
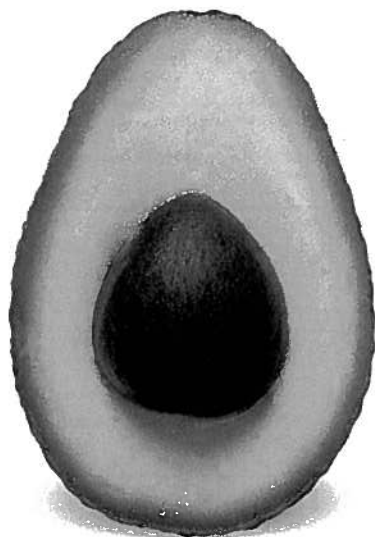


To	WAD Date	WAD No.	Page
ALL SITE ADMINISTRATORS	May 4, 2011		1 of 1
Subject	Date Due	Not Applicable After	
<b>May Harvest of the Month</b>	N/A	<b>May 31, 2011</b>	
From	Title	Signature	Telephone
Kim Coates	Supervisor, Student Support Services Department, School Health Programs		242-2615
Action Required			
PLEASE INFORM ALL STAFF AND ENCOURAGE HARVEST OF THE MONTH ACTIVITIES    X    Post    X    Distribute To <b>All Staff</b>			
Administrative Directive			
<b><u>WHO:</u> All Staff at Elementary, Middle and High Schools</b>			
<b><u>WHAT:</u> May's Harvest of the Month – Avocado</b>			
<b><u>Facts about Avocado:</u></b>			
<ol style="list-style-type: none"> <li>1. A ¼ cup of avocado provides a healthy source of unsaturated fats which in small amounts help the body store and use energy.</li> <li>2. Many people think avocados are green vegetables, but they are really fruits (because of the seed).</li> <li>3. Avocado trees can grow as tall as 80 feet and produce as many as 400 fruits every year.</li> </ol>			
For more information about <b><i>Avocado</i></b> , click on the attachments below:			
<ul style="list-style-type: none"> <li>• Educator's newsletter</li> <li>• Family Newsletter (English)</li> <li>• Family Newsletter (Spanish)</li> <li>• Family Newsletter (Chinese)</li> </ul>			
<b><u>HOW:</u></b>			
<ul style="list-style-type: none"> <li>• <b>Distribute Harvest of the Month materials:</b> <ul style="list-style-type: none"> <li>⇒ Copy Educator's Newsletter for every classroom teacher</li> <li>⇒ Copy Family Newsletter, send home in weekly envelope</li> </ul> </li> <li>• Prepare and offer the <b><i>AvoSalsa</i></b> or the <b><i>Avocado Tortilla Soup</i></b> at your next staff meeting (recipes available in the Harvest of the Month newsletters).</li> <li>• Teach a lesson from the Educator's Newsletter</li> </ul>			
<b><u>WHY:</u></b>			
<i>The goal of Harvest of the Month is to increase fruit and vegetable awareness and to motivate children, families, and school staff to make healthier choices.</i>			
<b><u>WHEN:</u> May 2011</b>			
Approved	Name	Title	Signature
	Kevin Truitt	Associate Superintendent, SSSD	
<b>SAN FRANCISCO UNIFIED SCHOOL DISTRICT WEEKLY ADMINISTRATIVE DIRECTIVE</b>			

# Harvest of the Month



Network for a Healthy California



## Nutrition Facts

Serving Size: ¼ cup avocado, sliced (30g)	
Calories 50	Calories from Fat 39
	% Daily Value
Total Fat 5g	7%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 1g	
Vitamin A 1%	Vitamin C 4%
Calcium 0%	Iron 1%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

For nutrition information in bar graph format, visit the *Educators' Corner* at [www.harvestofthemoth.com](http://www.harvestofthemoth.com).

**AVOCADOS**  
May

## Health and Learning Success Go Hand-in-Hand

Summer is a perfect time to showcase California's bounty of fruits and vegetables. By including a variety of colorful fruits and vegetables in daily meals, students focus better and have more energy to be active. Help students eat more fruits and vegetables by encouraging them to participate in school meal programs, including the Summer Food Service Program. It will help students to eat more fruits and vegetables. Use **Harvest of the Month** to connect with core curricula and teach students about California agriculture and ways to practice a healthy, active lifestyle.



