

DEAR EDUCATOR,

Now 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 a part of your wellness curriculum with these standards-based lessons about a favorite fruit—Avocados From Mexico.

Avocados are a smart choice because they contain good fats, have nearly 20 vitamins and minerals, and are heart healthy. In addition, 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. They are the easy way to **eat brighter!**[™] and a delicious addition to any meal.

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.

Please share this program with other teachers in your school. The materials are copyrighted, but you may make as many copies as necessary.

Please comment online at ymiclassroom.com/feedback-afm to let us know your thoughts on this program.

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
- A classroom wall poster
- A reproducible letter to parents, in English and Spanish
- Tear pad with information for parents
- A standards alignment chart available at ymiclassroom.com/avocados
- A reply card for your comments, or comment online at ymiclassroom.com/feedback-afm

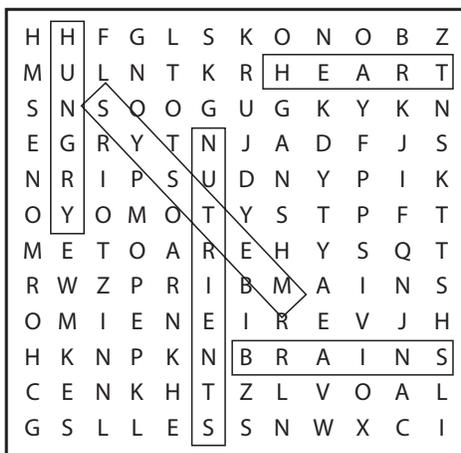
HOW TO USE THE MATERIALS

Photocopy this teacher's guide and the three activity sheets before displaying the poster in your classroom. Refer to the poster as a visual aid and reference. After completing the activities in class, send home a tear pad sheet with the parent letter so the learning can continue at home.

Activity 1 • Good Fats are Good News!

In this activity, students practice language arts and health skills while learning about the important role good fats play in a healthy diet.

Tell students that they are going to learn about how good fats not only help you stay healthy, but also help our brain, our circulation, and our energy level. Pass out the worksheet. Ask students to use the words in the word box to complete the sentences, and then find the words in the word search. *Answers:* 1-nutrients, 2-brains, 3-hungry, 4-heart, 5-system



Activity 2 • Full of Nutrients

In this activity, students practice language arts and health skills while learning about how the nearly 20 essential vitamins and minerals found in avocados make them a nutrient-dense fruit.

Hold up an avocado or a picture of one and ask students to describe it. Then, tell them that you have a word that they haven't thought of: SUPER! Explain that avocados are super full of nutrients. Just one little avocado is stuffed full to the brim with nearly 20 essential vitamins and minerals to help their bodies grow and become strong!

Pass out the activity sheet. For Part 1, ask students to unscramble the sentences that describe some of the important nutrients found in avocados. *Answers:* 1-Fiber may reduce risk of heart disease, 2-Potassium helps blood pressure, 3-Vitamin C keeps your immune system strong, 4-Folate is important for brain function, 5-Lutein is good for strong eyes, 6-Vitamin K helps your bones.

For Part 2, have students create their own avocado toast snack recipes. For added fun and nutrition, enjoy the students' snack recipes in class!

Activity 3 • Put Your Heart into Healthy Eating!

In this activity, students practice language arts and health skills while learning about the heart-healthy benefits of avocados and the importance of eating a nutritious breakfast.

Ask the students to place their hands over their hearts to feel their hearts beating. Tell them that their hearts work hard all day and night to pump blood throughout their body and keep all parts of their bodies healthy and strong! Explain that avocados can help keep our hearts healthy because they contain good fats, which do not raise "bad" cholesterol levels, plus fiber, which may reduce the risk of heart disease. Read Part 1 of the activity with the class, then have students pair up to decode the message. *Answer:* Fresh avocados are a heart-healthy fruit.

Introduce Part 2 by asking students to describe what they ate for breakfast. Tell them that scientists have learned that eating a healthy breakfast helps you feel better, listen better, and learn better all day long! Have students work individually to complete Part 2, then discuss the benefits of eating a nutritious breakfast every day. *Answers:* 1-grades; 2-healthy, listen, play; 3-fiber; 4-breakfast, friends; 5-nutrients.

RESOURCES

Avocadosfrommexico.com
Avocadocentral.com
Ymiclassroom.com



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!™





FULL OF NUTRIENTS

PART 1: Avocados are nutrient-dense — that means they are full of nutrients. They contain nearly 20 essential vitamins and minerals that help keep your body strong. Unscramble the sentences below to learn about some of the vitamins and minerals in avocados!

- | | |
|---|--|
| 1. Fiber may heart disease reduce risk of. | 4. Folate important brain function is for. |
| _____ | _____ |
| 2. Potassium blood pressure helps. | 5. Lutein is for good eyes strong. |
| _____ | _____ |
| 3. Vitamin C strong keeps your immune system. | 6. Vitamin K bones helps your. |
| _____ | _____ |

Part 2: What are your favorite snacks? Try avocado toast with fun toppings, like granola, raisins, grated carrots, or even peanut butter. Not only are avocados delicious, but they're healthy, too!

Start by making the spread. Mash a ripe avocado in a bowl using a fork (ask an adult to remove the ripe avocado from the skin for you). Some people like it a bit lumpy, while others like it smooth.



Next comes the fun part: Add your favorite ingredients into the bowl, or on top of your avocado toast. Create an avocado toast recipe on the back of this sheet, and give it a name! For example, avocado toast topped with granola might be “avo-nola toast”.

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Learn more about Avocados From Mexico at avocadosfrommexico.com

Resources: Avocadosfrommexico.com, Avocadocentral.com, Ymiclassroom.com.



eat brighter!™



TM/© Sesame

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!

