

Dear Educator,



The new year is the perfect time for 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 part of your wellness curriculum with these standards-based lessons about a favorite fruit — Avocados from Mexico.

Did you know that avocados, besides having many nutrients, have naturally good fats and are cholesterol free? They also have more fiber than many other fruits. And 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.

This free K-3 language arts teaching kit, created by the curriculum experts at Young Minds Inspired (YMI), features the beloved characters from *Sesame Street* who are part of the eat brighter! campaign. The activities will teach your students important lessons about nutrition and making good food choices.

We hope that you will share this program with other teachers. 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 opinion of 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

Target Audience

This program is designed for students in grades K-3.

Program Components

- This teacher's guide
- 3 reproducible student activity sheets
- A wall poster for your classroom
- A reproducible letter to parents, in English and Spanish
- Tear pad with activities and information for parents
- A standards alignment chart available at ymiclassroom.com/avocados-from-mexico
- A reply card for your comments, or comment online at ymiclassroom.com/feedback-afm

How to Use This Program and the Poster

Copy this teacher's guide and the three activity sheets. Display the poster in a prominent location in the classroom, so you can refer to it as a visual aid during the lessons. After discussing the importance of eating brighter, ask students to sign the pledge at the bottom of the poster. Send home a tear pad sheet so the learning can continue at home.

Activity 1 • Grow Strong!

In this activity, students practice language arts and health skills while learning how nutrients found in Avocados from Mexico benefit important body systems and organs.

Introduce the activity by directing students to blink their eyes, flex their biceps, point to a bone, and pat their heart as part of a "Simon Says" game. Then ask the students to name ways to keep their bodies growing strong, such as exercising and eating vegetables and fruits.

Remind students that it's smart to eat brighter! — that is, choose fresh, brightly-colored fruits and vegetables. Use the poster to introduce students to the avocado. Tell students that the nutrients in avocados may help keep our hearts, eyes, and muscles strong, and help our bodies better absorb nutrients from other foods as well.

Have the students color the diagram of the human body, unscramble the words, and write them in the blanks. **Answers:** lutein-eyes, potassium-heart, Vitamin B-muscles, fiber-digestion, Vitamin C-bones

Activity 2 • Fiesta Time

In this activity, students practice reading comprehension skills as they read a story to answer questions about why Avocados from Mexico are a smart, fun food choice. They'll learn how to properly select a ripe avocado as well.

Talk with students about how you can tell if some fruits are under- or over-ripe by how they look, and that you have to touch others to know about ripeness. Tell students that when it comes to avocados, it's important to give the fruit a little squeeze to see if it is a little bit soft, but not too squishy. Have students complete the activity sheet and discuss answers as a class.

Activity 3 • Avocados on the Menu

In this activity, students use their creative thinking and language arts skills to come up with fun, nutritious, and delicious menu choices featuring Avocados from Mexico.

Tell students that whether they're helping mom, dad, or other family members, kitchen time is creativity time. Tell the students that avocados can be enjoyed at every meal, from breakfast to evening snacks. Use your smartboard or printouts to show students the recipe section on the Avocados from Mexico website, available here: www.avocadosfrommexico.com/recipe

Pass out the activity sheet. Have students create a breakfast, lunch, and dinner menu with Avocados from Mexico as one of the main ingredients. Remind them that they can also include other fruits and vegetables as a way to eat brighter! because a colorful plate is a healthy plate. Tell students to choose foods from all five food groups for each meal and to write the numbers of the foods on the lines under each plate. Encourage the students to prepare one of their menus at home, take a photo, and bring it back to share with the class.

Resources

www.avocadosfrommexico.com
www.avocadocentral.com
ymiclassroom.com



Grow Strong!

Delicious avocados are full of important nutrients that help our bodies grow strong! Color the picture. Then, unscramble the words to find out which of the nutrients in avocados helps different parts of your body grow.



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EminVait

topasisum

bifer

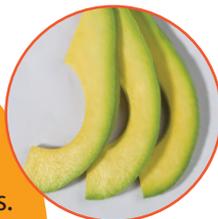
CatiVinm

Word Box

potassium • Vitamin E
lutein • Vitamin C • fiber

Parents:

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



Fiesta Time

Angelica is having a party! She wants to serve food that is fun to make, has lots of nutrients, and is really tasty! Read the story to find out how Angelica's *Sesame Street* friends help her choose ripe, fresh Avocados from Mexico for her party.