## Exploring California Avocados

Offering activities that allow students to experience avocados using their senses engages them in the learning process and creates increased interest, awareness and support for eating more fruits and vegetables.

### Tools:

- Ripe and unripe Hass avocados\* (one each per every eight students)
- Paring knives and cutting boards (one per student group)
- White board and pens

\*Refer to *What's in a Name?* on page 2 on how to choose ripe avocados

### Sensory Exploration Activity:

- Observe and record external differences between ripe and unripe avocados (color, texture, smell, sound)
- Slice avocados in half; observe and record differences between ripe and unripe avocados (color, texture, smell, taste)
- Compare and contrast the fruit around the outer peel and the pit
- Record observations on white board; discuss findings
- Discuss how to choose ripe avocados and/or ripen at home

Optional: Discuss ethylene gas and its role in ripening fruit

### For more ideas, reference:

*Fruits and Vegetables Galore*, USDA, 2004.

## Cooking in Class:

### AvoSalsa

#### Ingredients:

Makes 32 tastes at ¼ cup each

- 4 medium Hass avocados (ripe)
- 2 medium tomatoes (ripe), diced
- ½ cup red onion, chopped
- 4 cloves garlic, minced
- 4 tablespoons fresh cilantro, chopped
- Juice of 1 large lime
- 1 teaspoon ground cumin
- ½ teaspoon ground black pepper
- ½ teaspoon salt
- Baked tortilla chips

Peel, pit and dice avocados. In medium bowl, combine all ingredients. Stir well but maintain chunky consistency. Let sit 10 minutes for best flavor. Serve with chips.

Adapted from: [www.avocado.org](http://www.avocado.org)

For more ideas, visit:  
[www.harvestofthemoth.com](http://www.harvestofthemoth.com)

## How Much Do I Need?

A serving of avocados is one-quarter cup sliced avocado. This is about one-fifth of a medium avocado. Remind students to eat a variety of colorful fruits and vegetables throughout the day to reach their total daily needs.

### Recommended Daily Amounts of Fruits and Vegetables\*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

\*Ranges take into account three activity levels: sedentary, moderately active and active. For example, active individuals should aim to eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

## May Events

- National Bike Month
- National Physical Fitness and Sports Month
- Women's Health Month

## Reasons to Eat Avocados

### One serving of avocado provides:

- A source of monounsaturated fat and omega-3 fatty acids.
- A source of antioxidants, including Vitamin E.
- A source of fiber, Vitamin K and folate.
- A source of many essential minerals including potassium, thiamin, iron, riboflavin, niacin, magnesium and manganese.

- Monounsaturated fat is a fatty acid that helps lower LDL (bad) cholesterol and boosts HDL (good) cholesterol.\* Research suggests that the fat in avocados also increases the body's ability to absorb and use antioxidants.
- Omega-3 fatty acids are essential fatty acids that may help prevent heart disease.

\*LDL: low-density lipoproteins  
HDL: high-density lipoproteins

Visit the *Educators' Corner* at [www.harvestofthemonth.com](http://www.harvestofthemonth.com) for definitions of nutritional terms.

## Eat Your Colors

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. These may lower the risk of some cancers. Avocados are in the green color group.

Color Group	Health Benefits	Examples of Fruits and Vegetables
Green	Help maintain vision health and strong bones and teeth	Avocado, green grapes, honeydew melon, limes, basil, celery root, cherimoya, cucumber, leafy greens, watercress, zucchini

For more information, visit: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)



## Home Grown Facts

- California ranks number one in avocado production, growing more than 90 percent of the nation's crop.
- More than 60,000 acres are harvested for avocados and ranks in the State's top 20 commodities with a total value of over \$380 million.
- Avocados are grown mainly along the coastline of Southern California. San Diego County leads the State (41%), followed by Ventura (29%), Riverside (13%), Santa Barbara (7%) and San Luis Obispo counties (6%).
- Although avocados are grown year-round, more than 75 percent of California's shipments take place between March and August.
- The Hass avocado accounts for almost 85 percent of California's total crop — a dramatic increase from its 15 percent share in 1957.

