



GOOD FATS ARE GOOD NEWS!

Avocados are full of good fats that keep your body healthy and strong! But how do good fats help your body? Find out by filling in the sentences below with words from the word box. Then find those words in the word search!

1. Good fats help your body absorb important _____.
2. Good fats help our _____ stay healthy.
3. Good fats make you less _____.
4. Good fats keep your _____ healthy.
5. Good fats help your circulatory _____ work better.



WORD BOX

system
 nutrients
 heart
 hungry
 brains

H	H	F	G	L	S	K	O	N	O	B	Z
M	U	L	N	T	K	R	H	E	A	R	T
S	N	S	O	O	G	U	G	K	Y	K	N
E	G	R	Y	T	N	J	A	D	F	J	S
N	R	I	P	S	U	D	N	Y	P	I	K
O	Y	O	M	O	T	Y	S	T	P	F	T
M	E	T	O	A	R	E	H	Y	S	Q	T
R	W	Z	P	R	I	B	M	A	I	N	S
O	M	I	E	N	E	I	R	E	V	J	H
H	K	N	P	K	N	B	R	A	I	N	S
C	E	N	K	H	T	Z	L	V	O	A	L
G	S	L	L	E	S	S	N	W	X	C	I



PARENTS!

Get “heart-smart” with avocados. They provide naturally good fats, are low in saturated fat, cholesterol and sodium-free — and are certified* as heart healthy by the American Heart Association.®

* Certification does not apply to scientific statements. While many factors affect heart disease, eating avocados as part of a diet low in saturated fat and cholesterol may reduce the risk.

Learn more about Avocados From Mexico at avocadosfrommexico.com

Resources: Avocadosfrommexico.com, AvocadoCentral.com, Ymiclassroom.com.



eat brighter!™

