



## Harvest Objectives

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



## Harvest Vocab

Outside      Inside      Firm      Fruit      Bumpy      Tree

## Materials & Prep

1 Avocado plus enough for each person to taste small  $\frac{1}{4}$  pieces (you can cut the pieces from the whole avocado)  
Brown paper bag  
Paper/Chalkboard/Whiteboard and pen/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 family and activate prior knowledge, place the whole avocado in the brown paper bag. Pass the bag around and have the family feel it, without looking, and think of a describing word. Ask them to share their describing words and record their responses in a list under the word "Outside." Then take out the avocado and ask the family 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 family 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 family the word "avocado" and write it on top of the warm up list. If nobody mentioned the words bumpy or firm in the warm-up, share them 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 family 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 family 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 family.

### Taste Test

- Using the extra avocado from the warm up, cut quarter pieces for each family member to taste.
- If possible, have two different avocado varieties for the family 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 family member a sticker, and ask them to vote by placing it in a column. Count the number of people 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 family.

### Toddler Tasting

- To make avocado baby food puree, rinse the avocado and remove the seed. Then scoop out and mash to desired consistency.

### 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 the family having each member help in an age-appropriate manner.

#### Avocado Kid Salad (about 4 servings)

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

1/2 avocado	1/2 apple
1 TBL raisins	1 TBL Walnuts (optional)
1 teaspoon vanilla	1 tsp. cinnamon
Vegetable peeler	Knife & Cutting Board
Mixing bowl & spoon	Plastic knife
Measuring spoons	Plate & Fork (1 per person)



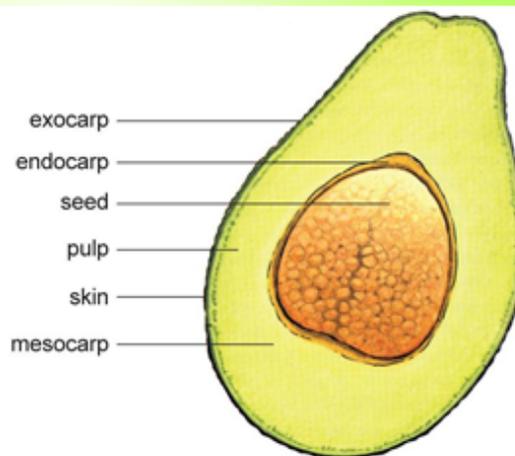
1. All participants should wash their hands.
  - a. Wet hands with warm water
  - b. Apply hand wash (soap)
  - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
  - d. Rinse both sides of hands with water all the way up to the wrists

- e. Dry hands and shut off faucet with towel
2. Have an adult peel and chop the apple. If possible, place in a 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, but is not necessary.)
3. Have the adult cut the avocados in half. Then demonstrate to the children 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 family measure and mix together the vanilla and cinnamon.
5. Drain any water from your bowl of apples and add the avocado. Pour the seasonings 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



Heals cuts

### Manganese



Healthy bones

### Riboflavin and Folate



Healthy heart and blood

### Fiber



Healthy digestion, cleans out your system