

**Title, Author, Illustrator:**

How to Eat a Mango

Author: Paola Santos

Illustrator: Juliana Perdomo

## *Ideas for enjoying the book at home*

**Created by:** Natomas Unified School District Early Learning

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### About the Book:

Meet Carmencita, a girl who thinks mangoes are sticky, annoying, and not at all fun. But her Abuelita (grandmother) has a magical idea: eating a mango is like going on a five-step adventure!

Uno – Listen to the mango tree’s leaves rustling in the breeze.

Dos – Look up high at the branches reaching for the sky.

Tres – Smell the sweetness that brings memories of love.

Cuatro – Feel the smooth fruit in your hands and all around.

Cinco – Taste the juicy mango that’s bursting with flavor.

Just by slowing down, using her senses, and paying attention, Carmencita discovers that mangoes are full of more than flavor—they’re full of love. Inspired by Paola Santos’s childhood memories in Venezuela, this gentle and joyful story shows how a simple fruit can help us feel close to family, nature, and our roots.



### Before Reading:

- What do you notice about the cover?
- What do you think about the title?
- What do you think we will discover in this book?



### While Reading:

- What do you notice in the picture?
- What do you think about what we just read?
- What are you curious about now?



### After Reading:

- What did you think about the book?
- How did it make you feel?
- What was your favorite part?

### Jump into Joyful Reading!

Invite your child to share their thinking and ask questions as you enjoy the book together. The main thing is to have fun and enjoy one another’s company as you read together. Here are some things you can say and do to create a joyful reading experience for your child.

**Turn the page over for creative expression ideas!**



# Creative Expression Activities

After you read the book, unleash your imagination and creativity! Use the ideas below to choose your own adventure. What other ideas did the book inspire your amazing mind to think of?

 <b>Creative Writing</b>	 <b>Visual and Digital Arts</b>	 <b>Kindness and Community</b>
<p>Think of your favorite fruit. Use your 5 senses to describe it—just like Carmencita did with her mango!</p> <p>Look – What color is it? Smell – What does it smell like? Touch – Is it soft, smooth, bumpy? Sound – Does it make a sound when you bite it? Taste – Is it sweet, sour, juicy?</p> <p>Now write 3–5 steps for how to eat your fruit using your senses. Don't forget a title: "How to Eat a [Fruit Name]"</p> <p>Bonus: Draw a picture of yourself eating it and write a story to match your picture!</p>	<p><b>Hands-On Paper Collage:</b></p> <p><b>Materials:</b> Construction paper or printout of a tree, Scissors, Glue or tape, Markers/crayons, Mango shapes cut from orange/yellow paper (or draw them!)</p> <p><b>Instructions:</b> Create a mango tree using paper or draw it yourself. Cut out or draw 3–5 mangoes. On each mango, draw or write something that reminds you of family, food, or traditions—just like in the story. Glue the mangoes on your tree. Decorate your tree with bright colors, nature, and maybe a sun like in the book's illustrations!</p>	<p>"Pass the Mango!" Draw a mango on paper and cut it out.</p> <p>Write or draw something kind for someone in your home: A thank-you A compliment A happy memory</p> <p>Give it to them or leave it as a surprise!</p> <p>Invite them to make a mango and "pass" it to someone else.</p> <p>See how far your kindness can spread—just like the love in Abuelita</p>
 <b>Mindfulness and Self-Awareness</b>	 <b>Music and Movement</b>	 <b>Dramatic Play</b>
<p>"Mango Moments"</p> <p>Find a quiet spot. Sit still and take 3 slow, deep breaths. •</p> <p>Use your five senses to notice your world—just like Carmencita did!</p> <ul style="list-style-type: none"> <li>• Look: What colors or shapes do you see?</li> <li>• Listen: What sounds can you hear right now?</li> <li>• Smell: Is there a smell in the air?</li> <li>• Touch: What does your chair, clothes, or toy feel like?</li> <li>• Taste: Take a small bite of a fruit or snack. What do you notice?</li> </ul> <p>Draw or write about one thing that made you feel calm or happy.</p>	<p>"Mango Tree Groove"</p> <p>Make up 3–4 moves and teach them to someone at home. Call it your "Mango Groove!"</p> <p>You can use any music or sound you would like!</p>	<p>"Mango Picnic"</p> <p>What you need: A pretend or real mango A blanket or towel Plates, cups, or spoons (real or pretend)</p> <p>How to play: Spread out your picnic blanket. Pretend to be Carmencita, Abuelita, or family. "Pick" a mango from the tree. Use your senses: look, smell, and feel the mango. Pretend to eat it slowly and enjoy!</p>