

# AVOCADOS

## FAST FACTS

- Avocados are botanically a fruit, but listed and treated as a vegetable by the USDA
- Avocados are grown on trees, mainly in California and Mexico
- There are over 100 varieties of avocados seven of which are grown in California including Hass, Bacon, Fuerte, Reed, Gwen, Pinkerton, and Zutano
- Avocado trees can grow up to 15-30 ft tall



## IMPORTANT NUTRIENTS

- **Fiber** - supports gut and heart health
- **Monounsaturated fatty acids** - supports heart health
- **Vitamin E**- acts as an antioxidant and promotes healthy skin and hair
- **Pantothenic acid**- helps the body convert food to energy
- **Potassium** - helps manage blood pressure

## SELECTION & STORAGE

Avocados that have a vibrant, green color and are firm to the touch are not ripe yet. Avocados with a darker green skin with a softer touch are ripe and ready to eat.

Ripe avocado can be stored in the fridge for 2-3 days. Set unripe avocados on your counter for 4-5 days or until ripe.

## IDEAS FOR SERVING

- Cut the avocado and eat it fresh with a spoon right from the skin
- Mash up an avocado and add some spices to enjoy as a dip, such as guacamole!
- Top your salad or mix into a smoothie for a creamy taste

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## ACTIVITIES

### Five Senses Fun!

Use your five senses to describe how avocados look, feel, taste, sound, and smell.

### Write a Recipe

Invent a new recipe that includes avocados as one of the ingredients.

### Compare & Contrast

Make a list of similarities and a list of differences between avocados and another fruit. Are there more similarities or differences? What do you think makes an avocado a fruit?

### Poetry

Write a poem about the health benefits of avocados. Share with the class!

### Discussion

Discuss in groups why you think that California and Mexico became prime growers of avocados all year round.

### Watch a Video

Find and watch a video online that shows how avocados are grown, harvested, and distributed in the United States.

## CHECK FOR UNDERSTANDING

**Name two types of avocados.**

**What type of plant do avocados grow on?**

**What nutrients are found in avocados?**

**What should you look for when selecting avocados at the store?**

**What is your favorite way to eat an avocado?**

## REFERENCES

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