

5 A DAY AND AVOCADOS

KIDS ACTIVITY SHEET

Try this fun & easy recipe

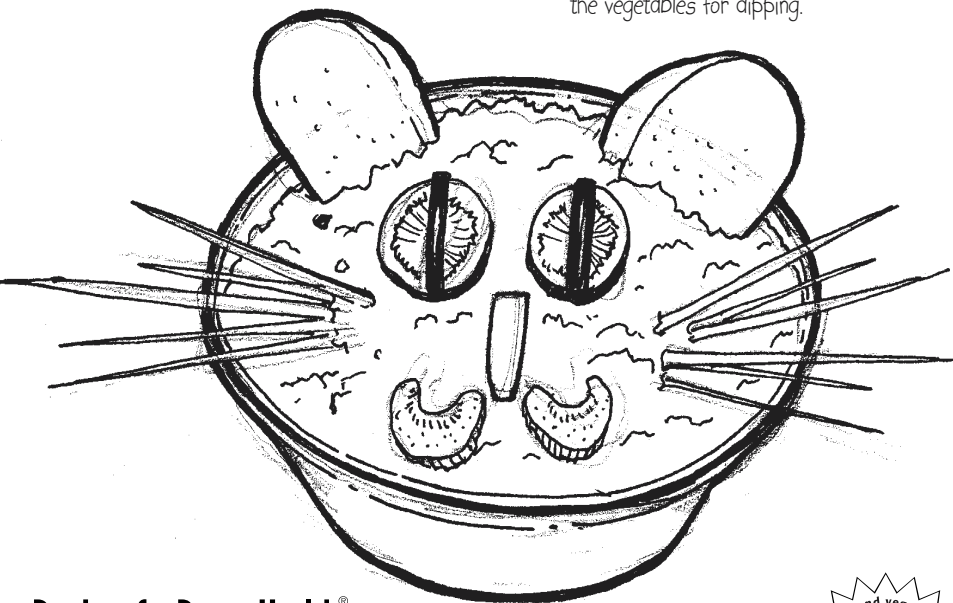
COOL CAT PARTY GUACAMOLE

2 avocados
3 tbsp. fresh lemon juice
1/2 cup nonfat
sour cream
2 cups tomatoes,
chopped
1 cup onions, diced
1 garlic clove, minced
2 tbsp. cilantro, minced

For dipping:
4 cups cauliflower
4 cups broccoli flowerets
4 cups carrot sticks

Cut avocados in half and remove the large seed (save for activity on reverse side). Scoop out the pulp and place in a small mixing bowl. Drizzle pulp with lemon juice and mash. Add remaining ingredients and mix well. Serve with cut-up veggies for dipping. Serves 15. This is an official 5 A Day Recipe.

Try this for fun! Serve guacamole in round bowl and garnish to make look like a cat. Use cucumber slices for ears, sliced radishes for eyes, chives for whiskers, sliced celery pieces for the mouth, and a diced red pepper nose. Use the remaining portions of the vegetables for dipping.



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Foundation

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WHAT IS A SERVING?

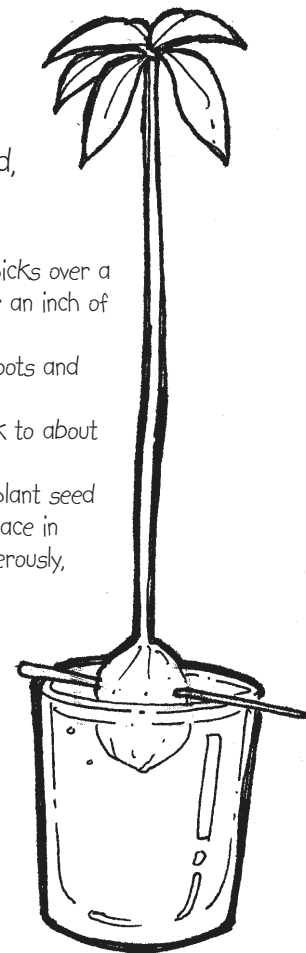
A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.
1 medium-size fruit ■ 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice ■ 1/4 cup of dried fruit
1/2 cup of cooked or canned vegetables or fruit ■ 1 cup of raw leafy vegetables
1/2 cup of cooked dry peas or beans ■ 1/4 cup of dried fruit

GROW YOUR OWN AVOCADO TREE!

You will need: adult supervisor, avocado seed, toothpicks, glass jar

1. Wash an avocado seed.
2. Suspend the seed (broad end down) using 3 toothpicks over a glass jar filled with water. The water should cover an inch of the seed bottom.
3. Place jar in warm location out of direct sunlight. Roots and stem should sprout in about 2-6 weeks.
4. When the stem reaches about 6 inches, cut it back to about 3 inches.
5. When roots are thick and stem has leaves again, plant seed in potting soil leaving half of the seed exposed. Place in sunny location and water your new houseplant generously, allowing it to dry out between waterings.

Note: Your avocado houseplant will not bear fruit. Commercially grown avocados require grafting.



Eat 5 or more servings
of fruits and vegetables
a day for
better health

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