



VITAMIN
BEE™

3

NUTRITION EDUCATION PROGRAM
AVOCADO ANSWER KEY
GRADE 3

Answer Key

- | | |
|--------------|---------|
| 1. green | 6. true |
| 2. fruit | 7. 5-13 |
| 3. 75 | 8. E |
| 4. true | 9. True |
| 5. potassium | |

Visit www.vitaminbee.tv for videos, games, activities, recipes and more!

1. Avocados are considered a fruit.
2. They are green in color.
3. Avocados are packed with lots of potassium.
4. Avocados are 75% fat, but they are good fats that reduce the risk for heart disease.
5. At one time the avocado was a “luxury food” reserved for royalty.
6. Avocado is the main ingredient in guacamole.

Other notable facts:

- Avocados are high in Vitamin E, which is an anti-oxidant the body uses to help prevent disease and repair damaged cells.
- Avocados are especially high in potassium, which is important for muscle functions, like the heart.

They contain more potassium than a banana, per gram.

- Avocados came to Florida from the West Indies. They were named “Alligator Pear,” because of their shape and bumpy green skin.
- Placing an apple or banana in a closed paper bag with an under-ripe avocado will help it ripen faster so it can be enjoyed sooner!
- Avocado plants can be grown by seed, but it can take 5-13 years for it to actually become a tree and bear fruit.

recipes

EASY

- Eat slices of avocado plain
- Add to a salad
- Add to a fruit and veggie smoothie
- Put diced avocados and tomatoes on beans and eat plain or in a wrap for a healthy meal.

Guacamole

Take 2 ripe avocados and mash up with lime juice, cilantro, red onion, tomato and garlic. Add salt to taste and a dash of cumin.



Enjoy!

For more Healthy Recipe ideas, go to: www.vitaminbee.tv/recipes

WHAT DO YOU REMEMBER?

AVOCADO



3

Directions: Circle the correct answer.
Use your knowledge about avocados!

1. Avocados are (red, green) in color.
2. Avocados are considered a (vegetable, fruit).
3. Avocados are (25%, 75%) fat.
4. At one time, avocados were a luxury food reserved for royalty.
(True, False)
5. Avocados are high in (calcium, potassium).
6. Placing an apple or banana in a closed bag can help ripen an avocado.
(True, False)
7. Avocado plants can be grown by seed, but it takes (5-13, 20-25) years
to become a tree and bear fruit.
8. Avocados are high in Vitamin (E, C) which is the antioxidant the body
uses.
9. Avocados were named the "Alligator Pear" because of their shape and
bumpy green skin. (True, False)

WORD SEARCH

3

Directions: Circle the words hidden in the puzzle below.

A F G Y W N S W P E U Z T A G S O F T W
L R A E R W B O V N J S R K N I D G W C
L U V J V K W M I I E Y A M G W U T L R
I I S G N R Y V M M W C E T U A Y N Z E
G T S G B H T J H A R V H D G G N E H D
A T D M B P L A T T T K L E S A U R Y E
T B D B V T A M U I S S A T O P U V P E
O Z W U E H Y T I V E H I A T J P O K S
R R I M D R A T A Q Y K B R P L H U C T
P R G U X F R I R S O S L U V G U S N J
E W B F D R I Y S N T N B T L X R S Q X
A G D O X X Y U S E L I F A S A N Y T N
R J O C M P V U W E H A N S E V M S C O
M G V T M M Q G I R P R R N Y A X T L J
K Q A U K A Z U B G H B F U N Y X E A P
W P B I B J P R A W L Z C O E Q Q M Y X
X E U D A J F N B L F D U N U W B H X K
F V R V N J X Q E W T E L O M A C A U G
V X O J Q J U D P C U O I M G N S F R V

WORD BANK:

ALLIGATOR PEAR BERRY
BRAIN
BUMPY
FRUIT
GOOD FAT
GREEN

GUACAMOLE
HEART
MONOUNSATURATED
NERVOUS SYSTEM
POTASSIUM
RAW

ROYALTY
SEED
SOFT
TOMATOES
VITAMIN E