Angelica is so excited! It is her birthday, and she is planning a party. She wants the food to be fun, yummy, and full of nutrients. At the supermarket, she heads to the produce section. She sees a sign with Elmo and other *Sesame Street* friends near the fruits and vegetables.

Suddenly, she spots rich, green Avocados from Mexico. That's it! They're full of nutrients. They're fun to prepare. And they're delicious! She knows she can make a lot of great treats with avocados — everything from guacamole to salads and even chocolate pie for dessert!

But first Angelica has to see if the avocados are ripe. She gently squeezes each one. Some are too hard. Others are too mushy.

But some are just right — they give a little when they're pressed.

Soon, Angelica's bag is full, and she races home to get ready for a great party.



READY TO EAT
IN 4 - 5 DAYS



READY TO EAT
IN 2 - 3 DAYS



READY TO EAT
TODAY OR
TOMORROW

Now answer these questions:

1. Why does Angelica choose Avocados from Mexico for her party?

2. What foods will Angelica make with avocados for her party?

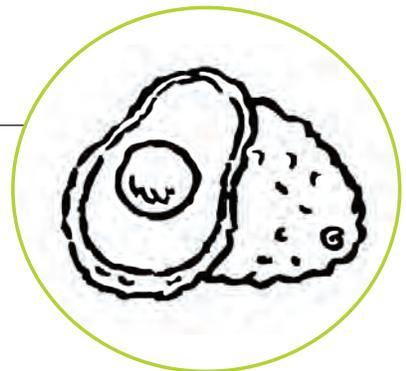
3. How does Angelica know which avocados are ripe?

Parents:

