Green Fruit Word Search
Can you find these green fruits in the word search puzzle? Look up, down, backwards, and diagonally.

Apple  Gooseberry  Kiwi
Avocado  Grapes  Lime
Cherimoya  Honeydew  Pear

Reasons to Eat Avocados
A ½ cup of sliced avocados will give you lots of fiber and monounsaturated fat (healthy fat). Your body needs healthy fats to make cells and to help absorb certain vitamins. Eating avocados is also a good way to get vitamin C, vitamin B₆, folate, potassium, and vitamin K.

Healthy Fat Champions*:
Avocados, canola oil, nuts, olives, olive oils, and some cold water fish varieties (salmon, rainbow trout, cod, halibut, canned light tuna).

How Much Do I Need?
A ½ cup of sliced avocados is about one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Find out how many cups you need to eat every day. (Hint: See chart below.) Think of ways you can eat the right amount by adding fruits and vegetables to your meals and snacks. Share your ideas with your family so they can help you reach your goals. And remember to be active for at least 60 minutes every day.

Recommended Daily Amount of Fruits and Vegetables**

<table>
<thead>
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<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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</thead>
<tbody>
<tr>
<td><strong>Boys</strong></td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td><strong>Girls</strong></td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
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**If you are active, eat the higher number of cups per day.
Visit [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids) to learn more.

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