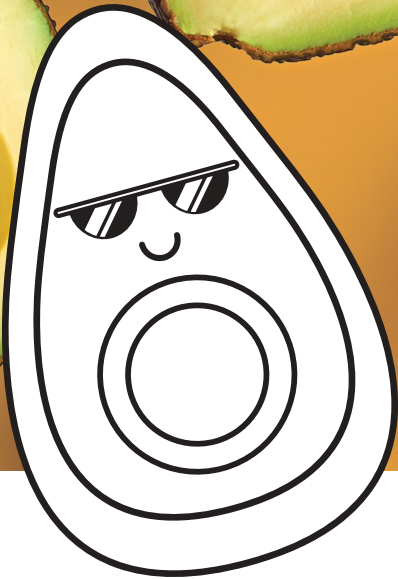
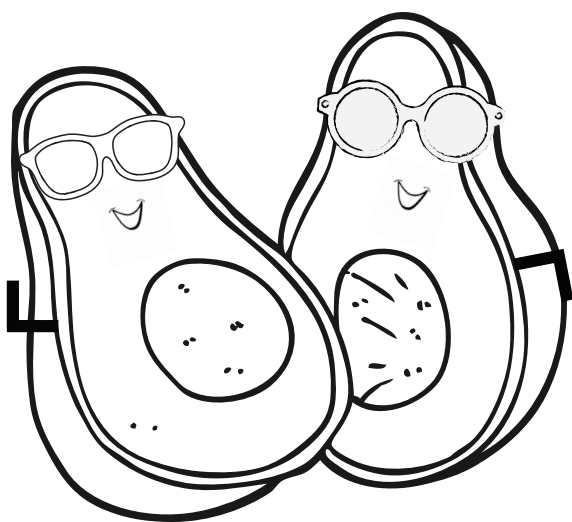


Avocado Activity Book





Mission Produce is a company that loves to bring you the world's finest avocados. Dive into this activity book to learn more about our favorite fruit!





