

PUT YOUR HEART INTO HEALTHY EATING!



PART 1: Our hearts ❤️ avocados! The good fats and fiber in avocados help keep our hearts beating strong. Find out more by solving this puzzle. Match each number with its letter to decode the message!

A-1	N-14
B-2	O-15
C-3	P-16
D-4	Q-17
E-5	R-18
F-6	S-19
G-7	T-20
H-8	U-21
I-9	V-22
J-10	W-23
K-11	X-24
L-12	Y-25
M-13	Z-26

6	18	5	19	8	1	22	15	3	1	4	15	19	
1	18	5		1	8	5	1	18	20				
8	5	1	12	20	8	25	6	18	21	9	20		

PART 2: Today you learned that breakfast is the most important meal of the day! Find out more by unscrambling the words in the sentences below. Look at the words in the word box if you need help.

- Eating a healthful breakfast can help you get better **DRASEG** _____.
- A good, **THALELUFH** _____ breakfast helps you **STLINE** _____ to your teacher better and gives you energy to **LAPY** _____ at recess.
- A breakfast that contains **BRIEF** _____ can help keep you feeling satisfied until lunch.
- Scientists have found that students who eat a healthful **STREBKAFKA** _____ get along better with their **DRIENFS** _____.
- Eating a healthy breakfast provides your body with important **TRUNTIENS** _____ that will help you get through your day.

WORD BOX

healthful
play
listen
fiber
grades
friends
nutrients
breakfast

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!

