



Avocado Adventure

Play this fun classroom energizer after the Harvest of the Month taste-test to reinforce learning.

Ready:

- Read the story to the class, pausing after each verb (words in bold). Class acts out each verb in place for 15-20 seconds.

Set:

- Students stand behind desks.

Go:

Hello, my name is Ava Avocado and today I'm going to tell you the story of Avocados. First, we need to **put on** our hiking boots. They will allow us to **walk** through the jungle of southern Mexico and Columbia where avocados originated over 7,000 years ago. Let's **swing** through the trees to get a better look. In the 16th century Spanish soldiers (called conquistadors) **marched** into Central America. Let's **climb** to the top of an Aztec pyramid to **see** what's going on. The Aztecs and Incas are **giving** the conquistadors some avocados as a gift and showing them how to **mash** the avocados with tomatoes and onions to make ahuaca-mulli, or guacamole. **Write** a letter using the liquid from the avocado seed like the conquistadors used to do. Ahoy matey! **Hop** aboard an English ship in the 18th century. The sailors **spread** avocado on dried meat to make it soft and tasty. Just make sure you don't **drop** the avocado skin on the deck or someone could **slip** on it and **fall** overboard! Quick, **swim** back to the boat! Now help them **swab** the deck while we sail to Europe, Asia, Africa and Hawaii to deliver avocados. It is now 1833 and Judge Henry Perrine has just sent the first avocado tree to the United States. **Dig** a deep hole and **plant** the tree in Florida. Fast forward to 1856, just six years after California became a state, and the first avocado trees arrived in southern California. **Pick** the avocados before they are ripe, otherwise they will **fall down** and ripen on the ground. Quick, **duck!** **Move to the side** so you don't get hit by avocados. The winter of 1913 was very cold. **Shiver** and **rub** your hands together to stay warm. **Slide** across the ice that covered the fields and killed most of the avocado trees. The Fuerte and Hass are the most popular varieties because they can survive cold weather, but they like warm weather best. **Balance** on one foot and place the other foot on your calf. **Reach** your arms up to the sky like the branches of a tall avocado tree and soak up the sun.

