



HEART SMART

DEAR EDUCATOR,

Celebrate National Heart Month in February by helping your students and their families make heart-healthy food choices! Use this lesson to teach your students about the health and nutrition benefits of avocados and other fruits and vegetables.

Ask students to share some of the things they do to stay healthy. They may say exercise, getting enough sleep, and eating healthy foods. Talk about how different foods can help different parts of the body, such as how Vitamin D and calcium help build strong bones.

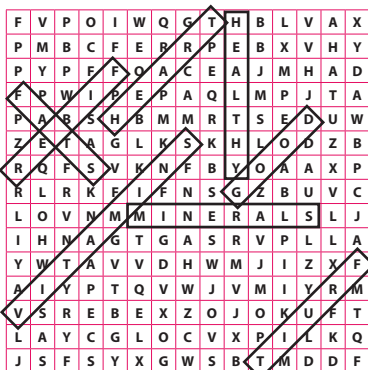
Tell students that eating healthy foods is also important for heart health, and that one thing anyone can do for heart health is to limit consumption of “bad,” or saturated, fats, and choose “good,” or unsaturated, fats instead. Explain that our bodies need fats, but too much bad fat will harm our health. Instead, we need to choose good fats, such as those found in avocados. In fact, avocados are the only fruit that contains a high percentage of heart-healthy fat! Maybe that’s why avocados are sort of heart-shaped!

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 older students can work independently.

Sincerely,

Dr. Dominic Kinsley, Editor in Chief
Young Minds Inspired

WORD SEARCH ANSWERS:



CROSSWORD ANSWERS:

ACROSS 3. Vitamins 4. Heart 5. Healthy
DOWN 1. Avocados 2. Fiber 4. Half



HEART-SMART AVOCADOS

F	V	P	O	I	W	Q	G	T	H	B	L	V	A	X
P	M	B	C	F	E	R	R	P	E	B	X	V	H	Y
P	Y	P	F	F	O	A	C	E	A	J	M	H	A	D
F	P	W	I	P	E	P	A	Q	L	M	P	J	T	A
P	A	B	S	H	B	M	M	R	T	S	E	D	U	W
Z	E	T	A	G	L	K	S	K	H	L	O	D	Z	B
R	Q	F	S	V	K	N	F	B	Y	O	A	A	X	P
R	L	R	K	F	I	F	N	S	G	Z	B	U	V	C
L	O	V	N	M	M	I	N	E	R	A	L	S	L	J
I	H	N	A	G	T	G	A	S	R	V	P	L	L	A
Y	W	T	A	V	V	D	H	W	M	J	I	Z	X	F
A	I	Y	P	T	Q	V	W	J	V	M	I	Y	R	M
V	S	R	E	B	E	X	Z	O	J	O	K	U	F	T
L	A	Y	C	G	L	O	C	V	X	P	I	L	K	Q
J	S	F	S	Y	X	G	W	S	B	T	M	D	D	F

February is National Heart Month, the best time to start choosing heart-healthy foods — like avocados! See if you can find these words that describe heart-smart avocados in the word search.



good
fats
fiber
vitamins
minerals
fruit
healthy
heart

FAMILIES:

Fresh avocados are a heart-healthy fruit. They provide naturally good fats, are low in saturated fat, and are cholesterol- and sodium-free. One-third of a medium avocado contributes nearly 20 vitamins and minerals, making it a healthy nutrient-dense choice. Best of all, kids love the mild taste and creamy texture of avocados, which means you can mix them into all sorts of recipes. Try this one out!

FRUIT SALAD WITH AVOCADO & CREAM

- 3 green apples, cut into cubes
- 3 red apples, cut into cubes
- 1 chopped avocado
- 1 can of peaches in syrup, chopped
- 1 can pineapple, chopped in chunks
- Juice of 2 lemons
- 1 cup of toasted almonds
- 1 cup chopped walnuts
- Juice of 1 orange
- 2 tablespoons honey
- Whipped cream for serving

INSTRUCTIONS

1. Mix the honey and orange juice in a bowl until the honey is dissolved.
2. In another bowl, mix the pineapple with syrup, peaches with syrup, apples, and lemon juice. Let cool for half an hour, then add avocado and the orange juice/honey mixture.
3. Serve with walnuts, almonds and whipped cream.



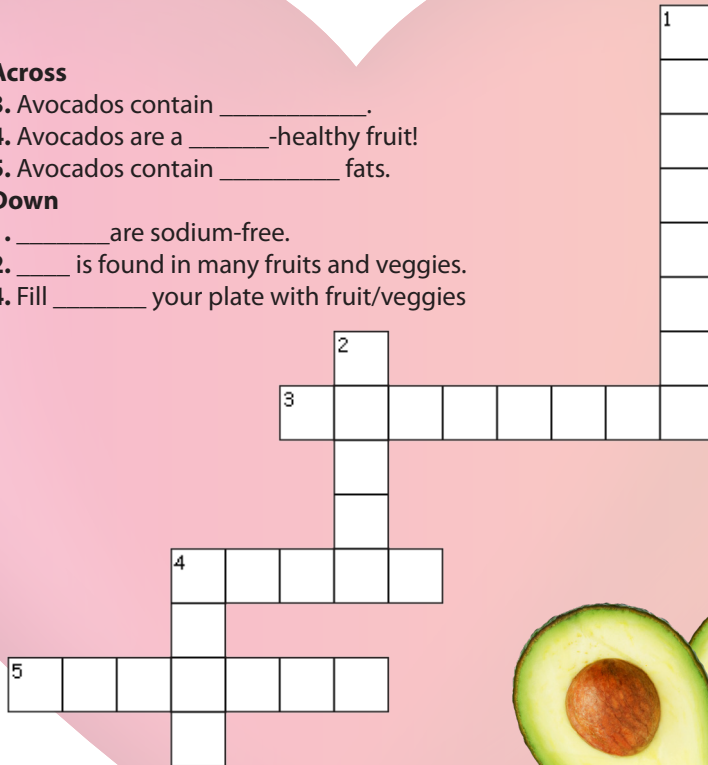
HEART-SMART AVOCADOS

Across

- 3. Avocados contain _____.
- 4. Avocados are a _____-healthy fruit!
- 5. Avocados contain _____ fats.

Down

- 1. _____ are sodium-free.
- 2. _____ is found in many fruits and veggies.
- 4. Fill _____ your plate with fruit/veggies



February is National Heart Month, the best time to start choosing heart-healthy foods. Always delicious, avocados are also a good source of the “good” fats our bodies need, and they are good for our hearts because they are cholesterol- and sodium-free.

Learn more about avocados by completing the crossword puzzle using the words below.

**half
avocados
healthy
vitamins
heart
fiber**

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