QLD COUNTRY WOMEN'S ASSOCIATION

COUNTRY Kitchens

Recipe for good health

QCWA Product of the Year

Mango

Flip Cards

CWA

health + wellbeing Queensland

Queensland Government

Use these flip cards to promote the 2027 QCWA Product of the Year and the Country Kitchens key message 'get more fruit and veg into your meals'.

Try this activity at your next Country Kitchens showcase or QCWA event.

How to use:

1. Read the question on the front of the card
2. Ask participants to share their answers
3. Flip the card and read out the correct answer

Mango Flip Cards


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How many varieties of mangoes are there?

Answer: 1000+

There are more than 1,000 recognised mango varieties grown around the world.

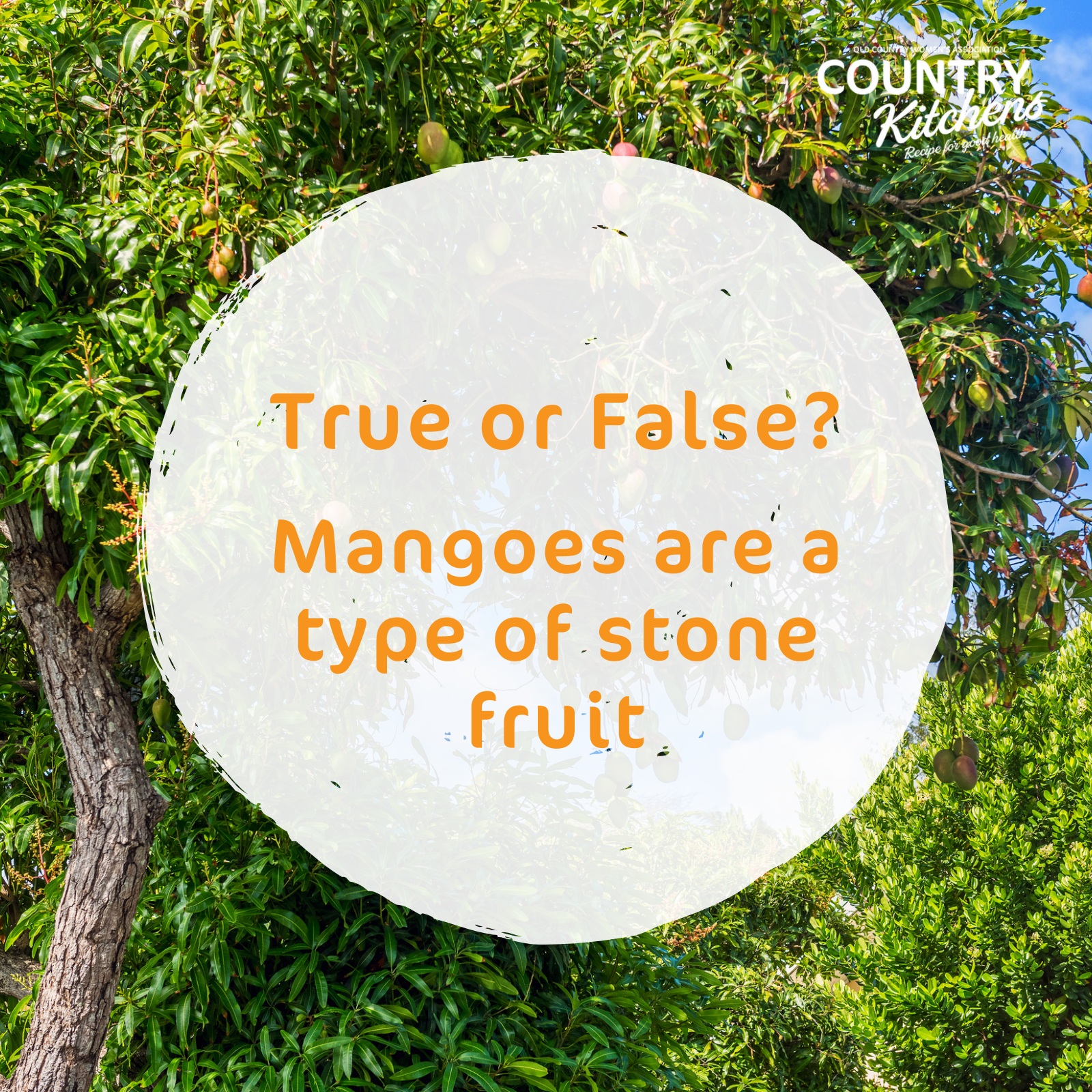
Popular varieties in Australia include Kensington Pride, Calypso, R2E2, Honey Gold and Keitt.


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True or false?
1 mango is equivalent to 1 serve of fruit

Answer: False

One medium mango provides around 2 serves of fruit, with each mango cheek providing approximately 1 serve of fruit.

While you can technically get your daily recommended 2 serves of fruit from one mango, it’s important to eat a variety of different fruits.


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True or False?
Mangoes are a type of stone fruit

Answer: True

Mangoes are a type of stone fruit like peaches and nectarines because they have a fleshy fruit surrounding a hard stone or pit.

Stone fruits are also called drupes. The pit protects the seed inside and can be planted to grow a new mango tree.


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What weight was the heaviest recorded mango grown?