2004 Data

For more information, visit:  
[www.cdfa.ca.gov](http://www.cdfa.ca.gov)  
<http://usda.mannlib.cornell.edu>

## What's in a Name?

- Pronunciation:** ävə-kä'dō  
**Spanish name:** aguacate  
**Family:** Lauraceae  
**Genus:** *Persea*  
**Species:** *P. americana*



Avocado is an evergreen fruit tree of the flowering plant family Lauraceae. Originally called *ahuacatl* by the Aztecs of ancient Mexico, the fruit later became known as *aguacate* by the Spanish in the 16th century and nicknamed the "alligator pear" by English colonists who mistakenly substituted "alligator" for *aguacate* and added "pear" for the fruit's shape. The term *aguacate* eventually evolved into *avocado* by Americans who could not pronounce the Spanish.

Many people think avocados are green vegetables, but they are indeed fruits.\* There are more than eighty different varieties grown in California, but the Hass avocado is the most common. The skin of Hass avocados turn a dark purple-black when ripe. Other California varieties are known as "greenskins" because their skins do not change color as they ripen. These include Fuerte, Zutano, Bacon, Pinkerton, Reed and Gwen.

\*Do *Student Sleuths* on page 3 to learn why the avocado is botanically a fruit.

For more information, visit:

<http://food.oregonstate.edu/faq/uffva/avocado2.html>

## A Slice of Avocado History

- Native to the tropics of Central America, the avocado tree originated in southern Mexico and Columbia around 5,000 B.C.E.
- Spanish conquistadors were presented with avocados upon their arrival in Central America by the Aztecs and Incas in the 16th century.
- By the early 1800s, the avocado had spread throughout southern Europe, the Hawaiian Islands, Africa and Southeast Asia.
- The avocado tree was first introduced to the United States in 1833 by Judge Henry Perrine who sent trees from Mexico to Florida.
- Dr. Thomas White of the California State Agricultural Society imported the first California avocado tree from Nicaragua to Los Angeles in 1856.
- The California avocado industry was founded in the early 1870s when trees in Santa Barbara (imported from Mexico) begin to bear fruit.
- Avocado grower Rudolph Hass developed the Hass variety in 1932 by grafting seedlings onto existing trees that produced the Lyon variety.
- Forty years later, the Hass variety became the dominant variety in California and throughout most of the world.

For more information, reference:

*Cool as a Cucumber, Hot as a Pepper*, Meredith Sayles Hughes, 1999.

## Just the Facts

- Avocado trees can grow as tall as 80 feet and produce as many as 400 fruits annually.
- The United States provides 6 percent of the world's crop, ranking third behind Mexico and Chile.
- Forty-three percent of American households purchase avocados. Consumers love the rich, creamy texture of the Hass avocado and growers favor it for its disease-resistance and year-round growing cycle.
- The Hass avocado is commonly misspelled as Haas.

Sources:

[www.cfaitc.org/Commodity/pdf/Avocados.pdf](http://www.cfaitc.org/Commodity/pdf/Avocados.pdf)

## Student Sleuths

- 1 Essential fatty acids are fats the body needs. Avocados provide sources of omega-3 and omega-6 fats. Why are omega-3 and omega-6 fats essential to our bodies? What are some of the health benefits they provide? Make a list of healthy foods that contain these essential fatty acids and identify which of these foods you eat daily and weekly.
- 2 All fruits are classified into two broad categories: dry and fleshy. The two main classes of fleshy fruits are drupes and berries. What kind of fruit is the avocado and why?
- 3 Avocados do not ripen on the tree and are commonly shipped unripe to prevent damage. Research the process of how avocados are harvested and shipped to market. Find out how long it takes on average for avocados to ripen once picked. Develop an experiment to speed up the ripening process. Present your results using charts and timelines to California avocado growers (by e-mail or letters).

For information, visit:

[www.nutritiondata.com](http://www.nutritiondata.com)

[www.ucavo.ucr.edu](http://www.ucavo.ucr.edu)

[www.cfaitc.org/Commodity/pdf/Avocados.pdf](http://www.cfaitc.org/Commodity/pdf/Avocados.pdf)

## Adventurous Activities

### Science Investigations:

- Cut two avocados in half and remove seeds. Squeeze lemon juice over one half, apple juice over another, salt over another and leave the fourth one alone. Discuss oxidation as a class.
- Cut open an avocado seed. Identify the seed parts: embryo, cotyledons and seed coat. Draw the seed's cross-section.
- Study the parts of a flower's matured ovary (the fruit). Cut open an avocado. Identify the three pericarp layers: exocarp, mesocarp and endocarp. Discuss which facts classify the avocado as a fruit.\*

\*Accompany with above *Student Sleuths*.

