

AVOCADOS ON THE MENU!

DEAR EDUCATOR,

Help your students be thankful for healthy choices this Thanksgiving! Use this lesson to help your students fill their plate with healthy fruits and vegetables.

MATERIALS NEEDED: Pencils, activity sheet; scissors and glue for grades K-3

Ask students if they can tell you what holiday we celebrate in November. Thanksgiving, of course! The Pilgrims were very thankful that Native Americans taught them to grow and harvest healthful foods in their new homeland, and their harvest celebration was the basis for the Thanksgiving holiday we celebrate today.

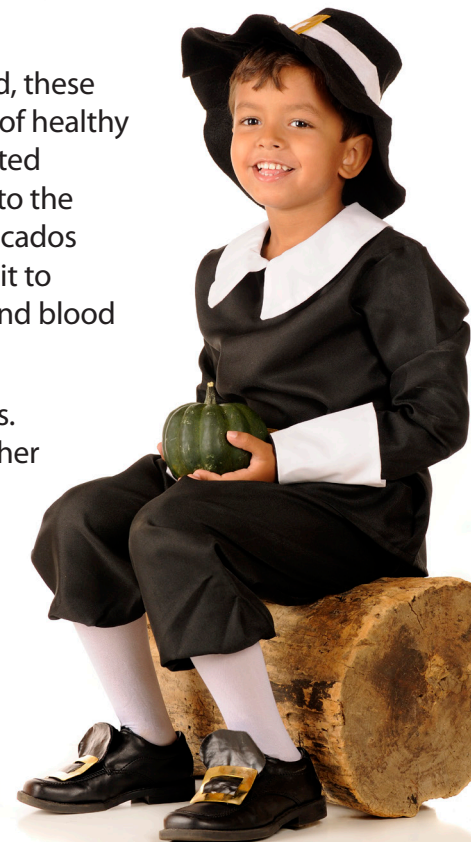
Ask students to share some of their favorite Thanksgiving foods and discuss the health benefits of each food. Suggest that students be diligent about adding healthy choices to their favorite holiday foods.

For example, while avocados might not be a traditional Thanksgiving food, these delicious fruits contain nearly 20 vitamins and minerals and can add a lot of healthy flavor to your Thanksgiving meal — replacing saturated fat with unsaturated fats is associated with a reduced risk of cardiovascular disease, according to the Dietary Guidelines for Americans. More than 75% of the fat in healthy avocados is unsaturated. Plus, eating more avocados is an easy way to add more fruit to meals. Eating a variety of fruits and vegetables may help control weight and blood pressure. Avocados are a healthy nutrient-dense fruit.

Pass out the activity sheet and go over the instructions with your students. Kindergarten and first grade teachers might want to do the activity together as a class, while 2nd and 3rd grade students can work independently.

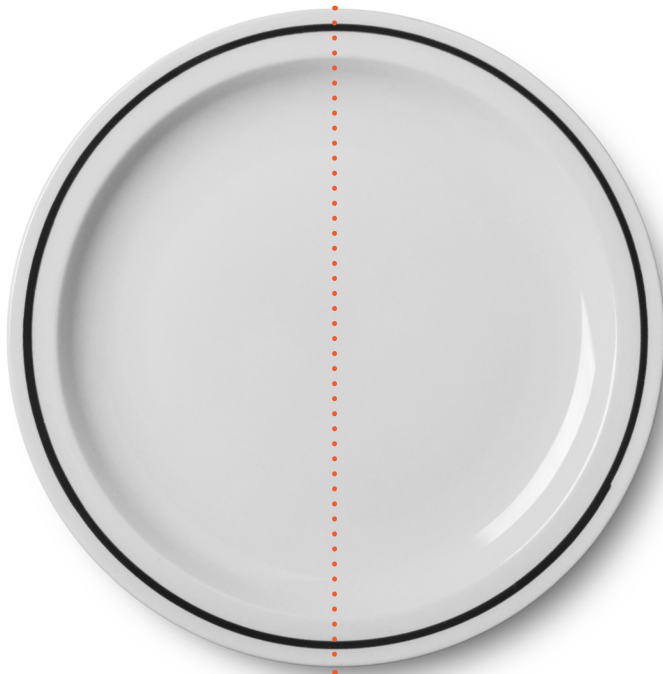
Sincerely,

Dr. Dominic Kinsley, Editor in Chief
Young Minds Inspired



AVOCADOS ON THE MENU!

This Thanksgiving, fill half your plate with fruits and vegetables! Cut out the food pictures at the bottom of this sheet. Now create your own Thanksgiving meal! Choose six foods and glue them to the plate. Make sure three of the foods are fruits and vegetables! Place your fruits and vegetables on one half of the plate, and your other Thanksgiving foods on the other half.



turkey



cranberry sauce



cauliflower



corn on the cob



mashed potatoes



squash



green salad with avocado



green beans



dressing



macaroni and cheese



yams



pumpkin pie

FAMILIES:

Try this at home! Add an extra helping of healthy flavor to your Thanksgiving meal. Fresh avocados are a heart-healthy fruit that provide naturally good fats, are low in saturated fat, and are cholesterol- and sodium-free. Try this recipe from Avocados from Mexico.



AVOCADO & BRUSSEL SPROUT SALAD WITH PUMPKIN SEEDS

- 1 medium, ripe Avocado From Mexico, chopped
- 1 lb brussels sprouts, trimmed, chopped coarsely
- 1 tb lemon zest
- 1 ½ tb lemon juice
- ½ tsp dijon mustard
- ¾ tsp siracha hot sauce
- 3 tb olive oil
- ¼ tsp kosher salt
- ¼ tsp black pepper
- 2 tb pumpkin seeds, toasted



INSTRUCTIONS

Preheat oven to 350 degrees F. Place Brussels sprouts in a single layer on a greased baking sheet. Bake in the oven for 10 minutes until slightly browned. Remove from the oven and cool for at least 10 minutes. Prepare the dressing: Whisk lemon zest, lemon juice, hot sauce and mustard in a small bowl. Slowly add olive oil, whisking to combine. Season with salt and pepper, to taste. Toss cooked Brussels sprouts with dressing and gently add chopped avocado and pumpkin seeds.



AVOCADOS ON THE MENU!

This Thanksgiving, fill half your plate with fruits and vegetables, and make it a more nutritious meal!

Read the paragraphs below, then follow the directions to create your own Thanksgiving dinner plate!

You know it's important to eat fruits and vegetables every day to stay healthy and strong. But how much should you eat? The USDA's ChooseMyPlate.gov website recommends ~~one and~~ 1 ½ cups of fruit and 2-2 ½ of vegetables per day for children ages 9 through 13. But don't worry — you don't have to carry a measuring cup around with you to make sure you are getting what you need.

Just take a look at this chart to see what makes up ½ cup of some tasty fruits and vegetables. Then fill in your favorites on the Thanksgiving plate. Choose two fruits and two vegetables, and write them on the lines on the plate. Then check off more fruits and vegetables on the list until you've reached your recommended daily amount.

What counts as ½ cup of VEGETABLES?	What counts as ½ cup of FRUIT?
1 small tomato	1 medium avocado
1 small ear of corn	1 small orange
6 baby carrots	1 small banana
1 large stalk of celery	16 seedless grapes
1 small green pepper	4 large strawberries



* Recommendations depend on age, sex, and level of physical activity

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