ways to incorporate fresh mango into a menu.
  - a.
  - b.
  - c.
2. Mangos are indigenous to Indian, Asian, Latin American and Caribbean cuisines.  
TRUE\_\_\_\_ FALSE\_\_\_\_
3. Name two of the five attributes that fresh mango adds to a recipe.
  - a.
  - b.
4. Pureed very ripe mango adds body and a layer of flavor to salad dressings and sauces. TRUE\_\_\_\_ FALSE\_\_\_\_
5. Mango condiments serve as a flavor bridge to connect the flavors of other components on a plate. TRUE\_\_\_\_ FALSE\_\_\_\_

### **LESSON 6 – COOKING WITH FRESH MANGO IN HOT APPLICATIONS**

#### **QUIZ/REVIEW QUESTIONS**

1. Name three ways fresh mango can be used in hot applications.
  - a.
  - b.
  - c.
2. Only ripe mangos can be used in hot applications. TRUE\_\_\_\_ FALSE\_\_\_\_
3. When heat is applied to mango, the texture softens, the fibers break down and the flavor intensifies. TRUE\_\_\_\_ FALSE\_\_\_\_
4. Sautéing fresh mango to caramelize brings out the fruits inherent sweetness.  
TRUE\_\_\_\_ FALSE\_\_\_\_
5. Ripe mango holds its shape when grilled. TRUE\_\_\_\_ FALSE\_\_\_\_