

Do the Mango Fandango

Invite your students to sing and dance along to this lively song while learning about nutrition and exercising their bodies! First, challenge students to draw and paint their own creative mango variety—from a “stars and stripes” mango to a rainbow mango. (Download a mango reproducible at www.mango.org.) Children can glue their mangos onto Popsicle sticks to make their own (silent) maracas, which they will use during the dance.

Before you begin, assign mango roles (Mexican, Peruvian, and so on) to several children. When a child’s verse comes up, he or she moves forward to do the specific dance steps outlined below.

To share a live version of young performers singing “The Mango Fandango,” visit the ManGO Kids section of www.mango.org.

Instructions for the Mango Fandango

[THE FANDANGO STEP: ALL STUDENTS SWAY FROM SIDE TO SIDE, WHILE SHAKING MARACAS AND SINGING “AY YI YI YI.” THEN, TURN TO A PARTNER AND SWAY FROM SIDE TO SIDE WHILE SHAKING THE MARACAS, AND THEN FINISH WITH A DOUBLE STOMP (AT “MANGO”) AND FACE FRONT.]

AY YI YI YI, I’m a delicious ripe mango!

[TURN TO THE LEFT AND THEN TO THE RIGHT, RAISE ARMS IN THE AIR, AND THEN STRETCH THEM OUT AT THEIR SIDES LIKE A RAINBOW.]

I come in the colors of red, yellow, green,
The most beautiful fruit you’ve ever seen.

[Repeat Fandango Step]

AY YI YI YI, I’m a Mexican Mango!

[“MEXICAN MANGO” STEPS UP, PUTS ARMS OUT AT SIDES AS AN AIRPLANE FLYING, THEN POINTS TO TUMMY, THEN JUMPS UP.]

I come from the tropics to bring you nutrition,
And for your tummy, I’ll hold an audition.

[Repeat Fandango Step]

AY YI YI YI, I’m a sweet Haitian Mango!

[“HAITIAN MANGO” STEPS UP AND MAKES WAVY HAND GESTURES TO THE SIDES, THEN PUTS OPEN HANDS UP TO SIDES OF MOUTH AND SHOUTS ON “WOW.”]

Two of my islands are “Turtle” and “Cow”
But taste my mango and you’ll say, “WOW!”

[Repeat Fandango Step]

AY YI YI YI, I’m a Peruvian Mango!

[“PERUVIAN MANGO” STEPS UP AND MIMES ROWING A BOAT FULL OF MANGOS, ENDING WITH BOTH PALMS UP AND POINTING OUT TOWARD AUDIENCE ON “YOU.”]

From the land of the ruins of Machu Picchu,
I come on a boat to be eaten by you!

[Repeat Fandango Step]

AY YI YI YI, I’m a Guatemalan Mango!

[“GUATEMALAN MANGO” STEPS UP AND MIMICS PLANTING SEEDS SIDE TO SIDE ON THE FLOOR, THEN MIMICS A GROWING TREE SWAYING SIDE TO SIDE.]

We grow many things—like sugar and coffee,
The mangos we grow here are sweeter than toffee.



[Repeat Fandango Step]

AY YI YI YI, I’m a Brazilian Mango!

[“BRAZILIAN MANGO” STEPS FORWARD AND MIMICS SWIMMING, A CROCODILE’S JAW OPENING AND CLOSING, AND THEN STANDS ON TIPTOE REACHING FOR THE SKY AND WIGGLING HIS/HER FINGERS.]

Brazil is the land where the Amazon flows,
The crocodiles swim, and the mango tree grows.

[Repeat Fandango Step]

AY YI YI YI, I’m an Ecuadorian Mango!

[“ECUADORIAN MANGO” STEPS FORWARD AND MAKES A POINTED “MOUNTAIN” ABOVE HIS/HER HEAD, OPENING AND CLOSING FISTS LIKE A VOLCANO, AND THEN POINTS TO CHEEKS AND CUPS HANDS TOGETHER TO SMELL THEM.]

From the land of the Andes and volcanoes,
I taste good to your mouth and smell good to your nose.

[Repeat Fandango Step]

AY YI YI YI, What is your favorite mango?

[ALL THE CHILDREN PRETEND TO PICK MANGOS FROM TREES AND MIME BITING INTO A MANGO.]

Exotic, fresh flavors, spicy to sweet,
Mango trees give us good fruit to eat.

[Repeat Fandango Step]

AY YI YI YI, Dance the Mango Fandango!

[ALL CHILDREN STEP FORWARD, SPIN AND BOW, AND THEN DO “RAINBOW ARMS” WHILE SHAKING MARACAS.]

Step, spin, and bow in single file
All the way down the produce aisle!