

National Mango Board Fresh Mango Curriculum ACF Member Review Questions

ACF MEMBERS:

Name Title

The *Fresh Mango Curriculum* program has been approved by the American Culinary Federation for 8.5 continuing education hours.

The *Fresh Mango Curriculum* consists of six lessons that teach the basics of how to order, handle and cook with fresh mango; its sensory characteristics and superfruit nutrition; as well as an overview and hands-on activities that demonstrate the mango's remarkable versatility in cold and hot applications and its role in global cuisines.

After you've completed the program, please answer the review questions and send this form, along with the evaluation, to susan@susan-hughes.com. We'll send you a certificate.

Thanks for your interest in learning about fresh mangos!

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Ма	we contact you in the future with fresh mango information?
	ON 1 - MANGO HISTORY & PRODUCTION /REVIEW QUESTIONS
1.	ango is a member of the cashew family. TRUE FALSE
	angos do not have a seed. TRUE FALSE
3.	panish explorers brought mangos to South America and Mexico:
	a. in the 1600's
	b. about 5,000 years ago
	c. beginning around 300 or 400 AD
4.	angos thrive only in tropical and subtropical climates. TRUE FALSE
5.	ame two primary source countries that export fresh mangos to the U.S.
	a.
	b.
6.	angos are harvested 6 times a year. TRUE FALSE



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
	SSON 2 - MANGO STORAGE, RIPENING & CUTTING IZ/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
	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
	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
LE:	SSON 4 - MANGO NUTRITION
QU	IZ/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.	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
LE	SSON 5 - COOKING WITH FRESH MANGO IN GLOBAL CUISINES
QU	JIZ 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
	SSON 6 – COOKING WITH FRESH MANGO IN HOT APPLICATIONS UZ/REVIEW QUESTIONS
1.	Name three ways fresh mango can be used in hot applications.
	a.
	b.
	C.
	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	Ping mange holds its shape when grilled TRUE FALSE