

Nutrition Education

OKCPS Fresh Fruits and Vegetable Program



- ◆ Mangos are one of the most popular fruit in the World
- ◆ Mangos were first grown in India over 5,000 years ago
- ◆ A basket of mangos is considered a gesture of friendship in India
- ◆ A mango tree can grow as tall as 100 feet
- ◆ Short video on mangos/: <https://youtu.be/xfKMUjAEGlQ>
- ◆ Mangos are a great source of vitamin C and Vitamin A

Nutrition Education Sheets are also available online. From the district website open the SNS site and click on Fresh Fruit and Vegetable tab.

School Nutrition Services