

DEAR EDUCATOR,

This school year, brighten up your classroom with **eat brighter!**[™]—a movement that was formed through a collaboration between the produce industry and *Sesame Workshop* that leverages the Sesame Street characters to help kids eat more fruits and vegetables. Make it a part of your wellness curriculum with these standards-based lessons about a favorite, heart-healthy fruit — Avocados from Mexico.

Avocados from Mexico, the leading brand of avocados sold in the U.S., are all-natural, hand-harvested, farm-to-market fruits that require no processing, no preservatives, and no flavor-enhancers. In addition, these versatile, delicious fruits are heart-healthy and contain nearly 20 nutrients, including vitamins and minerals, as well as good fats, making avocados the smart choice for busy parents.

The activities in this kit, created by the curriculum experts at Young Minds Inspired (YMI), support creative thinking, stimulate language arts skills, and enhance health and wellness. They are designed to seamlessly integrate with and enhance your classroom curriculum for children in grades K-3.

We hope that you will share this program with other teachers in your school. The materials are copyrighted, but you may make as many copies as necessary to meet your students' needs.

Please comment online at ymiclassroom.com/feedback-afm to let us know your thoughts on this program. We depend on your feedback to continue providing free educational programs that make a real difference in students' lives.

Sincerely,

Dr. Dominic Kinsley, Editor in Chief
Young Minds Inspired



Visit our website at ymiclassroom.com to send feedback and download more free programs. For questions, contact us toll-free at 1-800-859-8005 or by e-mail at feedback@ymiclassroom.com.

PROGRAM COMPONENTS

- This teacher's guide
- 3 reproducible student activity sheets
- 3 avocado ripening bags
- A reproducible letter to parents, in English and Spanish
- A classroom wall poster
- A standards alignment chart available at ymiclassroom.com/avocados
- A reply card for your comments or comment online at ymiclassroom.com/feedback-afm
- 5 monthly e-blasts (Nov-Mar) inviting you to download 2 more PDF activity sheets, one for grades K-3 and one for grades 4-5

HOW TO USE THE MATERIALS

Photocopy this teacher's guide and activity sheets. Display the poster in a prominent location in your classroom. Send home the parent letter so the learning can continue at home.

Activity 1 • GOOD FATS AND FIBER

In this activity, students practice reading comprehension skills as they learn about the important role good fats play in a healthy diet.

Hold up a plump avocado. Tell the students to describe its shape. Bumpy, smooth, skinny, fat? Point out that not only is the avocado nice and fat, but it contains "good" fats...fats that are beneficial for your body!

Pass out the activity sheet and have the students read the short paragraph. Then, ask the students to answer the true or false questions. (Answers: False, True, True, True, False.)

Extension: Make the apple and avocado Waldorf salad recipe featured on the activity sheet with your students, and enjoy a heart-healthy, seasonal snack!

Activity 2 • KNOW YOUR NUTRIENTS

In this activity, students expand their vocabulary as they learn about some of the nutrients in avocados.

Hold up an avocado or a picture of one. Ask the students to guess what's inside. They will probably say it has a pit, and hopefully they will remember that the avocado contains good fats! Tell the students that along with those good fats, the avocado contains nearly 20 vitamins and minerals, like vitamin K, which is important for healthy bones, as well as folate, which helps make your brain strong, and fiber, which can help control appetite.

Pass out the activity sheet. Tell students to unscramble the names of the nutrients and

write them in the boxes. Then, have students copy the letters in the numbered cells into the cells below with the same number to reveal a hidden message! (Answers: Folate, Vitamin K, Fiber, Potassium, Lutein, Vitamin C, Iron. Message: Avocados pack a lot of health into a little package!)

Extension: Have students use the nutrient vocabulary to write a poem about avocados, individually, in small groups, or as a class.

Activity 3 • RIPENING SCIENCE

Materials Needed: Four avocados and three "Avocados From Mexico" bags, an apple, and a banana

In this activity, students practice language arts and science skills as they learn how avocados grow, and how to select and ripen an avocado.

Hold up the avocado again. Ask students if avocados grow on a vine? A bush? In a tree? Tell the students that avocados grow on trees. They are hand-picked from the tree before they are ripe, because they will not ripen on the tree. But, there's a way to help speed up the process.

