

What is the National Fruit of Pakistan?

- A. Mango
- B. Orange
- C. Apple
- D. Banana

Show Answer...

Correct Answer: A (Mango)

Explanation:

Mango is the national fruit of Pakistan. It is not only loved because of its sweet taste and nutritional value but also because it is a symbol of Pakistani culture and tradition. Mango is grown in different parts of the country, and Pakistan is known for producing some of the best mangoes in the world.

More About Mangoes:

Mango is a tropical fruit that belongs to the drupe family. It is native to South Asia and has been cultivated for over 4,000 years. There are over 400 varieties of mangoes in the world, each with its unique taste and texture.

Mangoes are known for their high nutritional value. They are an excellent source of vitamins A and C, potassium, and fiber. They also contain antioxidants that help protect the body against various diseases.

In Pakistan, the most popular varieties of mangoes include Sindhri, Chaunsa, Anwar Ratol, Langra, and Dussehri. The mango season in Pakistan starts in May and lasts until September, with the peak season being June and July.

Mangoes are not only eaten as a fruit but also used in various Pakistani dishes, such as mango lassi, mango pickle, and mango ice cream. Pakistan also exports mangoes to different parts of the world, including the Middle East, Europe, and

the United States.

Overall, mango is not only a delicious and nutritious fruit but also an important symbol of Pakistani culture and tradition.

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What is the National Fruit of Pakistan?

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