For more ideas, visit:

[www.harvestofthemonth.com](http://www.harvestofthemonth.com)



## How Do Avocados Grow?

Mature avocado trees grow to about 65 feet tall and, if grown from seed, will produce fruit anytime after five to 20 years. It is biennial-bearing and may produce heavy crops one year followed by poor yields in the next. Intolerable to freezing temperatures, this evergreen tree can only grow in subtropical and tropical climates.\*

To produce fruit within one to two years, commercial avocado orchards are planted using grafted trees and rootstocks. The species is unable to self-pollinate and most cultivars today are clonally propagated (without seed reproduction). The avocado fruit does not ripen on the tree but will fall off and ripen on the ground. Commercial avocados are picked unripe and shipped to ripen on the store shelf.

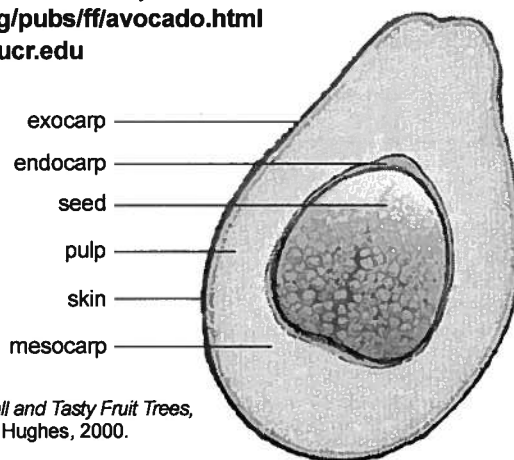
Soil	Loose, decomposed granite or sandy loam; well-drained; mulch layers
Temperature	60 to 80 F
Exposure	Full sun; protected from wind
Irrigation	Moist
Planting	Minimum 10 feet in all directions
Propagation	Terminal or lateral grafting of seedling rootstocks
Harvesting	Hand-harvest by clippers attached to poles

\*The Hass variety was developed to withstand near freezing temperatures (31 F) making it available year-round.

For more information, visit:

[www.crfg.org/pubs/ff/avocado.html](http://www.crfg.org/pubs/ff/avocado.html)

[www.ucavo.ucr.edu](http://www.ucavo.ucr.edu)



Adapted from: *Tall and Tasty Fruit Trees*, Meredith Sayles Hughes, 2000.

To download reproducible botanical images, visit the *Educators' Corner* at [www.harvestofthemonth.com](http://www.harvestofthemonth.com).

## Literature Links

- **Elementary:** *Farmer's Market* by Marcie Rendon and Cheryl Bellville and *The World's Largest Plants: A Book About Trees* by Susan Blackaby.
- **Secondary:** *Americans in Agriculture: Portraits of Diversity* by USDA, *Cool as a Cucumber, Hot as a Pepper: Fruit Vegetables* by Meredith Sayles Hughes, *New Junior Garden Book* by Felder Rushing and *Seedfolks* by Paul Fleischman.

For more ideas, visit:

[www.cfaitc.org/Bookshelf/Bookshelf.php](http://www.cfaitc.org/Bookshelf/Bookshelf.php)

## School Garden: Avocado Trees

Students can practice gardening at home by growing their own miniature avocado tree. A tree grown from seed may take from five to 13 years to flower and bear fruit and require little maintenance once planted. Do not expect this tree to bear fruit unless grafting is used.

### Tools:

- One large avocado seed, washed
- Three toothpicks
- Glass jar
- Large pot (about 10½-inch diameter)
- Humus soil for pot

### Activity:

- Use toothpicks to suspend seed (broad end down) over water-filled jar. Seed should be covered about one inch.
- Place jar in warm place out of direct sunlight. Replenish water as needed.
- Roots and stems will sprout in about two to six weeks.
- When stem is about seven inches long, cut back to three inches.
- When roots are thick and stems have leaves again, transplant to pot leaving the seed half-exposed.
- Water lightly and frequently. Keep soil moist, not saturated.\*
- When stem is 12 inches high, cut back to six inches.