Now tell students that they're going to do a science experiment! Go over the information on the poster, and then place the avocados in the Avocados From Mexico bags provided. Make sure the non-bagged avocado is not in direct sunlight. Help students record their ripening data each day. At the end of the experiment, discuss the results. Explain that all fruit produces a gas called ethylene, which helps it ripen. The bag traps the *ethylene*, causing it to ripen faster. Stick another fruit with the avocado (like a banana or apple) and it will ripen even faster. Older students should write a summary of the results on the back of the activity sheet. As a fun, wrap-up activity, consider using the ripe avocados to make the Frankenstein toast recipe at the bottom of the activity sheet!

Extension: Younger students can do something as simple as testing if avocados float or sink, compared to other fruits. Older students can see if they can find other ways to ripen them quickly.

RESOURCES

AvocadosFromMexico.com

Avocadocentral.com

Ymiclassroom.com



GOOD FATS AND FIBER

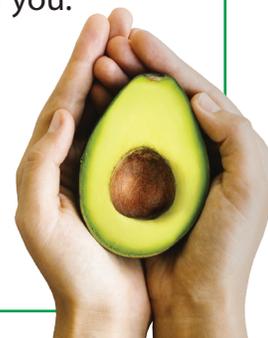
Yes! There really are good fats!
Read or listen to your teacher read the paragraph below,
then answer the true-or-false questions.

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!

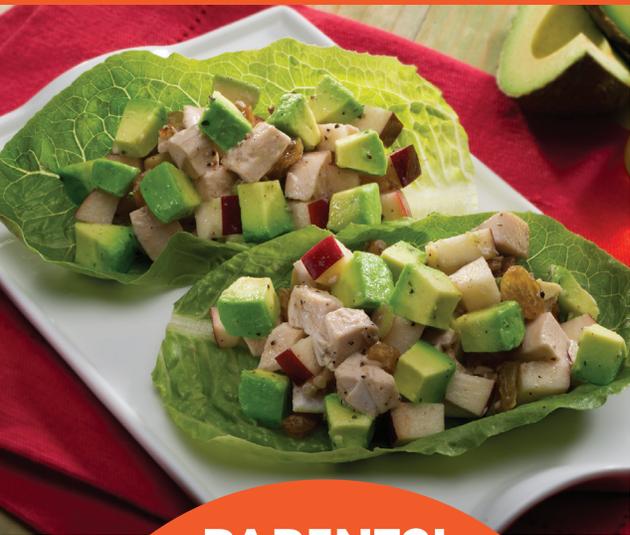
TRUE OR FALSE?

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 to find great ideas for snacks and meals.



KNOW YOUR NUTRIENTS



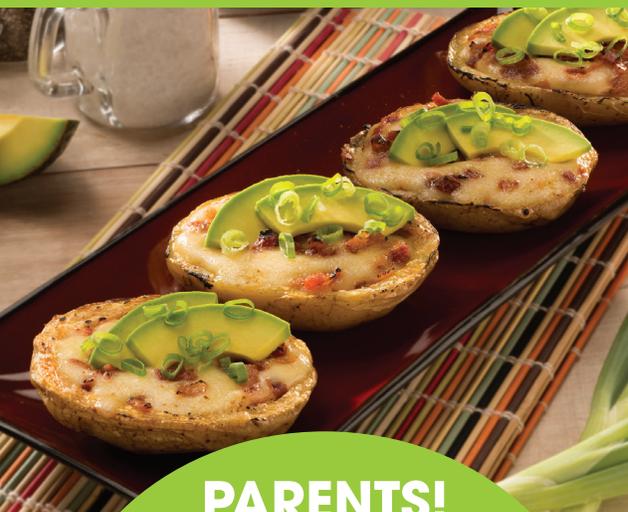
Avocados are yummy. And they also contain nearly 20 nutrients. Below are the names of some of the nutrients found in avocados, but they are scrambled up. Unscramble the names. Use the word box to help you. Write the names in the blocks. Then copy the letters in the numbered cells into the blocks below with the same number to reveal a hidden message!

