



Harvest Objectives

Students will describe the outside and inside of the mango.
Students will identify that mangos grow on trees and have seeds inside.
Students will taste a piece of mango.



Harvest Vocab

Outside Inside Firm Fruit Smooth Tree

Materials & Prep

Mango (enough for each child to taste small $\frac{1}{4}$ pieces)
Brown paper bags
Chalkboard/Whiteboard and chalk/whiteboard markers
Pictures of fruits or vegetables (optional)
Images (included at end of learning plan)
Knife & Cutting Board
Taste Test Chart
Stickers (or small Post-It Notes)
Taste Test Extension supplies (optional)

Literature Connections

A Mango in the Hand: A Story Told Through Proverbs by Antonio Sacre and Sebastia Serra
Too Many Mangos by Tammy Paikai and Don Robinson
Mango Tree by Karyn Hughes and Susie Stone

Warm Up

- In order to engage the children and activate prior knowledge, place whole mangos in brown paper bags (one per bag). Pass the bags around and have the children feel the mango, without looking and ask them to think of a describing word. After everyone has felt the mango, ask them to share their describing word and record their responses in a list under the word "Outside." Then take out the mango and ask the children what it looks like and continue to record responses.
- Write the word "Inside." Then cut one mango in half. Pass it around and ask the children what they observe and record their responses. What does it look like? Feel like? Smell like?
- Finally, ask them, "What do you think this is? Have they ever seen one before?"

Explain

- If nobody mentioned it, share with the children the word "mango" and write it on top of the warm up list. If nobody mentioned the word smooth in the warm-up, share that now along with other examples. Explain that botanically it is a fruit (the seed, the large tan oval is inside). What other fruits can they think of, with seeds inside? (Apple, banana, orange, cucumber, eggplant, etc.) If possible, put out pictures of fruits and vegetables and allow the students to think about which ones have seeds inside.

How do mangos grow?



Mangos grow on a tree in the tropics.
After pollination, the flower swells to become the mango we eat.



Why should we eat mangos?

Vitamin A



Healthy eyes

Vitamin C



Healthy immune system
(prevents colds, heals cuts)

Folate



Healthy blood

Fiber



Healthy digestion,
cleans out your system