\*Hint: Yellow leaves are a sign of over-watering; let plant dry out for a few days. Brown or fried leaves are a sign that there is too much salt in the soil. Allow water to run freely in the pot and drain for several minutes.

Adapted from: [www.avocado.org](http://www.avocado.org)

For more ideas, visit:  
[www.lifelab.org](http://www.lifelab.org)

## Physical Activity Corner

More than 100,000 Californians will participate in **Bike Commute Week**. Lead by example and ride your bike to and from school. Commuting by bike will help you reach your total daily physical activity needs. Students should get at least 60 minutes of physical activity every day. Here are some ways to promote Bike Commute Week:

- Find safe and convenient bike routes to school, stores and local parks.
- Distribute maps of bike routes to students and families.
- Provide secure place for storing bikes.
- Remind students of proper biking safety (e.g., helmets, lights, hand signals).

For more information, visit:  
[www.bikeleague.org](http://www.bikeleague.org)

## Cafeteria Connections

- **Grades K–5:** Show students how easy it can be to grow a tree from seed. Implement the *School Garden* activity on this page. Put the avocado seedling prominently on display in cafeteria. Engage students by having them help you water and trim stem. At the end of the school year, give seedling to a classroom.
- **Grades 6–12:** The avocado has a rich, cultural history. It is used internationally in recipes and was considered a treasure in ancient times and commonly presented as a gift. Celebrate diversity in the cafeteria by sponsoring an "Around the World with Avocados" activity.

### Ideas to Get Started:

- Involve students or entire classrooms.
- Display students' work on the cafeteria bulletin board.
- Students select a country or group of people and research how the avocado has been used.
- Students develop a timeline and/or draw a cultural map to show findings.
- Students should include healthy recipes featuring the avocado.

For more information, visit:

[www.cfaitc.org/Commodity/pdf/Avocados.pdf](http://www.cfaitc.org/Commodity/pdf/Avocados.pdf)

## Student Advocates

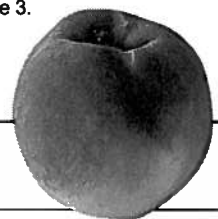
Encourage students to read Nutrition Facts labels and know what types of fats (trans, saturated, unsaturated) are in certain food items.\*

- Monitor and record what foods are on the school campus.
- Analyze the Nutrition Facts of these items, noting the fat content.
- Make a list of items that contain trans fats and high levels of saturated fats (e.g., above 20 percent of the recommended Daily Value).
- Write a letter to school officials requesting that healthy food items be sold on campus.
- Include reasons in the letter why these healthier items should be provided and list examples to replace less nutritious items.

Note: This activity can also be implemented by analyzing the sugar content of vending machine items (foods and drinks).

\*To learn about fats, do *Student Sleuths* on page 3.

Next Month: Peaches

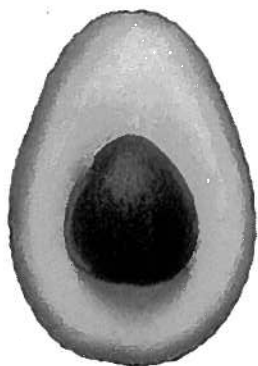


# 本月收成



Network for a Healthy California  
5月

本月收成農作物是 **牛油果**



Hass 牛油果

## 讓您的小孩有健康的飲食

- 用牛油果做沙拉醬，伴以烤玉米餅，馬鈴薯，或作蔬菜沙拉。
- 將切片的牛油果放入蔬菜沙拉或菜湯裡。
- 將牛油果打成醬，代替美奶滋和牛油放入三明治裡。
- 將牛油果加入炒蛋，代替乳酪。
- 每餐吃綠色的蔬菜水果可保持眼睛健康，令骨頭及牙齒強壯。

更多資訊，可參閱：

[www.avocado.org](http://www.avocado.org)