LEATOF						
	6	17	11	21	16	
AMNTIK						
	23	5			20	
RIBFE						
	15		25			
MATSOUSIP						
	8	13	18	1	7	19
LITNEU						
	12		14	26		
VATINMIC						
	2		24	9		22
ROIN						
						4

WORD BOX			
FOLATE	IRON	LUTEIN	FIBER
VITAMIN C	POTASSIUM	VITAMIN K	

					D		
1	2	3	4	5	6	7	
8	9	4	10	11	12	13	14
		H					H
3	15		16	1	17	18	
19	20	21	3		9	12	22
8	5	4	10	9		26	

PARENTS AND GUARDIANS: CELEBRATE AUTUMN WITH THIS TASTY AVOCADO RECIPE!



OVERLOADED MEXICAN POTATO SKINS

- | | |
|---|---|
| 3 large russet potatoes scrubbed | 1 cup mozzarella cheese grated |
| 1 tbs olive oil | 6 slices of bacon coarsely chopped |
| 1 tsp kosher or sea salt divided | 1 Avocado From Mexico halved, pitted, thinly sliced |
| ½ cup Mexican crema | 2 tablespoons chives chopped |
| 3 tbs sauce from chipotles in adobo sauce | |

INSTRUCTIONS

- Preheat oven to 400°F. Using a fork, pierce potatoes all around, about 6 to 8 times. Rub potatoes with olive oil, sprinkle with ½ teaspoon salt, and place on a baking sheet. Bake for 1 hour until tender inside and crisp on the outside.
- In a medium-sized skillet set over medium heat, cook the bacon until crisp and lightly browned. Transfer to a paper towel lined plate. Set aside.
- In a small bowl, mix crema with chipotle in adobo sauce. Set aside.
- Remove potatoes from the oven and set aside until they are cool enough to handle. Cut them in half lengthwise and carefully scoop out the cooked potato, leaving a ¼-inch wall all around. Reserve cooked potato for another use.
- Raise the oven heat to 500°F. Into each scooped potato half, add a generous amount of the chipotle crema and cover with the grated cheese. Place stuffed potato skins back on the backing sheet. Return to the oven for 5 to 6 more minutes until cheese has completely melted and has started to crisp.
- Remove from the oven, add the avocado slices, sprinkle with bacon and chives and serve.

PARENTS!

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eat brighter!



RIPENING SCIENCE

It's time to experiment and see how quickly you can ripen an avocado. An avocado is ripe when it feels a little soft when you squeeze it. Each day, record your observations on this sheet.

Watch your teacher place an avocado on a shelf in your classroom, in a bag by itself, in a bag with a banana, and in a bag with an apple. During the next four days, draw or write what you observe. Be sure to include what the avocado looks like and feels like by gently squeezing it with your palm. When you're done, talk with your teacher about which avocado ripened the fastest.

	Day 1	Day 2	Day 3	Day 4
Avocado on shelf				
Avocado in bag alone				
Avocado in bag with banana				
Avocado in bag with apple				



PARENTS AND GUARDIANS: CELEBRATE HALLOWEEN WITH THIS SCARY-GOOD AVOCADO RECIPE!



FRANKENSTEIN AVOCADO TOAST

- | | |
|---|--|
| 2 slices whole grain bread | 12 black olives* |
| ½ Avocados From Mexico medium ripe and mashed | 1 part-skim mozzarella cheese stick (1 oz) |
| 1 tsp lime juice | 1 cherry tomato |
| | 1 baby carrot sliced in half |

INSTRUCTIONS

1. Toast bread and place avocado on toast. Gently mash avocado on bread and spread evenly. Squirt a small amount of lime juice on avocado so that it does not turn brown.
2. Chop 10 olives into small pieces and arrange as Frankenstein's hair on 2 slices of toast. Use a few pieces to make a scar on the face. Take remaining 2 olives, slice in half, and use as the bolts (ears) on each side of the toast.
3. Slice 4 small, thick rounds of cheese from the mozzarella stick to make the white part of the eyes. Place an olive piece on each cheese round to make the pupil for each eye.
4. Cut carrot stick in half to make the nose, and slice the tomato in half to make the mouth. Serve and enjoy!

*You can use blueberries in place of olives.

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