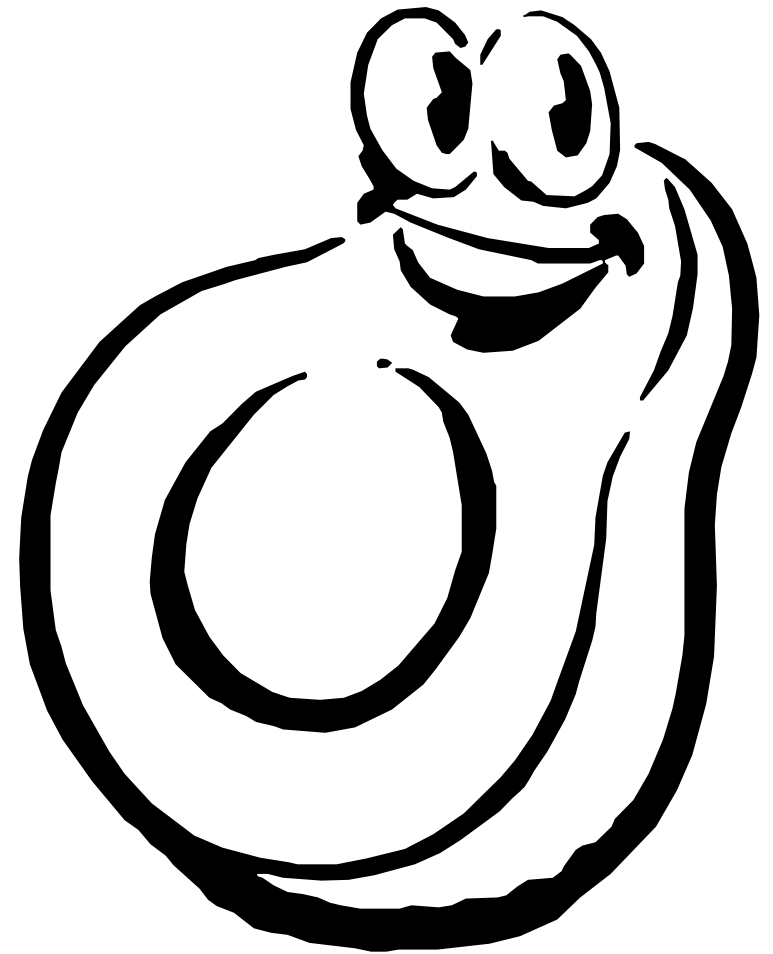




**CHAMPIONS
for CHANGE**
Network for a Healthy California



For information on obesity prevention or food stamps,
call 1-888-328-3483. This material was funded by the
USDA's Food Stamp Program, an equal opportunity
provider and employer.



**MY AVOCADO
BOOK**

BY: _____

Avocado Rhyming Words



The following words describe avocados. Write as many words as you can think of that rhymes with each word.

Green _____

Tree _____

Pit _____

Skin _____

Creamy _____

Avocado Story Problems



1. The avocado farm has 5 acres of avocado trees. If each acre has 12 trees, how many trees does the farm have?

2. If 20 avocados fit in one box, how many avocados would you have if you had 5 boxes?

3. The farmer has 12 boxes of avocados. If he takes $\frac{1}{2}$ to sell at the farmers' market, how many boxes will he take to sell?

4. The farmer makes \$20.00 for every box he sells. If he sells all 6 boxes, how much money will he make?

5. The market sells avocados for 3 for \$1.00. If you have \$5.00, how many avocados can you buy?

General Facts



1. English colonists nicknamed the avocado “alligator pears.”
2. More than 80 different varieties of avocados are grown in California. Hass avocados are the most common.
3. California ranks #1 in U.S. avocado production.
4. Dr. Thomas White of the California State Agricultural Society imported the first California avocado tree from Nicaragua to Los Angeles in 1856.
5. Avocados are grown mainly along the coastline of Southern California.
6. Avocado trees can grow as tall as 80 feet and produce as much as 400 fruits annually.

Make a List



Eating fruits and vegetables and being physically active everyday helps your body stay healthy and energetic. Make a list of your favorite fruits and vegetables that you will try to eat this week to keep your body healthy.

My Fruit and Vegetable List

Make a list of physical activities you will do to help keep your body fit and strong!

My Physical Activity List

Avocado Comprehension Questions



1. What is a nickname of the avocado?

2. Who imported the first avocado tree?

3. What state is ranked #1 in avocado production?

4. How tall can avocado trees grow?

5. What type of avocado is the most common?

6. True or False: Monounsaturated fat is a fatty acid that lowers good cholesterol.

7. True or False: Avocados are a source of Omega 3 fatty acids.

8. Omega 3 fatty acids are essential fatty acids that may help prevent what disease?

Avocado Nutrition Facts

1. Avocados are a source of Omega 3 fatty acids.

2. Omega 3 fatty acids are essential fatty acids that may help prevent heart disease.

3. Avocados are a source of monounsaturated fat.

4. Monounsaturated fat is a fatty acid that helps lower LDL (bad) cholesterol and boosts HDL (good) cholesterol.

5. Research suggests that the fat in avocados also increases the body's ability to absorb and use antioxidants.

