



# GOOD FATS AND FIBER

Yes! There really are good fats!  
Read or listen to your teacher read the paragraph below,  
then answer the true-or-false questions.

There are three kinds of fats in most foods. One kind of fat is not good for you. But the other two are good fats. Avocados contain good fats, which help your body use some of the nutrients in other foods you eat. For example, if you eat a salad with avocados and celery, the good fats in the avocados can help your body use some of the nutrients in the celery. That's why they call avocados a nutrient booster. And avocados contain fiber, which helps you feel full and less likely to eat too much. So toss an avocado into your salad to add good fats, fiber, and lots of good taste!

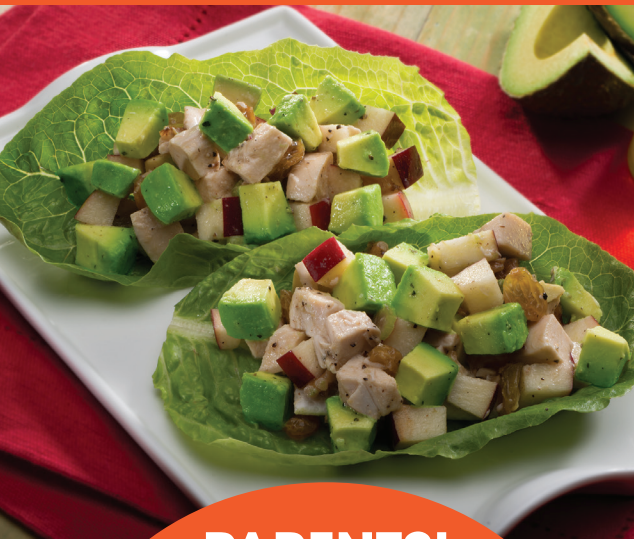
## TRUE OR FALSE?

Write a "T" or a "F" in front of each statement.

- \_\_\_\_\_ 1. There are two kinds of fats in most foods.
- \_\_\_\_\_ 2. One kind of fat is not good for you.
- \_\_\_\_\_ 3. Avocados contain good fats.
- \_\_\_\_\_ 4. Good fats help your body use vitamins and minerals.
- \_\_\_\_\_ 5. Fiber makes you hungry.



### PARENTS AND GUARDIANS: TRY THIS GREAT LUNCH IDEA!



## AVOCADO CHICKEN WALDORF SALAD

- 1 Avocado from Mexico halved pitted, peeled and diced into 3/4-inch chunks
- 1/4 cup apple cider
- 2 tbsp vegetable oil
- 1 tbsp cider vinegar
- 1 tsp Dijon mustard
- 2 tsp sugar
- 1/2 tsp salt
- 1/4 tsp pepper

- 1 inch large red apple cored and cut into 3/4 chunks 1 1/2 cups
- 1 cup cooked chicken pieces OR
- 1 inch package roasted chicken cut into 3/4 per piece 6 oz
- 3 ribs of celery sliced 1 cup
- 1/2 cup toasted walnut pieces
- 1/3 cup golden raisins
- 8 medium leaves romaine lettuce

### INSTRUCTIONS

1. In a medium bowl, whisk together cider, oil, vinegar, mustard, sugar, salt and pepper until sugar dissolves.
2. Add avocado, apple, chicken, celery, walnuts and raisins; toss to combine.
3. Arrange 2 romaine leaves on each of 4 plates to make a cup.
4. Divide salad into romaine cups.

## PARENTS!

Want more ways to add tasty avocados to your family's table? Go to [avocadosfrommexico.com/recipe](http://avocadosfrommexico.com/recipe) to find great ideas for snacks and meals.

