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