Unscramble The Letters

Rearrange the letters to form tasty words

odvacao

1. _ _ _ _ _

nrggee

2. _ _ _ _ _

ueliocsid

3. _ _ _ _ _

epri

4. _ _ _ _

tuterby

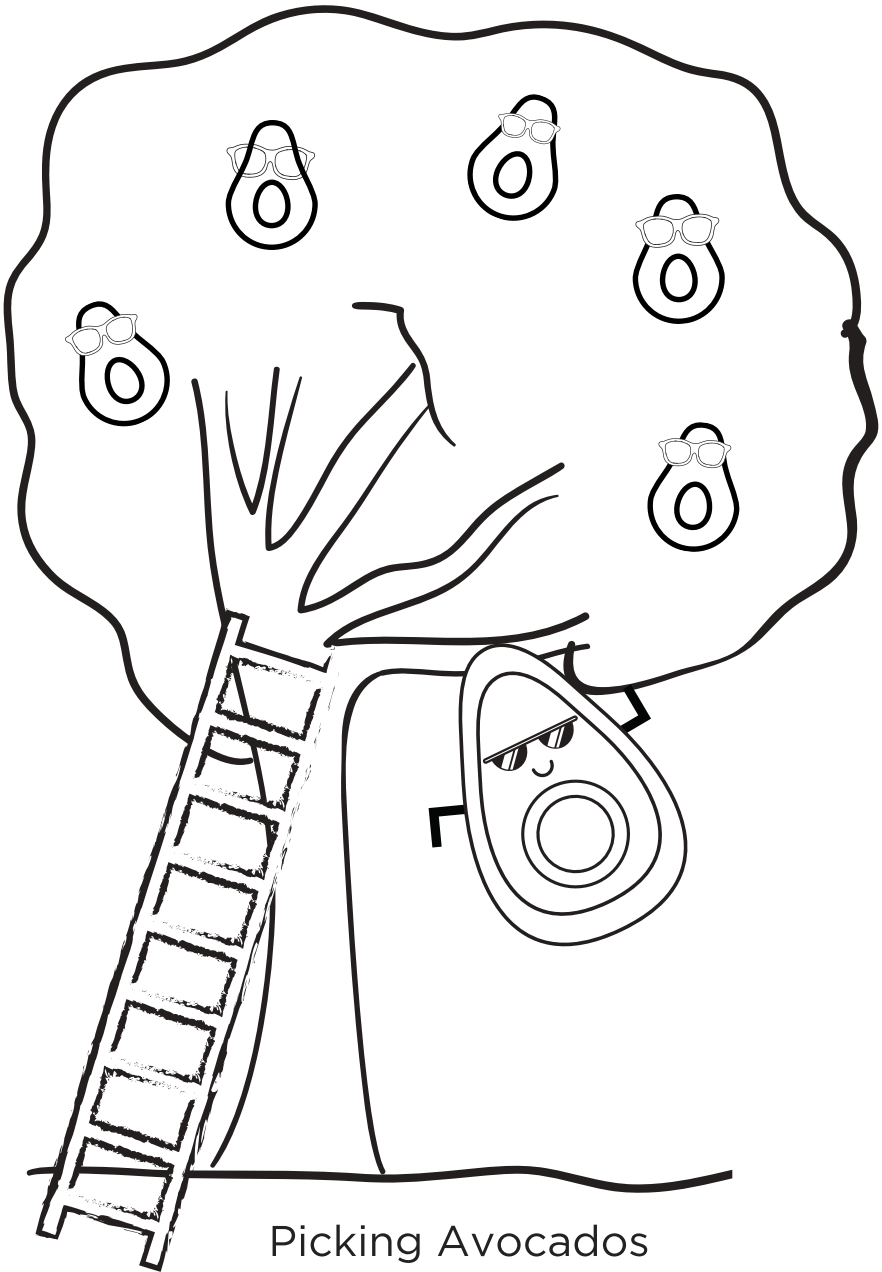
5. _ _ _ _ _

Answers on page 8

Avocado Trivia

Did you know?

- An avocado tree grows for 5 years before it produces avocados.
- 'Alligator pear' is another name for avocado.
- The biggest avocado ever, weighed 4.8 pounds.
- Avocados are in The Guinness Book of World Records as the most nutritious fruit known to man.



Picking Avocados

Avocado trees are about 17 feet tall, so the harvest crew climb tall ladders. They use special clippers to hand pick avocados from their branches.



Avocado Word Search

Look for words that describe avocados

L D R H S R E B I F K W A Y H
R L N J U T I X D Z K A M X P
F G N X O X O H B Q E U R Z A
P P P B I Z G O O P I G A S Y
C G E O C O A P R S F B L X L
M I S S I O N V S C O W X I E
E B R P L Z G A O S D J R N A
P M M H E A T F S C H E C J V
I H L T D O R A T C A B O I E
R T G Q P E H J C R A D I R S
L O A U S O B E H J E Y O V V
K Z M H G R O W V C G E B C M
V L X G Y X I X M Y P F M K A
W E U W M Y V U U Y I F D M F
C B E X A L W W L M C L E H V

