

Mango Activities For the Classroom

- **Mango Education and Awareness:** Teachers give presentations to students about the history, cultural significance, and health benefits of mangoes. They may discuss how mangoes are grown, processed, and used in different cuisines around the world.
- **Art and Writing:** Students create mango-inspired artwork, such as paintings, drawings, or collages. They may also write poems, stories, or essays about their favorite mango experiences.
- **Mango-Themed Dress Up and Crafts:** Students come to school dressed in shades of yellow and green to represent the colors of mangoes. They make mango-themed crafts using materials like dry mango seeds, construction paper, and paints.
- **Mango Tasting and Cooking Demos:** Teachers organize mango tasting sessions where students get to sample different mango varieties like Alphonso, Dashehari, and Langra. They may also demonstrate how to make mango-based dishes like chutney, smoothies, or salads.
- **Mango-Themed Games and Activities:** Schools host fun games and activities centered around mangoes, such as mango-eating contests, mango trivia, and relay races where students pass a mango between their legs. Students may also learn mango-themed songs and dances.

Interesting Facts About Mango

- **King of Fruits:** Mangoes are often called the “king of fruits” because of their delicious taste and popularity.
- **Ancient Fruit:** Mangoes have been grown in India for over 4,000 years.
- **Varieties:** There are over 1,000 different types of mangoes, each with its own unique flavor, shape, and color.
- **Nutrient-Rich:** Mangoes are packed with vitamins A and C, which are good for your eyes and immune system.
- **Summer Fruit:** Mangoes are mainly harvested in the summer, making them a favorite fruit for hot weather.
- **Symbol of Love:** In some cultures, mangoes are considered a symbol of love and friendship.
- **Healthy Skin:** Eating mangoes can help improve your skin because they contain antioxidants and vitamin E.
- **Low-Calorie Snack:** Mangoes are a low-calorie fruit, making them a healthy choice for snacks.