



Mad for Mangoes

Where do my mangoes come from?



Sweet, juicy mangoes originated from Northern India. Today, they are grown in warm climates all over the world. **In Australia, mangoes are grown in the Northern Territory, Western Australia, Queensland and even Northern NSW!** They are in season from September through to March.

Due to their sweetness, mangoes are high in energy. It is better to eat the flesh of the mango rather than drinking the juice - that way you get all the fibre and nutrients that nature intended which keeps you humming for longer.

Did you know just one handful of mango contains all the Vitamin A and C you need for the day?

Vitamin C does many wonderful things like protecting you from infection and helping your body make 'collagen' - a protein that keeps your skin, bones and muscles strong and healthy.



Mangoes are very versatile. You can eat them straight from the skin, put them in a salad or a smoothie for lunch, or add them to a salad or curry for dinner.

Quiz

1. Where are mangoes grown in Australia?
2. True or False? One handful of mango has 100% of your daily needs of Vitamin A and C.
3. Vitamin C is important because it helps your body _____ and make _____

Answer
1. Northern Territory, Western Australia, NSW and Queensland 2. True
3. Vitamin C is important because it helps your body fight infection and make collagen.



How to cut a mango



1. Cut off the 'cheeks' of the mango by slicing downwards either side of the pit.



2. Without cutting through the skin, make horizontal and vertical cuts across the flesh of each cheek.



3. Push up in the centre of the cheek so the cubes of mango open out.



4. You can eat the mango cubes straight off the skin or slice them off into a bowl for other uses.