Answer:
4.25kg

The heaviest recorded Mango was grown in Guayatá, Colombia, and was officially verified by Guinness World Records in July 2020.

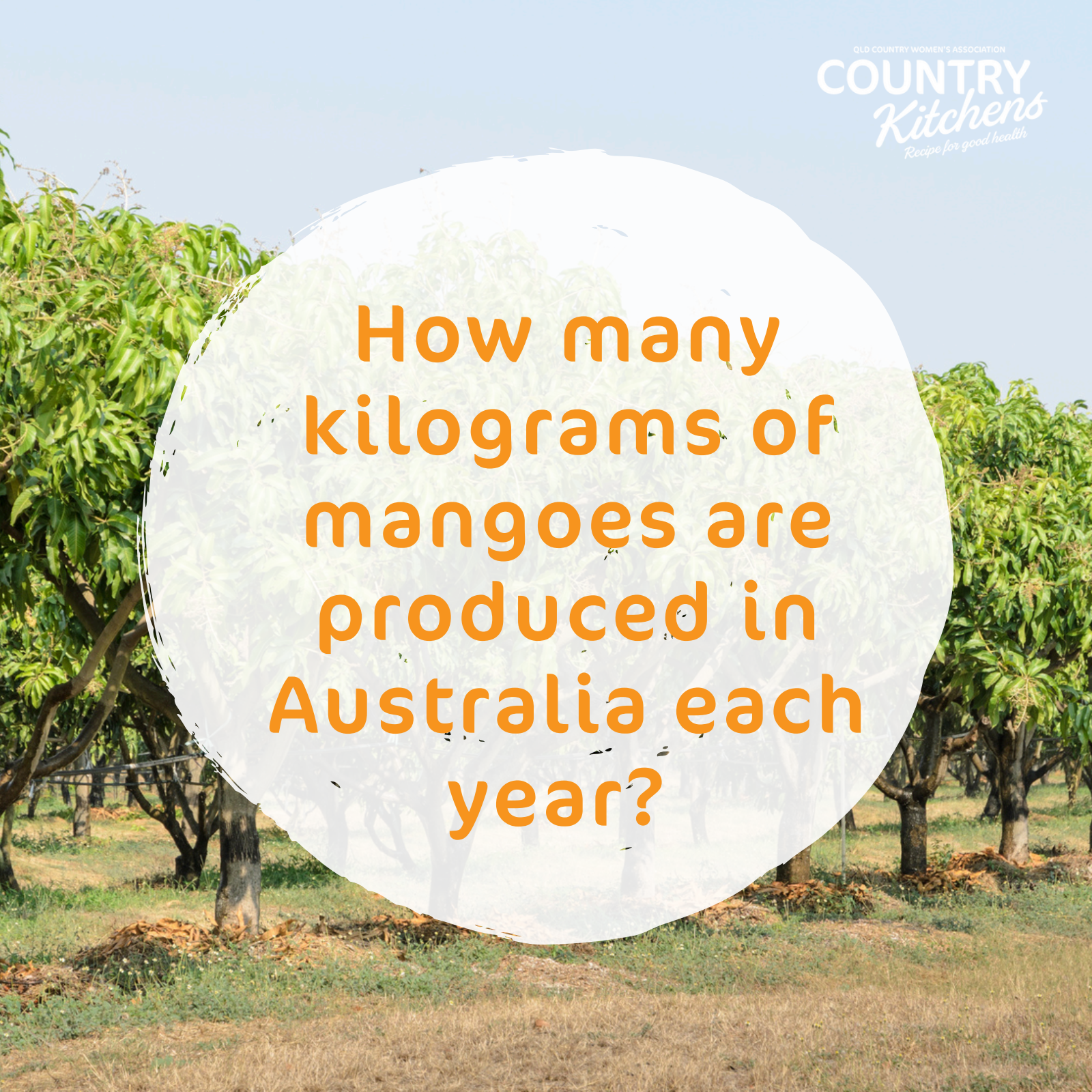
The average weight of a mango is around 350g so the heaviest mango was 20 times larger than average.


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What nutrients are found inside a mango?

Answer: Vitamin A, Vitamin C and Fibre.

Mangoes provide vitamin A to help keep our eyes healthy, vitamin C to support our immune system and fibre to support healthy digestion.

They also contain folate, vitamin E and potassium which help support healthy cell growth, protect our cells and keep our muscles and nerves working properly.


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How many kilograms of mangoes are produced in Australia each year?

Answer:
Around 70 million kilograms

Around 47% of mangoes are produced in Queensland. The Northern Territory is also a major producer.

Around 95% of Australian mangoes are enjoyed here in Australia and 5% are exported with New Zealand being the largest export market.


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How long does it take for a mango tree to produce fruit when grown from a seed?

Answer:
5-8 years

When grown from a seed it can take 5-8 years for the mango tree to mature and grow fruit.

Mango trees are easy to grow in warm climates and can provide delicious fruit for many years. They need plenty of water early on but once established, they are reasonably drought tolerant.


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True or false?
Unripe mangoes can be eaten

Answer: True

Green mangoes are often crisp, sour and tangy, rather than soft and sweet like ripe mangoes. They are often used in savoury dishes.

Green mango is commonly used in Thai green mango salad, as well as salads, chutneys, pickles and other dishes across Southeast Asia.