NUTRITION EDUCATION LESSON PLAN

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.
  - *Examples: 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.*

Arizona K-12 Content Standards: Health Strand 1, Concept 3, PO2
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