



**National Mango Board
Fresh Mango Curriculum
ACF Member Review Questions**

ACF MEMBERS:

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 save this form as a PDF file and open it in a PDF reader like Adobe Reader or Apple Preview. Then answer the review questions, save the completed document and email it, along with the evaluation, to susan@susan-hughes.com. We'll send you a certificate.

Thanks for your interest in learning about fresh mangos!

Name

Title

Company

Address

City, State, Zip

Phone

Email

May we contact you in the future with fresh mango information? YES _____ NO _____

LESSON 1 - MANGO HISTORY & PRODUCTION

1. Mango is a member of the cashew family. TRUE _____ FALSE _____
2. Mangos do not have a seed. TRUE _____ FALSE _____
3. Spanish 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. Mangos thrive only in tropical and subtropical climates. TRUE _____ FALSE _____
5. Name two primary source countries that export fresh mangos to the U.S.
 - a.
 - b.



6. Mangos 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_____

LESSON 2 - MANGO STORAGE, RIPENING & CUTTING

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

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

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 different vitamins and minerals to the diet.
TRUE ____ FALSE ____

LESSON 5 – COOKING WITH FRESH MANGO IN GLOBAL CUISINES

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

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 ____