[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

## 攜手邁向健康與成功學習

每年夏天，加州盛產大量的新鮮水果和蔬菜。常吃各種豐富多彩的水果和蔬菜，可以幫助學童們上課更專心。讓您的孩子報名參加「夏季食品服務計劃」，這計劃可以幫助您的孩子達到每日的蔬果總需求。「本月收成」可幫助您的家庭認識加州生產的各式各樣蔬菜水果，以及如何吃得健康，和有效率的運動。

## 牛油果玉米餅湯

材料（八人份，每人一杯）：

- 3 (14oz) 罐低鈉雞湯罐頭
- 2 (10¾oz) 罐低鈉濃縮蕃茄湯
- ½ 把芫荽葉
- 3 個大蒜，切碎
- ½ 茶匙黑胡椒粉
- 1 個牛油果，去皮，除核，切碎
- 8 塊玉米餅，弄碎

1. 將雞湯，蕃茄湯，胡荽葉，大蒜，黑胡椒粉倒入一個大鍋裡。大火煮沸，然後轉小火煮十分鐘
2. 稍微冷卻，倒進攪拌機打成漿
3. 將湯漿倒回鍋裡，加入牛油果，繼續加熱
4. 將牛油果湯漿盛入碗裡，加入切碎的玉米餅，即可享用
5. 可熱食或冷食

Adapted from: *Everyday Healthy Meals*,  
Network for a Healthy California, 2007.

## 秘訣

- 選擇較堅硬的牛油果。
- Hass 牛油果成熟時會變黑或深綠色。其它種類成熟時是綠色。
- 將未成熟的牛油果放在紙袋裡，在室溫下放 2 到 3 天。
- 將成熟的牛油果放進冰箱，可存放一星期。
- 將牛油果切一半，兩半扭開，把核拿掉；用湯匙或切片進食。
- 用檸檬汁擦在切好的牛油果上可防止變色。

## Nutrition Facts 營養成份

Serving Size: 1/4 cup avocado, sliced (30g)  
每餐份量：1/4杯切片牛油果(30克)

Amount Per Serving 每餐食用量

Calories 卡路里 50 Calories from Fat 脂肪熱量 39

% Daily Value 每日食用值

Total Fat 總脂肪 5g 7%

Saturated Fat 飽和脂肪 1g 3%

Trans Fat 反式脂肪 0g

Cholesterol 膽固醇 0mg 0%

Sodium 鈉 2mg 0%

Total Carbohydrate 總碳水化合物 3g 1%

Dietary Fiber 飲食纖維 2g 8%

Sugars 糖 0g

Protein 蛋白質 1g

Vitamin A 維他命A 1% Calcium 鈣 0%

Vitamin C 維他命C 4% Iron 鐵 1%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

## 來運動吧！

- 五月是全國腳踏車月。安排您和小孩們騎腳踏車上班或上學。
- 如果不可能騎腳踏車上班或上學，可在家居附近擬定一條安全的路徑，享受騎腳踏車的樂趣。
- 晚餐後一家人到花園散步的，讓家人伸展運動一下。
- 每個家庭成員每星期挑選一項新的運動，讓全家每個星期可以嘗試不同的活動。

更多資訊，可參閱：

[www.bikeleague.org](http://www.bikeleague.org)

## 我需要多少份量？

一份是1/4杯切片的牛油果，大既是1/5個中型牛油果。

確保每日要進食包括各種顏色的水果和蔬菜，以幫助您達到每日總需求。

建議每日蔬果數量\*

兒童5-12歲	青少年13-18歲	成人19歲以上
每天2½ - 5 杯	每天3½ - 6½ 杯	每天3½ - 6½ 杯

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.



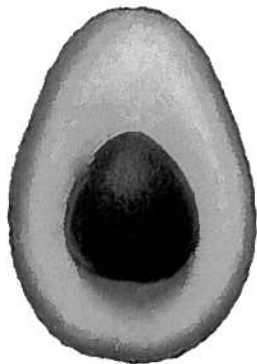
# Harvest of the Month



Network for a Healthy California

May

The Harvest of the Month featured produce is **avocados**



Hass avocado

## Helping Your Child Eat Healthy

- Use avocados to make guacamole and salsa dips. Serve with baked tortilla chips, potatoes or on salads.
- Add sliced avocados to green salads or vegetable soups.
- Try mashed avocados as a spread on sandwiches in place of mayonnaise or butter.
- Top scrambled eggs with diced avocados instead of cheese.
- Serve green fruits and vegetables to help maintain healthy vision and strong bones and teeth.

