



## 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

CatiVinm

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### Word Box

potassium • Vitamin E  
lutein • Vitamin C • fiber

### Parents:

Add tasty avocados to your family's table. Go to [aguacatesdemexico.com/recipe](http://aguacatesdemexico.com/recipe) to find great ideas for snacks and meals.