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



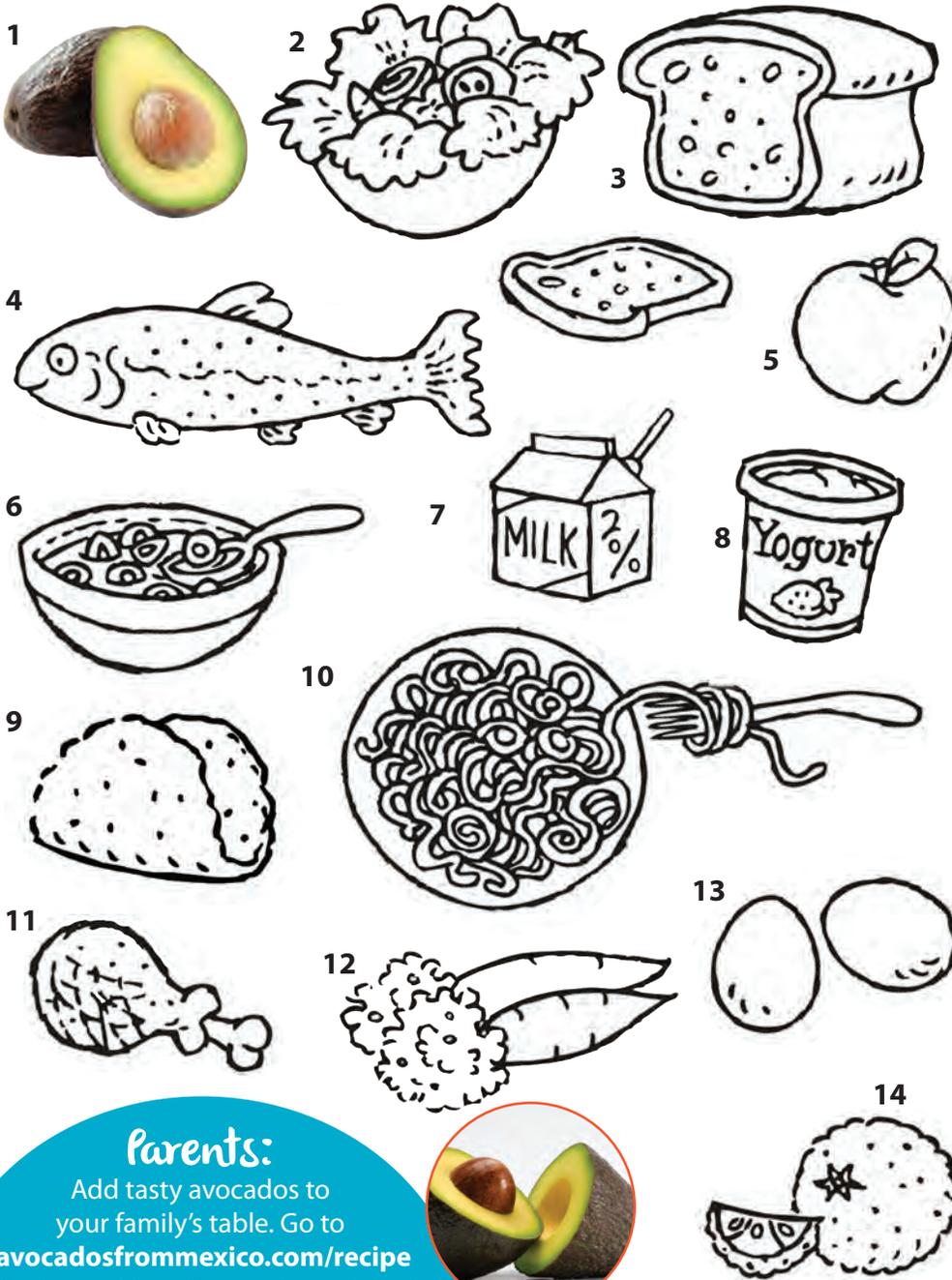
Color this Avocado from Mexico. →



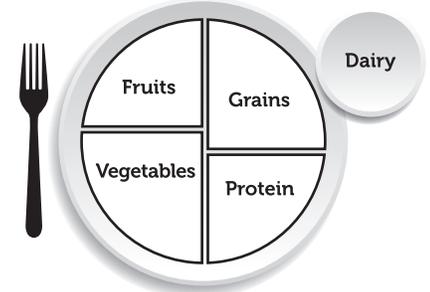
Avocados on the Menu

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.

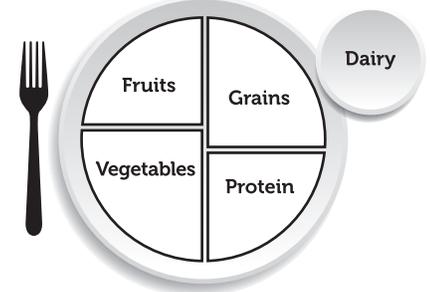
For each meal, start with Avocados from Mexico. Remember, you can use them mashed, sliced, or diced. Then create a meal for each plate by choosing one item for each part of the plate. Put the number of the item under the plate. You can use each food more than once.



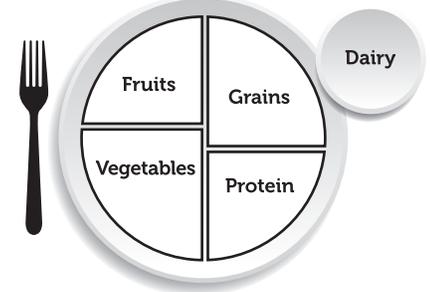
Breakfast



Lunch



Dinner



Parents:

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



Dear Parent or Guardian,



The new year is a time for bright beginnings — the perfect time for 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. In school, your child has been learning about the importance of adding more produce to their diet — especially fresh, versatile, and delicious Avocados from Mexico.

Did you know that avocados, besides having many nutrients, have naturally good fats and are cholesterol free? They also have a mild flavor and creamy texture that kids love. 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. Find out more about the benefits of avocados at: www.avocadosfrommexico.com/nutrition-facts.

To choose the perfect avocado, press gently on the skin. If it gives slightly, it's ripe and ready for you to enjoy.

Avocados from Mexico are also extremely versatile and will enhance almost any recipe, from classic guacamole to salads, soups, and even desserts. For great ideas, go to www.avocadosfrommexico.com/recipe.

You can find more ideas for recipes and information about Avocados from Mexico on the worksheets your child brought home from school today. Check them out for creative, delicious snacks and meals you can prepare with your children.