For more ideas, visit:

[www.avocado.org](http://www.avocado.org)

[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

## Health and Learning Success Go Hand-in-Hand

California grown fruits and vegetables are at their peak during the summer months. Studies show that students who eat more fruits and vegetables learn better. Enroll your child in the Summer Food Service Program. It will help your child reach his/her total daily needs for fruits and vegetables. **Harvest of the Month** helps your family learn about California's bounty of fruits and vegetables and ways to eat healthy and be active.

## AVOCADO TORTILLA SOUP

### Ingredients:

- (Makes 8 servings at 1 cup each)
- 3 (14-ounce) cans low-sodium chicken broth
  - 2 (10¾-ounce) cans low-sodium condensed tomato soup
  - ½ bunch cilantro, leaves only
  - 3 cloves garlic, finely chopped
  - ½ teaspoon ground black pepper
  - 1 ripe avocado, peeled, pitted and chopped
  - 8 corn tortilla chips, crumbled
1. In a large pot over high heat, combine chicken broth, tomato soup, cilantro, garlic and ground black pepper. Bring to a boil, then reduce heat and simmer for 10 minutes.
  2. Cool slightly, then puree small batches in a blender.
  3. Return to pot and add avocado. Heat thoroughly.
  4. Ladle into soup bowls and sprinkle with crumbled tortilla chips.
  5. Serve warm or chilled.

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*

## Produce Tips

- Pick avocados that are firm but give to gentle pressure. Hass avocados turn dark green or black when ripe. Other varieties remain green.
- Place unripe avocados in a paper bag for two to three days at room temperature.
- Store ripe avocados in refrigerator up to one week.
- To serve, cut lengthwise around the seed, twist halves open and remove seed. Scoop out fruit or slice.
- Rub lemon or lime juice onto cut fruit to avoid browning.

## Nutrition Facts

Serving Size: ¼ cup avocado, sliced (30g)

### Amount per Serving

Calories 50      Calories from Fat 39  
% Daily Value

Total Fat 5g      7%

Saturated Fat 1g      3%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 2mg      0%

Total Carbohydrate 3g      1%

Dietary Fiber 2g      8%

Sugars 0g

Protein 1g

Vitamin A 1%      Calcium 0%

Vitamin C 4%      Iron 1%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

## Let's Get Physical!

- May is National Bike Month. Make arrangements for you and your child to ride your bikes to work and school.
- If riding bikes to work or school is not possible, plan a bike ride in your neighborhood or other safe route.
- After dinner, spend family time working in the garden. It will help you and your child unwind in the evening.
- Let each family member pick one new physical activity each week that your family can try together. Do this in addition to your regular activities.

For more ideas, visit:

[www.bikeleague.org](http://www.bikeleague.org)

## How Much Do I Need?

A serving of avocados is one-quarter cup sliced avocado. This is about one-fifth of a medium avocado. Remember to eat a variety of colorful fruits and vegetables throughout the day to help reach your total daily needs.

## Recommended Daily Amounts of Fruits and Vegetables\*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.



**CHAMPIONS for CHANGE**

Network for a Healthy California

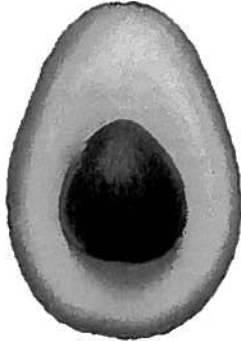
Red para una California Saludable



# La Cosecha del Mes.

mayo

En mayo, el aguacate es el vegetal de La Cosecha del Mes.



aguacate Hass

## La salud y el éxito en el aprendizaje van mano a mano

Las investigaciones demuestran que los estudiantes que comen más frutas y vegetales aprenden mejor. Inscriba a su hijo en el Summer Food Service Program. Esto ayudará a que su hijo consuma la cantidad recomendada de frutas y vegetales diariamente. **La Cosecha del Mes** ayuda a que su familia aprenda acerca de las frutas y vegetales tan abundantes en California, cómo comer saludablemente y cómo ser activos.

