





## Grow Strong!

Delicious avocados are full of important nutrients that help our bodies grow strong! Color the picture. Then, unscramble the words to find out which of the nutrients in avocados help different parts of your body grow.

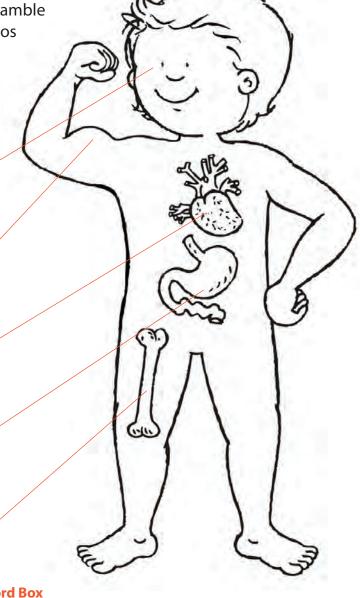
einlut

**EminVait** 

topasisum

bifer

**CatiVinn** 



## Parents:

Add tasty avocados to your family's table. Go to aguacatesdemexico.com/recipe to find great ideas for snacks and meals.



**Word Box** 

potassium • Vitamin E **lutein • Vitamin C • fiber** 



Learn more about Avocados from Mexico: aguacates demexico.com

