



### Harvest Out-of-School Objectives

- Participants will review which plant part avocado are from
- Participants will review the health benefits of avocado
- Participants will make an avocado snack



### Harvest Out-of- School Review

- Hold up the avocado and ask the participants if they remember, from school:
  - what it is called (avocado)
  - what type of plant part do they come from (flower)
- Review with them how avocado grow (on trees, from flowers after they are pollinated), why we should eat avocado (heals cuts, healthy bones, healthy heart and blood, healthy digestion), and how to pick good avocado (firm and give to gentle pressure.) Please see the next pages for images to share with them.

### Harvest Out-of- School Brainstorm—Which food fits the part?

- Show the participants the avocado, tomato, parsley, olives and crackers. Tell the participants that we will be making a face out of these items. Ask them, how could we place these foods, or parts of them, so they look like a face? Allow participants 1-2 minutes to visit about their ideas with a partner and write/sketch their brainstorms. If time permits, have a group discussion about their ideas.

### Harvest Out-of-School In Action

**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](#)

#### Avocado Faces (10 participants)

- |                                  |                           |
|----------------------------------|---------------------------|
| 2 avocados                       | 20 black olives           |
| 3 parsley sprigs (or other herb) | 1 tomato                  |
| 10 Crisp bread (crackers)        | 4 Forks & spoons          |
| 2 Knives & Cutting board         | 4 Mixing bowls            |
| 2 Scissors (sterilized)          | Plate (1 per participant) |



General Directions: Assemble ingredients in shape of face on mashed avocado.

1. All participants should wash their hands.
  - a. Wet hands with warm water
  - b. Apply hand wash (soap)
  - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
  - d. Rinse both sides of hands with water all the way up to the wrists
  - e. Dry hands and shut off faucet with towel
2. Cut the avocado in half and remove the pit. Have 4 participants scoop out the avocado from the 4 halves into the mixing bowls. Demonstrate how to mash the avocado using the fork. Have 4 participants mash the avocado until it looks spreadable (similar to peanut butter.)



3. Have 1 participant put out 10 plates. Have 1 participant put 1 crispbread cracker on each plate. Have 1 participant put 2 olives on each plate.
4. Demonstrate how to rinse the parsley by placing it under running water and turning it so all the leaves are rinsed. Have 2 participants use the scissors to cut 10 total leaves off the parsley. Have them put one leaf on each plate. (More if using it for hair.)
5. Demonstrate how to rinse the tomato by placing it under running water and rubbing it to remove any soil. Demonstrate how to slice the tomato. Place the tomato on the cutting board. Show them how to hold the knife handle correctly, and how to roll their fingers under, so their fingertips are protected. Allow 1 participant to make 10 tomato slices that are about the width of a pencil and put them on the plates.
6. Once each plate has all the ingredients (1 cracker, 2 olives, 1 parsley leaf, 1 tomato slice) using the mashed avocado from the mixing bowls, demonstrate how to spread the avocado all over the cracker surface. Then place the olives for eyes, the parsley for a nose, and a tomato for a mouth. (Additional parsley can be added at the top for hair.) Did anyone brainstorm these ingredients would make the face parts? Enjoy!

### Harvest Out-of-School Wrap-Up

- After trying the avocado, have the participants record in their HOM journal on their “Like” “Don’t Like” table.
- On the “Why we should eat...” page have the older participants record one health benefit.
- What other fruit & veggie slices can be made into faces? (Bananas for eyes, carrots for noses, red pepper or peach slices for lips, etc.)
- If time permits, participants may share their responses in pairs, or with the group.

**How do Avocados grow?**

Avocado trees can grow up to 80 feet tall.

**exocarp**  
**endocarp**  
**seed**  
**pulp**  
**skin**  
**mesocarp**

**Manganese**  
Healthy bones

**Fiber**  
Healthy digestion, cleans out your system

**Vitamin K**  
Heals cuts

**Riboflavin and Folate**  
Healthy heart and blood

**Why should we eat Avocados?**