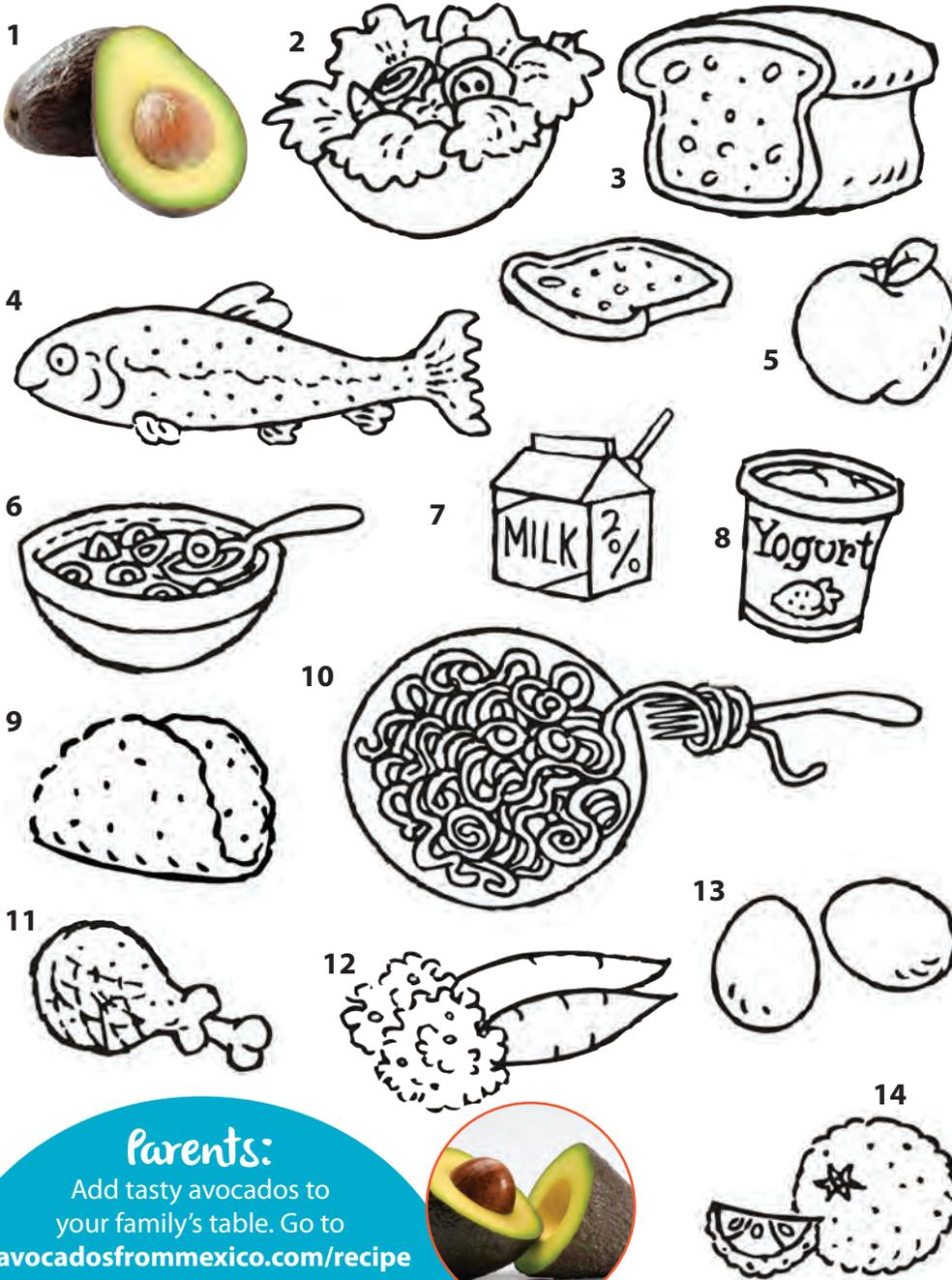


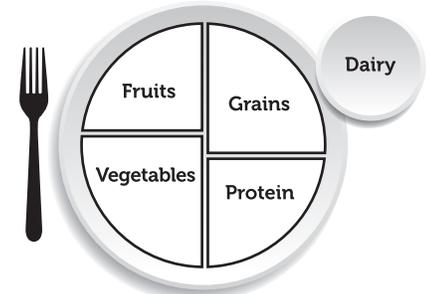
Avocados on the Menu

Let's have some fun with food. First, color the foods. Look at the three plates. You'll use one for breakfast, one for lunch, and one for dinner.

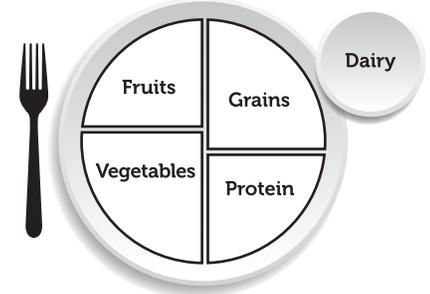
For each meal, start with Avocados from Mexico. Remember, you can use them mashed, sliced, or diced. Then create a meal for each plate by choosing one item for each part of the plate. Put the number of the item under the plate. You can use each food more than once.



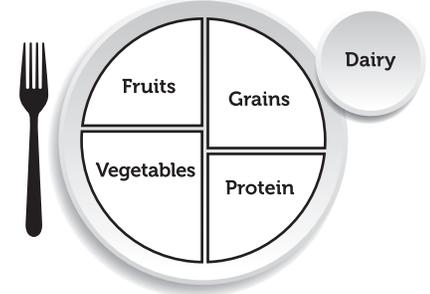
Breakfast



Lunch



Dinner



Parents:

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

