



Out-of-School Learning Plan Mango

Harvest Out-of-School Objectives

Participants will review which plant part mangos are from
Participants will review the health benefits of mango
Participants will make a mango snack



Harvest Out-of-School Review

- Hold up the mango and ask the participants if they remember, from school:
 - what it is called (mango)
 - what type of plant part do they come from (flower)
- Review with them how mango grow (on trees, from flowers after they are pollinated), why we should eat mangos (healthy immune systems—prevents colds, healthy eyes, and healthy blood, healthy digestion), and how to pick good mango (by being soft when you press it.) Please see the next pages for images to share with them.

Harvest Out-of-School Brainstorm—What are other tropical fruit?

- Hold up the mango and remind students that it is a tropical fruit (it grows in Florida and Hawaii and Brazil, but not South Dakota) and ask the participants to think about 2 additional tropical fruit? Allow participants 1-2 minutes to visit about their ideas with a partner and write/sketch their brainstorms. If time permits, have a discussion about their ideas.

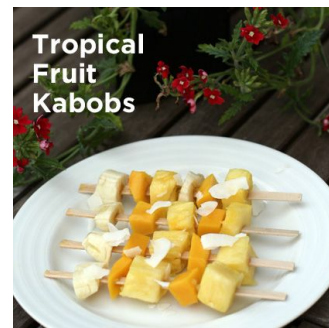
Harvest Out-of-School In Action

Rule of 15 “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

Tropical Fruit Kebobs (10 participants)

(adapted from: <http://spoonful.com/recipes/tropical-fruit-kabobs>)

2 Mangos – 4 diced pieces per participant
5 bananas – 4 diced pieces per participant
2 (15 oz) cans diced pineapple – 4 diced pieces per participant
Dried coconut (optional)
4 Knives & Cutting Boards
1 teaspoon
Can opener
Wooden skewers – 2 per participant



General Directions: Place diced fruit on skewer.

1. All participants should wash their hands.
 - a. Wet hands with warm water
 - b. Apply hand wash (soap)
 - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
 - d. Rinse both sides of hands with water all the way up to the wrists
 - e. Dry hands and shut off faucet with towel

Mango

2. Demonstrate how to cut the mango. Stand the mango on your cutting board stem end down and hold. Place your knife about 1/4" from the widest center line and cut down through the mango. Flip the mango around and repeat this cut on the other side. The resulting ovals of mango flesh are known as the "cheeks." What's left in the middle is mostly the mango seed.
3. Show everyone how to hold the knife handle correctly, and how to keep their fingers out of the way by rolling their fingers over, so their fingertips are protected.
(<https://www.youtube.com/watch?v=lvLdPjpELyU> (1:28-2:06 show the easiest way to get mango diced pieces) Have 2 participants cut mango pieces that are about 1 inch by 1 inch or less.
4. Have 1 participant prepare the eating area and 1 participant count out plates. Have 2 participants cut banana pieces that are about 1 inch by 1 inch or less. Have 2 participants open the pineapple and put two pieces on all each plate. Have 1 participant put 2 wooden skewers on each plate. Have 1 participant put 1 spoonful of coconut (if using) on each plate.
5. Demonstrate how to make the kebob. Have each participant make 2 kebobs on their plate. Did anyone brainstorm these additional tropical ingredients? Enjoy!

Harvest Out-of-School Wrap-Up

- After trying the mango, have the participants record in their HOM journal on their “Like” “Don’t Like” table.
- On the “Why we should eat...” page have the older participants record one health benefit.
- When asked “What do you like to eat?” have the older participants respond to kebabs? (Spinach, apples, avocado, etc)
- If time allows, have the older participants respond in pairs, or with the group.

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)	Fiber  Healthy digestion, cleans out your system
Folate  Healthy blood		