



## Harvest Objectives

Students will describe the outside and inside of the avocado.  
Students will identify that avocados grow on trees and have seeds inside.  
Students will taste a piece of avocado.



## Harvest Vocab

Outside      Inside      Firm      Fruit      Bumpy      Tree

## Materials & Prep

Avocado (enough for each child to taste small  $\frac{1}{4}$  pieces)  
Brown paper bags  
Chalkboard/Whiteboard and chalk/whiteboard markers  
Pictures of fruits or vegetables (optional)  
Images (included at end of learning plan)  
Knife & Cutting Board  
Taste Test Chart  
Stickers (or small Post-It Notes)  
Taste Test Extension supplies (optional)

## Literature Connections

Handa's Surprise by Eileen Browne  
A Fruit Is a Suitcase for Seeds by Jean Richards  
Up, Down, and Around by Katherine Ayres

## Warm Up

- In order to engage the children and activate prior knowledge, place whole avocados in brown paper bags (one per bag). Pass the bags around and have the children feel the avocado, without looking and ask them to think of a describing word. After everyone has felt the avocado, ask them to share their describing word and record their responses in a list under the word "Outside." Then take out the avocado and ask the children what it looks like and continue to record responses.
- Write the word "Inside." Then cut one avocado in half. Pass it around and ask the children what they observe and record their responses. What does it look like? Feel like? Smell like?
- Finally, ask them, "What do you think this is? Have they ever seen one before?"

## Explain

- If nobody mentioned it, share with the children the word "avocado" and write it on top of the warm up list. If nobody mentioned the word bumpy in the warm-up, share that now along with other examples. Explain that botanically it is a fruit (the seed, the large brown sphere, is inside). What other fruits can they think of, with seeds inside? (Apple, banana, orange, cucumber, eggplant, etc.) If possible, put out pictures of fruits and vegetables and allow the students to think about which ones have seeds inside.



- Describe how avocado grow (from a tree, after the flowers are pollinated they swell to become the avocado we eat), why we should eat avocado (helps heal cuts, healthy bones, healthy blood and heart, and helps digestion) and for each reason come up with an action to help the children remember. For example, they can rub their stomachs while saying “healthy digestion.” Also explain how to pick a good avocado (it should be firm when you press it gently). Please see the next pages for images to share with the children.

### Taste Test

- Using the extra avocado from the warm up, cut quarter pieces for each child to taste.
- If possible, have two different avocado varieties for the children to taste. Do they notice any difference in taste?
- Create another chart that says “I Like” with a smiley face and “I Don’t Like” with a sad face. Give each child a sticker, and ask them to vote by placing it in a column. Count the number of children that like avocado, and don’t like avocado and write that number in each column.
- Review how an avocado grows and the health benefits with the children.

### Taste Test Extension

**Rule of 15** “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

For an additional avocado tasting experience, prepare this recipe with children in class using different stations, or ahead of time. Serve it with this lesson, or on a different day to expand the Harvest of the Month experience.

#### Avocado Kid Salad (for 20 children)

Adapted from: <http://www.superhealthykids.com/healthy-kids-recipes/brainy-breakfast-salad-for-kids.php>

- |                            |                          |
|----------------------------|--------------------------|
| 4 avocados                 | 4 apples                 |
| 4 TBL raisins              | 4 TBL Walnuts (optional) |
| 2 TBL honey                | 4 teaspoon vanilla       |
| 1 tsp. cinnamon            | Vegetable peeler         |
| Knife & Cutting Board      | Mixing bowl & spoon      |
| Plastic knives             | Measuring spoons         |
| Plate & Fork (1 per child) |                          |

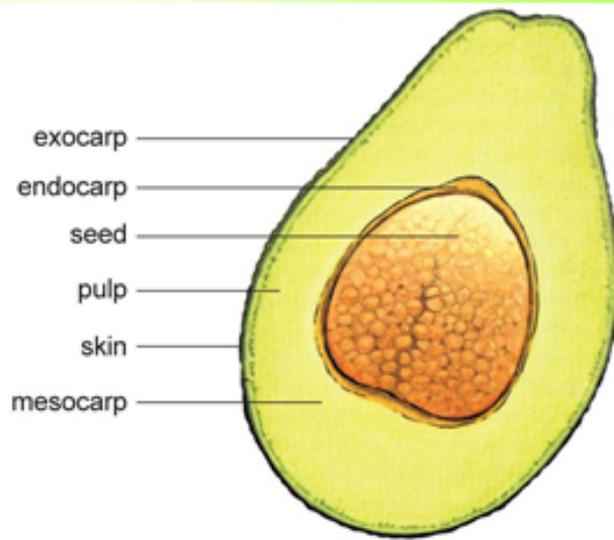


1. Peel and chop apple. Place in bowl with a drop of water. Microwave on high for 1 minute. Stir, microwave for 30 seconds longer. Cool apples. (This step is to make them the same texture (soft) as the avocado.) Cut the avocados in half.
2. Invite the children to wash their hands and come to the table for a cooking activity.
3. Demonstrate how to hold the plastic knife properly and how to cut the avocado. Have each child cut about one quarter of the avocado into small pieces.
4. Then have the children measure and mix together honey, vanilla, and cinnamon.
5. Drain any water from your bowl of apples and add the avocado. Pour the honey sauce over the avocados and apples. Add raisins and walnuts, and stir gently. Serve and enjoy!

## How do Avocados grow?



Avocado trees can grow up to 80 feet tall.

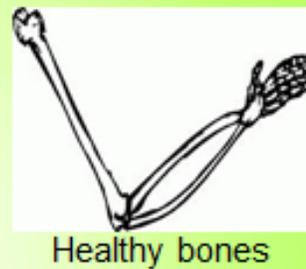


## Why should we eat Avocados?

### Vitamin K



### Manganese



### Riboflavin and Folate



### Fiber

