LESSON NAME
Avocado Nutrition

GRADE LEVEL
Pre-K – 8

TIME
5–30 minutes

CONTENT AREA
Health, Math, Science, English Language Arts

MATERIALS & PREPARATION
Review the Avocado Handout to familiarize yourself with the content and select one or more activities for your lesson. Review and modify the Avocado Slides as needed and project on screen (optional).

Print 1 copy of the Avocado Handout for each student (optional).

Prepare the avocado to serve to the students during the lesson.

OBJECTIVES

Pre-K – Grade 8
Identify an avocado as member of the vegetable food group that is botanically a fruit.

Grade 3 – Grade 8
Describe the role of nutrients found in avocados. Understand where/how avocados are grown.

Grade 6 – Grade 8
Assess personal need for nutrients found in avocados. Plan healthy meals and snacks that incorporate avocados.

LESSON OUTLINE

#1 Serve: Provide each student with a serving of avocado to consume during the lesson.

#2 Teach: Use the first page of the Avocado Handout to teach the students about avocado.

#3 Explore: Select one or more activities from the second page of the Avocado Handout for the students to complete.

#4 Discuss: Use one or more of the questions below, or create your own, to assess your students' understanding of the material covered:

- Name two types of avocados.
  Example: Hass, Bacon, Fuerte, Reed, etc.
- What type of plant do avocados grow on?
  Example: trees
- What nutrients are found in avocados?
  Examples: Fiber, Monounsaturated Fatty Acids, Potassium, phytochemicals
- What should you look for when selecting avocados at the store?
  Example: Look for a dark green or vibrant green depending on type of ripeness you want
- What is your favorite way to eat avocados?
  Examples: Raw, as a dip, on salads, on toast, in smoothies etc.