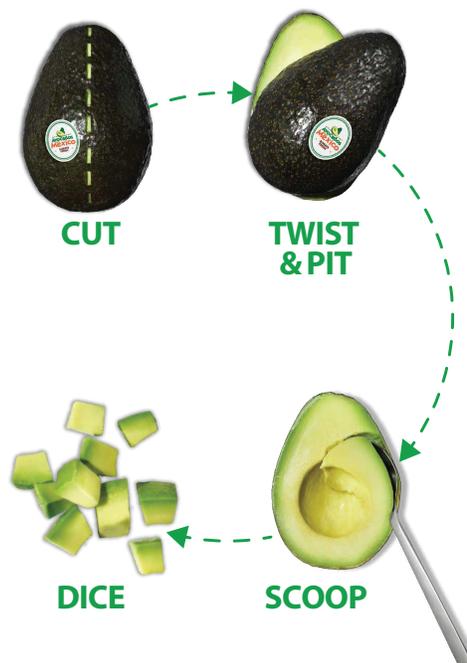
Sincerely,

—Your child's teacher

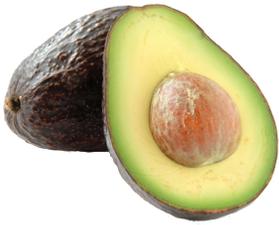
How to Cut an Avocado

Avocados are fun to prepare with your child. Here are some tips:

1. Be sure to fully wash the fruit before cutting or slicing.
2. Place the avocado lengthwise on a secure surface.
Hint: place a clean dish towel on your counter or under your cutting board to prevent slipping.
3. Hold the avocado securely with one hand.
4. Slice slowly down the center lengthwise around the seed, starting at the narrower end.
5. Holding the avocado in the palm of one hand, use your other hand to twist and rotate the two halves apart.
6. After the avocado is cut, scoop out the seed with a spoon.
7. Then slice or quarter avocado sections and remove the peel. They're ready to eat all by themselves or as part of a tasty recipe. You can even mash the pieces and add the creamy mixture to your favorite pasta sauce, soup, or sandwich spread.



Estimado padre, madre o tutor,



El año nuevo es una época de comienzos inteligentes —el momento perfecto para unirse a la campaña ¡ponle color a tu mesa!™, un movimiento formado conjuntamente por la industria de frutas y verduras y Sesame Workshop donde se utilizan los personajes de *Sesame Street*

para alentar un mayor consumo de frutas y verduras en los niños. En la escuela, su hijo estuvo aprendiendo la importancia de añadir más frutas y verduras a su dieta —especialmente los frescos, versátiles y deliciosos Aguacates de México.

¿Sabía que los aguacates, además de muchísimos nutrientes, tienen grasas naturalmente saludables y no contienen colesterol? También tienen una textura cremosa que a los niños les encanta. Los aguacates de Aguacates de México, la marca líder en venta de aguacates en los Estados Unidos, son frutas naturales, cosechadas a mano, de la granja al mercado, que no requieren ningún procesamiento, conservantes ni realzadores de sabor. Obtenga más información sobre los beneficios del aguacate en: aguacatesdemexico.com/nutrition-facts.

Para elegir el aguacate perfecto, presione suavemente sobre la piel. Si vuelve ligeramente, está maduro y listo para que lo disfrute.

Los Aguacates de México también son sumamente versátiles y mejorarán prácticamente cualquier receta, desde el clásico guacamole hasta ensaladas, sopas e incluso postres. Para obtener grandes ideas, visite aguacatesdemexico.com/recipe.

Puede encontrar más ideas de recetas e información sobre Aguacates de México en las hojas de trabajo que su hijo trajo hoy de la escuela. Consúltelas para encontrar bocadillos y platos creativos y deliciosos que puede preparar con sus hijos.