## Ayude a sus hijos a comer sano

- Haga guacamole y sirva sobre papas al horno.
- Agregue rebanadas de aguacate a ensaladas verdes y sopas de vegetal.
- Machaque el aguacate y úselo en sándwiches en vez de mayonesa o mantequilla.
- Sirva frutas y vegetales verdes para ayudar a mantener la vista saludable y mantener dientes y huesos fuertes.

Para más ideas, visite:\*

[www.avocado.org](http://www.avocado.org)

[www.campeonesdelcambio.net](http://www.campeonesdelcambio.net)

## SOPA DE GUACAMOLE CON TORTILLAS

Ingredientes:

(para 8 porciones de 1 taza cada una)

**3 latas (de 14 onzas) de caldo de pollo bajo en sodio**

**2 latas (de 10 ½ onzas) de sopa de tomate condensada, baja en sodio**

**½ manojo de cilantro, solo las hojas**

**3 dientes de ajo, finamente picado**

**½ cdt. de pimienta negra molida (ground black pepper)**

**1 guacamole maduro, pelado, deshuesado y picado**

**8 chips de tortillas de maíz, desmigajadas**

1. En una olla grande y a fuego alto, combine el caldo de pollo, la sopa de tomate, el cilantro, el ajo y la pimienta negra molida. Espere a que hierva, reduzca el fuego y cocine a fuego lento por 10 minutos.
2. Déjelo enfriar un poco y hágalo puré poco a poco en una licuadora.
3. Póngalo otra vez en la olla y agregue el guacamole. Caliente todo junto.
4. Sirvalo en tazones de sopa y espolvoree los trocitos de chips de tortilla.
5. Sirva caliente o frío.

Fuente: *Recetas Saludables para Todos los Días, Red para una California Saludable, 2007.*

## ¡En sus marcas, listos...!

- Mayo es el Mes Nacional de la Bicicleta. Arregle para que usted y su hijo monten sus bicicletas al trabajo o a la escuela.
- Planee una salida a bicicleta alrededor de su casa o en alguna otra ruta segura.
- Después de la cena, pasen tiempo en familia plantando en el jardín.
- Deje que cada miembro de su familia escoja semanalmente una nueva actividad familiar que puedan hacer todos juntos.

Para más ideas, visite:\*

[www.bikeleague.org](http://www.bikeleague.org)

\*Los sitios web sólo disponibles en inglés.

## Información Nutricional

Porción: ¼ taza aguacate, en rebanadas (30g)

Cantidad por Porción

**Calorías 50** Calorías de Grasa 39

% Valor Diario

**Grasas 5g** 7%

Grasa Saturada 1g 3%

Grasa Trans 0g

**Colesterol 0mg** 0%

**Sodio 2mg** 0%

**Carbohidratos 3g** 1%

Fibra Dietética 2g 8%

Azúcar 0g

**Proteínas 1g**

Vitamina A 1% Calcio 0%

Vitamina C 4% Hierro 1%

Fuente: [www.nutritiondata.com](http://www.nutritiondata.com)\*

## Consejos "frescos"

- Escoja aguacates que estén firmes pero que den un poco. Los aguacates Hass se tornan verde oscuro o negros cuando maduran. Otras variedades no cambian de color y maduran con piel verde.
- Ponga aguacates que no estén maduros en una bolsa de papel por dos o tres días y madure a temperatura ambiente.
- Almacene aguacates maduros en el refrigerador hasta por una semana.
- Exprima lima o limón sobre el aguacate cortado para evitar que se ponga negro.

## ¿Cuánto necesito?

Una porción de aguacate es un cuarto de taza de aguacate en rebanadas. Esto es alrededor de una quinta parte de un aguacate mediano. Recuerde comer una variedad colorida de frutas y vegetales durante el día para ayudar a que usted y su hijo consuman el total diario necesario.

## Recomendación diaria de frutas y vegetales\*\*

Niños, edad 5-12	Adolescentes, edad 13-18	Adultos, 19+
2½ - 5 tazas por día	3½ - 6½ tazas por día	3½ - 6½ tazas por día

\*\*Si usted es activa, consuma el número más alto de tazas por día. Visite [www.mipiramide.gov](http://www.mipiramide.gov) para aprender más.

