



# GREEN-UP YOUR MEALS FOR SPRING!

## DEAR EDUCATOR,

Spring has sprung! Help your students welcome the season by “going green” in their menu planning and trying new foods that will add nutrition to their meals.

Ask students to think about what they ate yesterday. Have them count the number of fruit and vegetable items they ate. Point out that many “green” (plant) foods are very healthy for you. Adding something “green” to what students eat may improve the nutritional intake. For example, adding avocado slices to a turkey sandwich boosts the nutritional value of that favorite lunch by adding nearly 20 nutrients, including vitamins and minerals, as well as good fats, that contribute to good health. Let students brainstorm ways they can add some “green” to their mealtime favorites.

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

### ANSWERS:

**Grades K-3:** Avocados, spinach, green beans, kale, lettuce, basil, broccoli

**Grades 4-5:** Avocados, green grapes, spinach, green beans, asparagus, artichoke, kale, lettuce, basil, broccoli, honeydew melon



# GOING GREEN FOR SPRING!

It's fun to try new things! Think about ways you can add green to your favorite meals. Look at the scrambled word puzzle below. You will know some of these green foods. Some will be new to you. Try to unscramble the names of the green vegetables! Use the word box to help you. Then, draw a line from the unscrambled name to its picture. How many will you eat?

avocados  
broccoli  
green beans  
kale  
lettuce  
spinach

dosvocaa \_\_\_\_\_

hacspin \_\_\_\_\_

geern sneab \_\_\_\_\_

lake \_\_\_\_\_

ecttuel \_\_\_\_\_

licocrob \_\_\_\_\_



## FAMILIES:

Avocados are a versatile ingredient that can be used in a variety of different ways. Add avocados to familiar foods that your children love to increase acceptance (and boost nutrition). New ingredients like avocados can help familiarize your child to new foods and attune their taste buds to new preferences. Don't give up — if your child refuses to eat a new food at first, try the "one-bite" taste-challenge. Start with this recipe from Avocados from Mexico for a new twist on a classic favorite!

## AVOCADO DEVILED EGGS

- 6 hard-cooked eggs, peeled and cut lengthwise
- 1 medium, ripe Avocado From Mexico, diced
- 1 ½ tablespoons lime (or lemon) juice
- 1 tablespoon jalapeño pepper, seeded, diced
- ½ teaspoon kosher salt
- 2 tablespoons chopped cilantro
- Optional Toppings: bacon bits, cilantro leaves, diced red bell peppers, chives, smoked paprika

### INSTRUCTIONS

Remove the egg yolks from the whites and place in a medium bowl (or food processor). Set the whites aside. Add avocado and lime juice to the yolks and mash until smooth. Stir in diced jalapeno, salt, pepper, and chopped cilantro and mix thoroughly. Scoop 1 tablespoon of the mixture into each egg white half, or use a pastry bag fitted with a large star tip to fill each egg white half with 1 tablespoon of the mixture. Arrange on a serving plate. Cover lightly with plastic wrap and refrigerate before serving. Garnish with chives or other toppings if desired.



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It's fun to try new things! Think about ways you can add green to your meals. Look at the scrambled words below. They are the names of some green fruits and vegetables—some probably familiar to you, some maybe not. See if you can unscramble the names. Use the word box to help you. Then, choose three of the foods and think of a way you can use them as an ingredient in one of your favorite dishes. For example, you might substitute mashed avocados for butter on your morning toast! Write your three ideas on the lines below.

artichoke  
asparagus  
avocados  
basil  
broccoli  
green beans  
green grapes  
honeydew melon  
lettuce  
spinach

dosvocaa \_\_\_\_\_  
nereg prages \_\_\_\_\_  
hacspin \_\_\_\_\_  
geern sneab \_\_\_\_\_  
aprgssaau \_\_\_\_\_  
trahcieko \_\_\_\_\_  
lake \_\_\_\_\_  
ecttuel \_\_\_\_\_  
sliba \_\_\_\_\_  
licocrob \_\_\_\_\_  
wheonday Inemo \_\_\_\_\_



## MY GREEN MENU IDEAS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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