

# 4-H +Me = Health: Mangoes, Starfruits and Kiwis, Oh My!

**What will we learn?** 4-H members will learn how to safely cut a mango, a starfruit and a kiwi into pieces.

**Why is this important?** Eating more fruits and vegetables is a goal for many people, but learning how to cut up fresh fruit and vegetables can sometimes be intimidating. Many people forgo buying produce if they don't know how to prepare it.

**Prep time needed:** 20 minutes shopping; optional: 30 minutes to make a black bean mango salad.

**Activity length:** 25 minutes

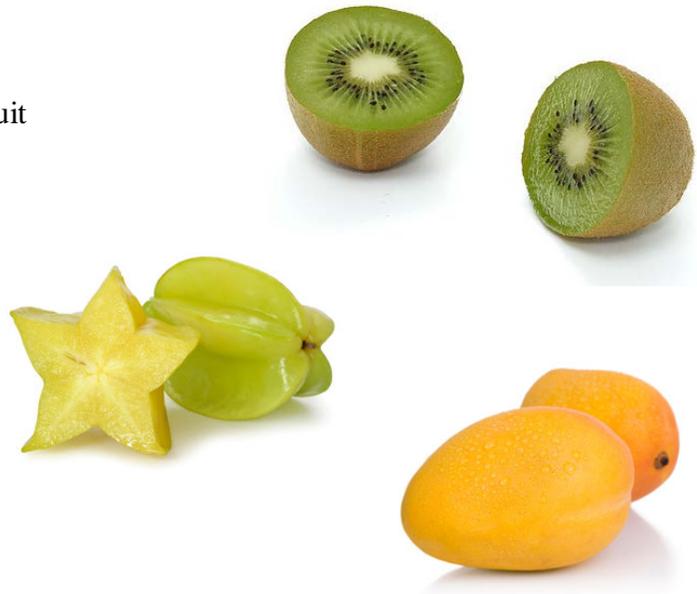
## What will we need?

### *Preparation:*

- Mangoes, starfruit (ripe with colors of bright yellow and a little green; it should feel firm) and kiwis (choose kiwis that not too hard or too soft)

### *At the meeting:*

- Table
- Sink or bowl of water to wash fruit
- Cutting board
- Sharp knife
- Small paring knife
- Plate(s)
- Bowl
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- Towels



## What do I need to do?

### *Preparation:*

1. Purchase a mango, starfruit and kiwi from the grocery store.
2. Optional: Purchase additional fruit to display whole and/or in halves.

*At the meeting:*

1. Set up a work station with your equipment for the demonstration.
2. As you demonstrate how to cut each fruit, share the facts about each fruit with your club members.
3. Mango facts: Mangoes were first grown in India over 5,000 years ago. In fact, paisley patterns (developed in India) are even based on the shape of the mango. One cup of mangos is only 100 calories, but it provides 100 percent of your daily Vitamin C, 35 percent of your Vitamin A, and 12 percent of your daily fiber.
4. How to cut the mango: The mango has a pit in the middle of it. Cut along the sides of the pit, separating the flesh from the pit. With one hand, hold the mango and stand it on its end, stem-side down. Using the sharp knife, cut from the top of the mango down one side of the pit. Repeat with the other side. You should end up with three pieces: two halves and a middle section that includes the pit. Take a mango half and use a knife to make lengthwise and crosswise cuts it, but do not cut through the peel. At this point, you may be able to peel the segments right off the fruit's skin with your fingers. If not, use a small paring knife to cut away the pieces from the peel. Take the mango piece with the pit and lay it flat on the cutting board. Use a paring knife to cut out the pit. Remove the peel and slice it into pieces.
5. Starfruit facts: Starfruit is a juicy, tropical fruit grown in Thailand and throughout Southeast Asia, Australia, South America, Hawaii, and Florida, so they can easily be found in many local grocery stores. They are a good choice in the winter months when they are readily available and in season. Because starfruit are a good source of Vitamin C, they can help ward off colds and flus. With only 30 calories per fruit and lots of fiber, starfruit is also full of antioxidants and flavonoids.
6. How to cut the starfruit: Rinse the fruit under cold water in the sink or bowl. Place the starfruit vertically on the cutting board. Hold it in place and use a sharp knife to cut off the dark tips of the star point ridges. Cut shallowly along the ridges to remove the brown edges. Flip the starfruit over and cut off the end of the starfruit where the stem was located. Slice the starfruit; cut it into thin vertical slices so that each slice is in the shape of a star. You can make the slices as thick or thin as you like. Use the tip of your knife to remove the seeds. They will be dark brown in color and resemble apple seeds. Discard the seeds.
7. Kiwi facts: Kiwis are native to China and were originally known as Chinese gooseberries. Kiwis are very nutrient dense, which means they are high in nutrients and low in calories. Even though they are small in size, kiwis contain more Vitamin C per ounce than most other fruits!
8. How to cut the kiwi: Hold the kiwi firmly on the cutting board and slice off the ends with the sharp knife. Then, slice off the skin in strips. Place the peeled kiwi on the cutting board. Cut it in half or cut it lengthwise. Slice the kiwi into bite-sized pieces to serve.

**Summary:** Members will learn fun nutrition facts about mangos, starfruit and kiwis as well as how to safely cut those fruits. Members will also have the opportunity to taste these delicious fruits.

**What 4-H projects does this activity connect with:** Health and Nutrition

**Snack connection:** Serve freshly cut fruit, add the fresh fruit to a pre-made fruit salad, or make Black Bean Mango Salad (serves 6).

*Ingredients:*

- 2 15-ounce cans of black beans, rinsed and drained
- 1 can whole kernel corn, no salt added, drained
- 1/2 green bell pepper, chopped
- 1/2 red pepper, chopped
- 2 green onions, chopped
- 1 avocado, cubed (sprinkle with lemon or lime juice to prevent browning)
- 1 mango, cubed
- 2 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- Pepper to taste

*Directions:* Mix all ingredients together and refrigerate an hour before serving. Serve as a dip with whole-grain baked tortilla chips

**Source:**

<http://www.extension.org/pages/19871/enjoy-more-fruits-and-vegetables>

<http://www.extension.org/pages/19882/safe-foof-handling-of-fruits-and-vegetables>

<http://www.four-h.purdue.edu>