



Dear Teachers,

Welcome to the wonderful world of mangos! Please enjoy this free information and idea poster brought to you by the National Mango Board. Delicious and beautiful, mangos are the most popular fruit in the world, yet many American students are not familiar with them. This poster will help personalize geography, introduce healthy recipes, and suggest activities —as well as introduce your students to this wonderful fruit. Find more detailed information, activities, and recipes at www.mango.org.



Meet a Mango

To begin your exploration of this tasty fruit, bring a mango variety or two to class. Pass the mangos around the classroom. Ask students about the color of the fruit and the texture of its skin. Invite them to use their five senses to write about the mango in the form of a poem. What vocabulary words would they use to describe it? While the students smell and taste the mangos, you can explain the following facts:

NUTRITION: Mangos are an excellent source of vitamins C and A. They have more than 20 different vitamins and minerals. Mangos are also a good source of dietary fiber.

VITAMIN C: This vitamin helps protect kids from infection by boosting immunity. It is also essential for wound healing and maintaining healthy bones, cartilage,

teeth, and gums. Vitamin C is required for the formation of collagen, a protein that is used to make skin, muscles, blood vessels, tendons, and ligaments.

VITAMIN A: Mangos have beta-carotene, an antioxidant which is converted into vitamin A by the body. Vitamin A promotes eye health and helps maintain healthy teeth and skin.

FIBER: Mangos are a good source of dietary fiber, a substance found only in plants. Fiber helps promote good digestion and contributes to heart health.

HEALTHY SNACKING: Mangos are an ideal snack for kids—delicious tropical flavor; naturally free of fat, sodium, and cholesterol; and only 110 calories per cup of sliced mango. That's a snack you can truly feel good about!