**Read the passage below carefully.**

We wait in anticipation for the start of the mango season every year. This year, our Science teacher explained that the thick yellow juice of the fruit is rich in Vitamins B3, C and E. As we eat mangoes, Vitamin B3 protects our skin. Vitamin A helps our vision and gives us healthy teeth. Mango also helps to clean the blood and kidneys. ‘Mmmmm!” exclaimed Peter, while John exclaimed, “Mango tastes sooo good!”

**Now write the main idea in ONE sentence using your OWN words.**

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