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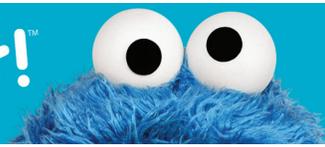


Learn more about Avocados From Mexico at avocadosfrommexico.com

Resources: Avocadosfrommexico.com, Avocadocentral.com, Ymiclassroom.com.



eat brighter!



DEAR PARENT OR GUARDIAN,

Now 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.

In school, your child has been learning about one fruit that is sure to be a favorite: fresh and delicious Avocados From Mexico. Did you know that avocados contain good fats, are nutrient-dense, and are certified heart healthy? Avocados also have a mild taste and creamy texture that children love. In fact, avocados are a tasty way to add nutrition to the most important meal of the day — breakfast! For healthful breakfast, snack, and other recipe ideas, go to avocadosfrommexico.com/recipe.

You'll find that Avocados From Mexico are a nutritious addition to any meal. The leading brand of avocados sold in the U.S., Avocados From Mexico are all natural, hand-harvested fruits that require no processing, no preservatives, and no flavor-enhancers. Find out more about the health benefits of avocados at avocadosfrommexico.com/nutrition-facts.

You can find more information about Avocados From Mexico on the worksheets your child brought home from school today. Check them out to learn more about always delicious avocados, and how you can help your child start each day off with a healthful, happy breakfast.

Sincerely,

—YOUR CHILD'S TEACHER



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While many factors affect heart disease, eating avocados as part of a diet low in saturated fat and cholesterol may reduce the risk.



ESTIMADO PADRE, MADRE O TUTOR:

Este es el momento perfecto para unirse a la campaña **eat brighter!**TM, 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 sobre un fruto que sin dudas se encuentra entre los predilectos: los frescos y deliciosos Aguacates de México. ¿Sabía que los aguacates contienen grasas saludables, están repletos de nutrientes y está comprobado que son buenos para el corazón? Los aguacates también tienen un sabor delicado y una textura cremosa que a los niños les encantan. De hecho, los aguacates son una forma sabrosa de agregar nutrientes a la comida más importante del día: ¡el desayuno! Para conocer ideas saludables para el desayuno, refrigerios y otras recetas, visite avocadosfrommexico.com/recipe.

Se dará cuenta de que los Aguacates de México son un complemento nutritivo para cualquier comida. Aguacates de México, la marca líder en venta de aguacates en los Estados Unidos, son frutas 100 % naturales, se cosechan a mano, y no requieren ningún procesamiento, como así tampoco conservantes ni realzadores de sabor. Obtenga más información sobre los beneficios del aguacate en avocadosfrommexico.com/nutrition-facts.

Puede encontrar más información sobre Aguacates de México en las hojas de trabajo que su hijo trajo hoy de la escuela. Écheles un vistazo para informarse más sobre los eternamente deliciosos aguacates y la forma en la que puede ayudar a su hijo a comenzar cada día con un desayuno rico y saludable.

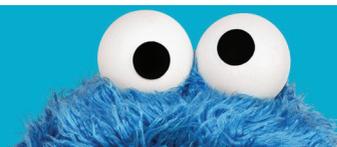
Atentamente,

—EL MAESTRO DE SU HIJO



Aguacates de México es una marca certificada por la American Heart Association®. La certificación no se aplica a las argumentaciones científicas.

Si bien son muchos los factores que inciden en las enfermedades cardíacas, el consumo de aguacates en una dieta baja en grasas saturadas y colesterol puede reducir el riesgo.



◆◆◆ ALWAYS IN SEASON ◆◆◆

Nutrient Dense

- Fiber** reduces the risk of heart disease. (11% DV*)
- Potassium** helps lower blood pressure. (6% DV*)
- Lutein** is good for strong eyes.
- Vitamin K** helps your bones. (10% DV*)
- Vitamin C** helps your body heal. (4% DV*)
- Folate** helps keep your brain healthy. (10% DV*)

* Recommended Daily Value per 50g serving

What's So Good About Good Fats?

Avocados are full of good fats that help your body stay healthy and strong. How are they good?



They help our bodies convert food to energy.



They help our brains stay healthy.



They help our bodies absorb vitamins and nutrients.



They are good for our circulatory system.



Good fats can reduce bad cholesterol levels in our blood.

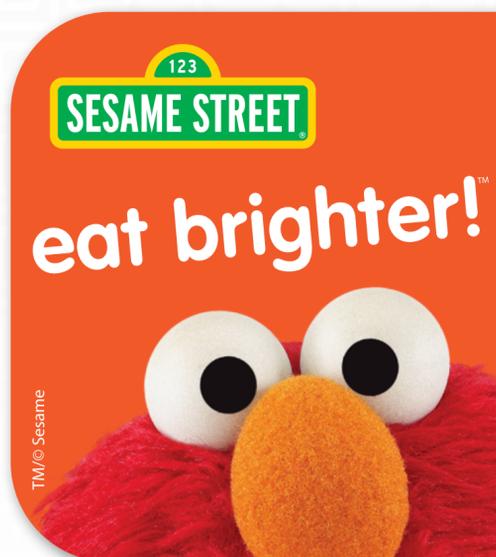
The Ways Avocados Keep Our Hearts In Shape

- Natural source of good fats
- Good source of fiber
- Contains vitamins and minerals
- Cholesterol free
- Sodium free



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While many factors affect heart disease, eating avocados as part of a diet low in saturated fat and cholesterol may reduce the risk.



- Fill half your plate with veggies and fruits
- Make at least half your grains whole grains
- Limit sugary drinks and sweets



Sign your names on the lines

We pledge to eat brighter every day!

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____