Answers on page 8

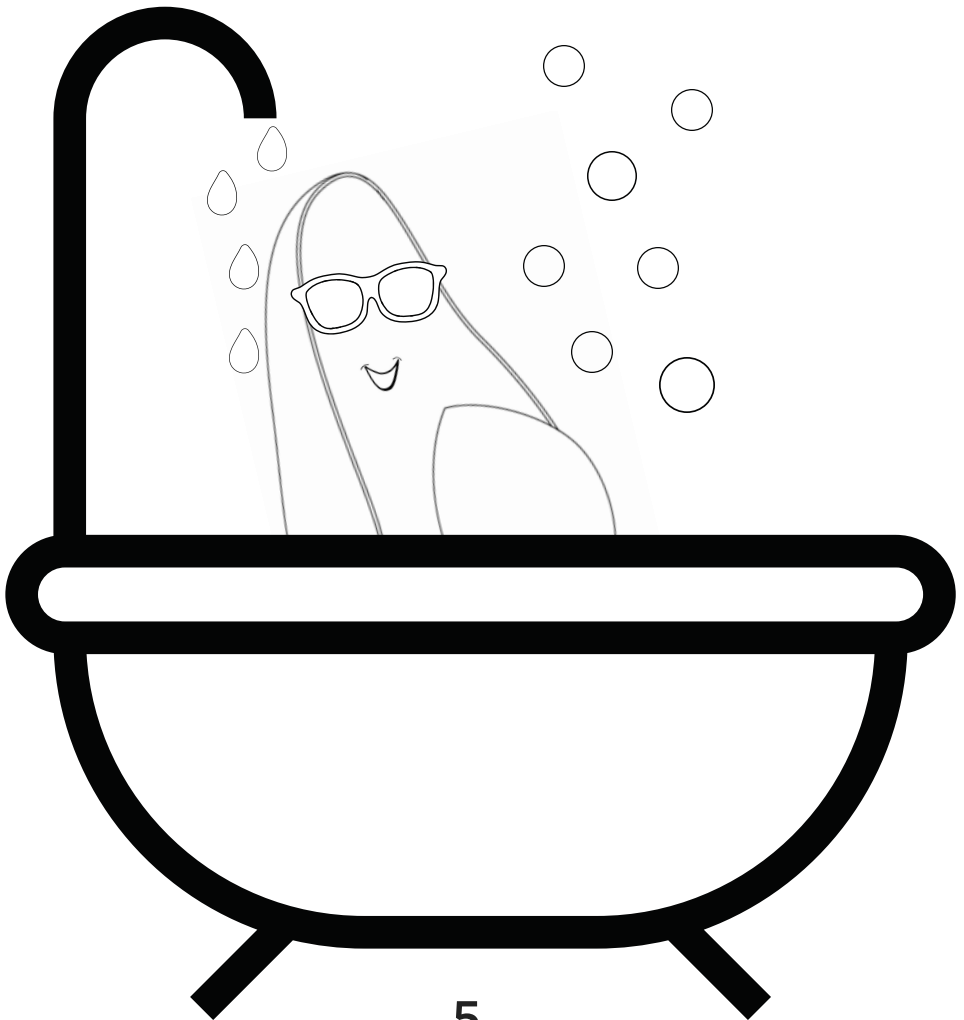
avocado
fresh
leaves
ripe

delicious
grow
mission
roots

fiber
hass
potassium
tree

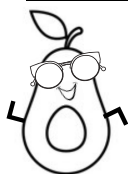
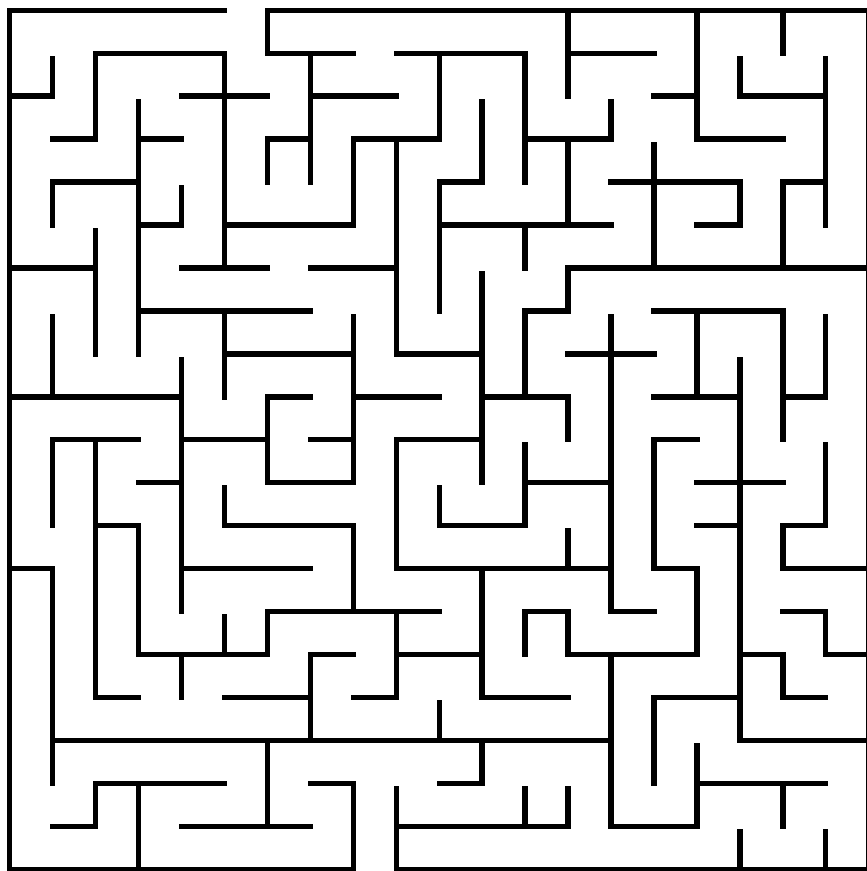
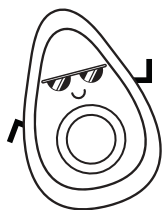
Rub-a-Dub-Dub

After getting picked from the tree, avocados go to the Mission packing house where they are given two cold baths to cool off and get clean.



