

# 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.

## 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.