Atentamente,

—El maestro de su hijo

Cómo cortar un aguacate

Los aguacates son divertidos para preparar con su hijo. Estos son algunos consejos:

1. Asegúrese de lavar bien la fruta antes de cortar o rebanar.
2. Coloque el aguacate a lo largo sobre una superficie segura. Sugerencia: coloque una toalla de cocina limpia sobre la encimera o debajo de la tabla de cortar para evitar que el aguacate se resbale.
3. Sostenga el aguacate firmemente con una mano.
4. Corte por el centro a lo largo alrededor de la semilla, comenzando por el extremo más angosto.
5. Con el aguacate en la palma de una mano, utilice la otra mano para torcer y separar las dos mitades.
6. Cuando el aguacate esté cortado, quite la semilla con una cuchara.
7. Luego corte las mitades de aguacate en rebanadas o en cuartos y quite la cáscara. Ya está listo para comerlo solo o como parte de una receta deliciosa. Incluso puede hacer puré los trozos para darle una textura cremosa a su salsa favorita para pasta, sopa o crema untada para sándwich.





ALWAYS
IN SEASON

Did you know?

You can ripen an avocado faster by putting it into a paper bag with an apple or banana for 1 to 4 days.

Try it and see!



Avocado - The Super fruit

Avocados have:

20 vitamins & minerals

lots of fiber

naturally good fats



And they are:

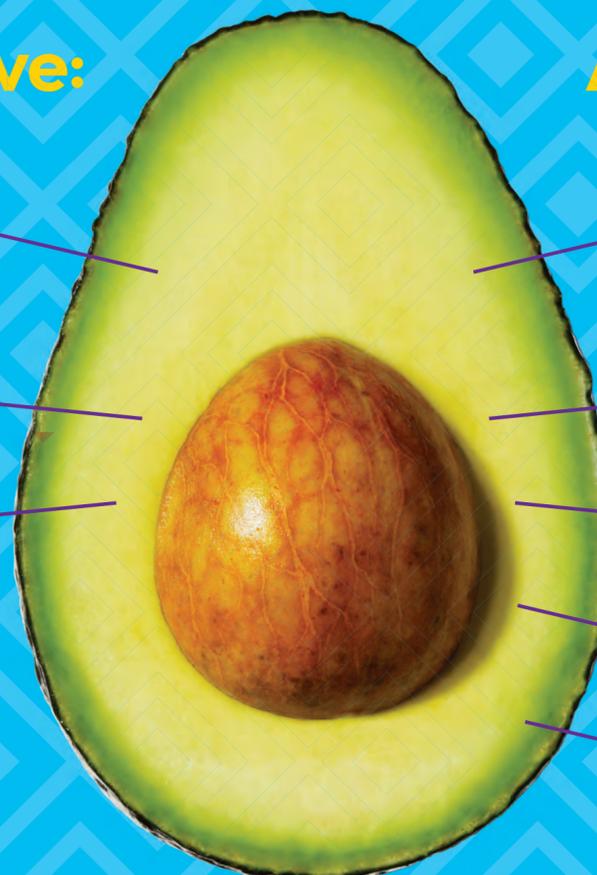
a good source of fiber and folate per 50g serving (1/3 of a medium avocado)

cholesterol free

sodium free

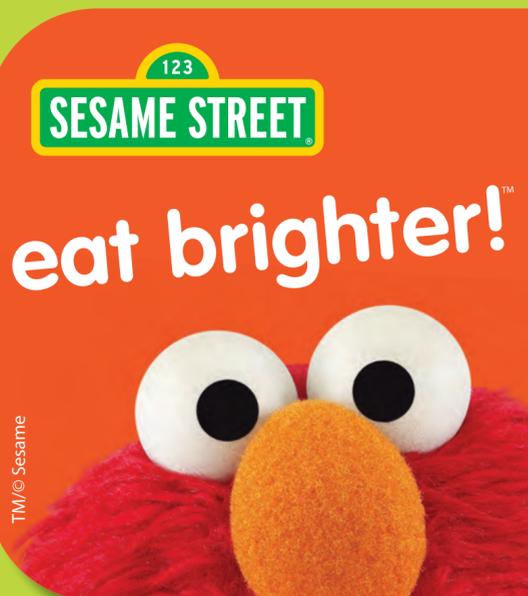
a versatile fruit

always in season!



Sign your names on the lines

We pledge to eat brighter every day!



- Fill half your plate with veggies and fruits, like **Avocados from Mexico**
- Make at least half your grains whole grains
- Limit sugary drinks and sweets



Stay active!
Run, walk, play sports, ride your bike, or dance for at least 60 minutes a day.