Avocado Maze

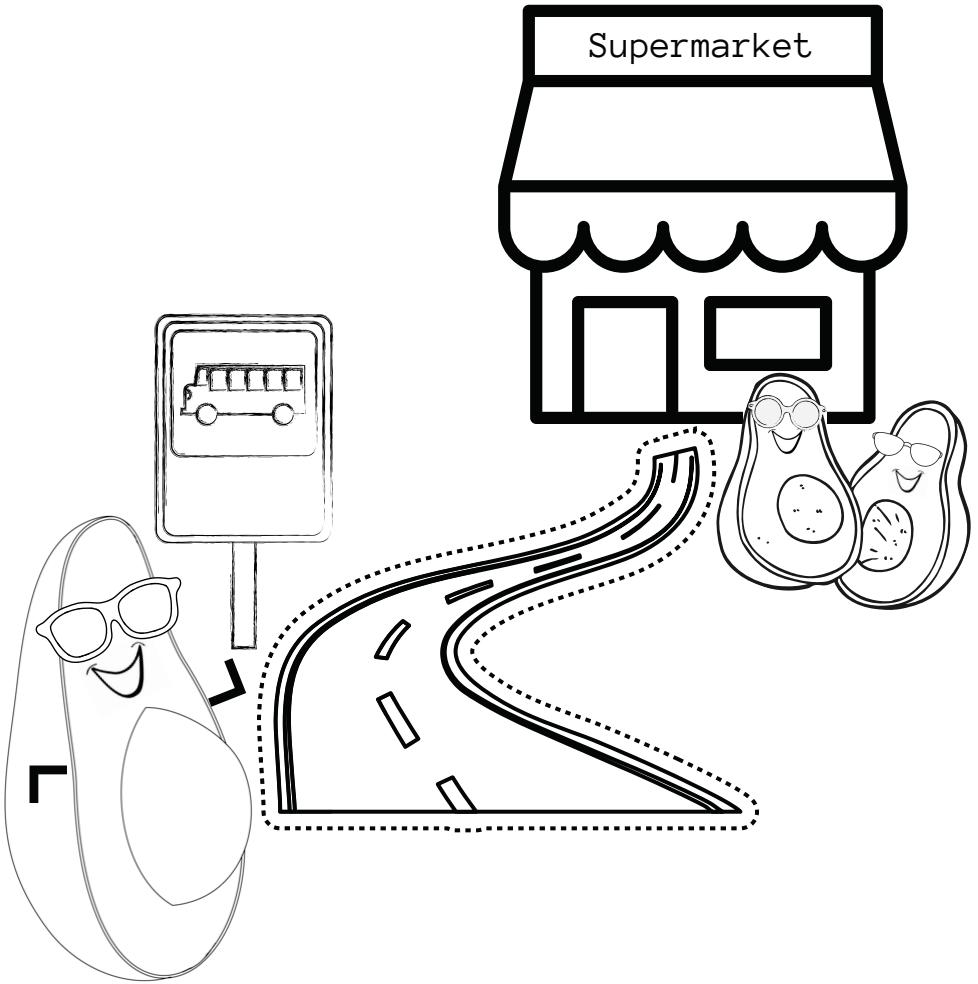
Help Andy find his
friend Amelia



Answers on page 8

Off to the Supermarket

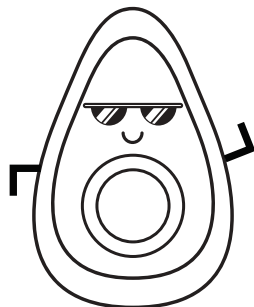
After the avocados are cleaned and packaged, they're off to hangout in the produce section of the grocery store!



So Nutritious!

An avocado has more potassium than a banana which helps keep your brain and muscles strong.

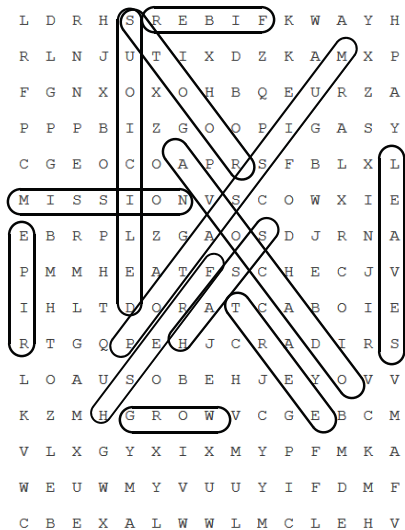
Avocados are one of the few fruits that contain fat, but that doesn't make them bad for you. They have the good kind of fat that keeps you healthy!



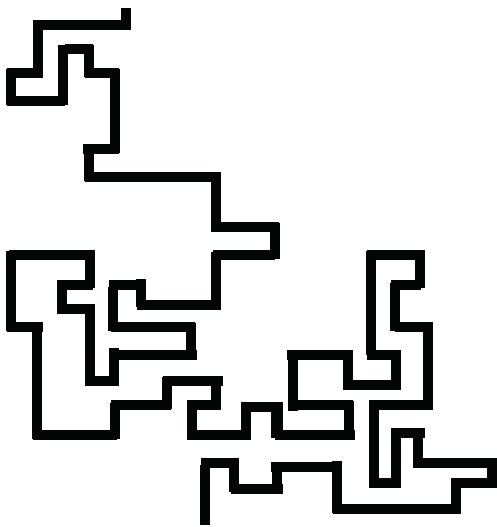
Answers

1. avocado 2. green 3. delicious 4. ripe 5. buttery

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Page 4



Page 6



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