

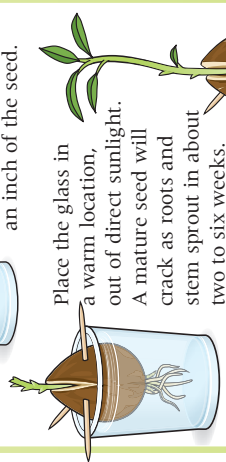
A is for Avocado

Growing your own ornamental houseplant from an avocado seed is fun and easy. Just follow the six steps below.



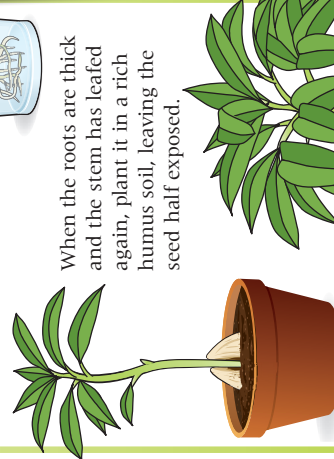
Wash the seed.

Suspend the seed (broad end down) over a water-filled glass using three toothpicks. The water should cover about an inch of the seed.



Place the glass in a warm location, out of direct sunlight. A mature seed will crack as roots and stem sprout in about two to six weeks.

When the stem grows to six or seven inches, cut it back to about three inches.



When the roots are thick and the stem has leafed again, plant it in a rich humus soil, leaving the seed half exposed.

Water your avocado houseplant generously, allowing it to dry out somewhat between waterings.

*Avocado trees require grafting to produce fruit. It is rare for an avocado houseplant, grown from a seed, to bear fruit.

Complete the diagram.

Avocado Anatomy

Cut open an avocado seed. Use online or print resources to identify, draw, and label the seed parts: embryo, hypocotyl, radicle, cotyledons, and seed coat.



Standards: Science - Grade 3: 3a; Grade 7: 5f

Activity

Re-write the recipe to serve your entire class.

Hint: 1 cup = 16 tablespoons.

___ cups orange juice
___ ripe avocados, peeled and seeded
___ ripe bananas
___ cup honey
___ cups non-fat vanilla frozen yogurt

Standards: Math - Grade 3: 3.OA.1, 3.OA.3, 3.OA.7; Grade 4: 4.OA.3, 4.NBT.6, 4.MD.2

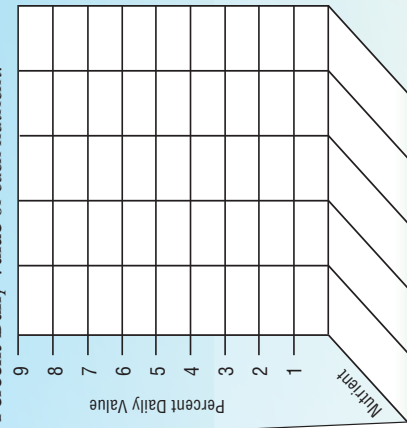
Recipe

California Avocado Power-up Smoothie

1 cup orange juice
1 ripe avocado, peeled and seeded
1 ripe banana
1 tablespoon honey
1 cup non-fat vanilla frozen yogurt
Combine orange juice, avocado, banana, and honey in a blender. Cover and blend until mixture is smooth. Add frozen yogurt; process again until thick and smooth. Serves 3.

Activity

Choose five nutrients from the avocado Nutrition Facts label. Create a bar graph comparing the Percent Daily Value of each nutrient.



Nutrition Facts

Serving size 1/5 medium avocado

Amount per serving	Calories from fat 35
Calories 50	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 0.5	3%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 3g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 150mg	4%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 4%
Calcium 0%	Iron 2%
Vitamin E 4%	Thiamin 2%
Riboflavin 4%	Niacin 4%
Vitamin B6 4%	Folate 6%
Pantothenic Acid 4%	Phosphorus 2%
Magnesium 2%	Zinc 2%
Copper 2%	Manganese 2%

Sources: California Avocado Commission (CaliforniaAvocado.com)
Standards: Health - Grade 4: Nutrition and Physical Activity (NPA) 3.2.N; Grade 5: NPA 1.2.N; NPA 1.6.N; ELA - Grade 6: Reading Informational Text 7; Math - Grade 3: 3.MD.3; 4.MD.2