

AVOCADOS - ALL YOU NEED TO KNOW COURSE LEARNING WORKBOOK



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AVOCADO COURSE 1
AVOCADOS - ALL YOU NEED TO KNOW—COURSE WORK BOOK
ACTIVITY QUESTIONS AND ASSIGNMENTS

This course includes over “33 numbered activity questions” designed to help you present your results. We recommend completing the questions as you go through the course. The questions will guide you through each lesson, help reinforce and check your understanding of the material, and prepare you for the final exam.

1. What is a serving of avocado based on?

2. Why are avocados a great substitution for foods rich in saturated fat or added sugars.

3. How many carbohydrates in one cup (4.6 servings, 230g) of pureed avocado?

4. How much protein in one cup (4.6 servings, 230g) of pureed avocado?

5. How much potassium in one cup (4.6 servings, 230g) of pureed avocado?

6. What is beta-sitosterol?

7. Define nutrient rich food.

8. How much fat in a 50 gram serving of an avocado?

9. How do avocados ripen?

10. How do you know if an avocado is ripe?

11. How do you speed up the avocado ripening process?

12. What is the plant hormone ethylene?

13. What are characteristics of an over ripe avocado?

14. How do you store fresh avocados?

15. What is recommended acidic agents for avocados?

16. How do you store cut unripe avocados?

17. How do you store guacamole?

18. How long can you store ripe avocados?

19. How do you store unripe avocados?

20. There are hundreds of known varieties of fresh avocados from the Anaheim variety to the Zutano. Each variety type has its own distinct characteristics. List seven distinct characteristics?

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-
-
-
-
-

21. When was the Hass variety avocado patented?

22. How to buy avocados ahead of time for an event?

23. How do you know when an avocado is ready to eat?

24. Why do avocados and/or guacamole turn brown?

25. What does it mean if the avocado fruit has brown/black streaks?

26. What does it mean if the avocado fruit has brown/black spots?

27. How do you know if an avocado is too ripe to eat?

28. Where do 95 percent of the avocados consumed by Americans come from?

29. Explain the journey of an avocado from tree to plate.

30. How many pieces of fruit can a single mature avocado tree produce in a year?

31. What family are avocados a member of?

32. What are the most common avocado varieties in the United States?

33. Where does the word Avocado come from?

ADDITIONAL EXTERNAL LINKS - VIDEOS/WEBINARS/ARTICLES
MORE COURSE ACTIVITY QUESTIONS

Additional Assignments

— In addition to the “33 numbered” activity questions” there are external video/article/audio links (∞) that also have questions. These questions are not on the exam.

— The main purpose of the external webinar/video/article links is to watch and/or read them and increase student engagement.

— The webinars/videos also offer you the flexibility to pause, rewind, or skip parts if you would like to. With the articles, you can re-read them as many times as you like.

— Some of the **external** webinar/**video/article/audio** links will have advertisements.

The external links are more for you to write, draw, and discuss what you have learned.

There are a number of things you can do to process and learn from the external links to help you learn the information. For example, write down keywords that you learn on index cards or in your notes. Then review this and any other notes you took.

— Also, draw pictures to help you recall keywords. [Research](#) says drawing pictures may help you remember better boost memory and challenge students to explore the materials in different ways.

— You might find that some of the external links are similar in what they provide in learning. This will help retention and reinforce the material more.

— Take your time through the videos/articles - pausing as often as you like - to engage more with the content and enhance learning processes.

— Discuss what else you learned. Discussion helps you think about what you learned more.

Again, while there are some “Additional Assignment Questions” provided below - these questions are not on the exam. They are to help reinforce the material.

External Link Assignments Quick Steps

— Click on the external webinar/video/article links (∞) below.

— Key Points: Identify core sections.

— Webinars/Videos: Pause, rewind, and rewatch.

— Take notes.

— In addition to any questions below, write and discuss what you have learned from each external link.

EXTERNAL VIDEO LINKS

Video Assignment

- Click on the external video links below to learn more about avocados.
- Watch each video.
- Key Points: Identify core sections. Pause, rewind, and rewatch. Take notes.
- Write and discuss what you have learned from each video.
- Describe at least 3 things you have learned from each video.

Lesson 1: Avocado Nutrition and More

∞ [Avocado Flower Anatomy Video](#) - 31:31 Minutes

- Does an avocado need a pollinator?

- How do you know the avocado flower has bloomed?

- Describe the male and female parts of the flower.

- What does the insect do to the avocado flower?

- What is special about the avocado flower?

- Explain the two types of avocado.

- How long is the avocado in bloom?

-
- What does the avocado flower feel like?
-
-

- How do 99% of flowers accomplish pollination and fruit production?
-
-

- How many avocados does it take to yield many avocados?
-
-

- What type of avocado is the Haas avocado?
-
-

- Why does the biologist coat the tree branch?
-
-

- List as many other quick facts you learned from the video. •

- 1.
- 2.
- 3.
- 4.
- 5.

Watch these 2 videos and then answer the questions.

∞ [Avocado Pollination Research](#) - 7:18 Minutes

∞ [The mysteries of the avocado flower](#) - 4:28 Minutes

- How many flowers can an avocado tree have?
-
-

- How can you increase the production of the avocado?
-

-
-
- What is complex about the avocado flower?
-
-

- What is the timing of the female flower opening dependent on?
-
-

- What part of the day does the avocado flower open as a female?
-
-

- Explain the difference between type A and B flowers.
-
-

- List as many other quick facts you learned from the 2 videos.

- 1.
- 2.
- 3.
- 4.
- 5.

Watch these 2 videos and then answer the questions.

From each external video link - list at least 3 things you have learned?

∞ [How to pick the perfect avocado?](#) Video - 3:20 Minutes

- 1.
- 2.
- 3.

∞ [How to Pick/Choose An Avocado](#) Video - 1:41 Minutes

- 1.
- 2.
- 3.

∞ [What's the best avocado?](#) Video - 7:11 Minutes

- What is the difference in colors of the avocados?

-
-
-
- Which avocado has a big seed?

-
-
-
- Which avocado(s) has a small seed?

-
-
-
- How do you like to eat your avocado?

-
-
-
- List as many other quick facts you learned from the video.

- 1.
- 2.
- 3.
- 4.
- 5.

∞ [7 Tips to Plant and Grow Avocado Trees](#) Video - 13:90 Minutes

- List and explain the 7 tips to grow an avocado tree.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

- Why do you add organic soil?

-
-
-
- When do you fertilize and what is a good fertilizer?"
-
-

-
- Why do you make the tree lean into the wind?
-
-

- How often do you provide water?
-
-

- List as many other quick facts you learned from the video. •

- 1.
- 2.
- 3.
- 4.
- 5.

∞ [Ripen Avocados in 24 Hours!](#) - Video - 12:41 Minutes

— What are four ways to ripen an avocado that are discussed in this video?

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [How to Grow Your Own Avocados at Home](#) - Video - 25:16 Minutes

What are 4 things you need to do to make avocados grow?

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [The BEST Way To Grow Avocado From Seed | 0 - 5 Months of Growth](#) - Video - 8.54 Minutes

Now in this video how do you grow avocados?

— Discuss any differences in this video versus the one above

- 1.
- 2.
- 3.

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [How Do Farmers Grow Avocado Trees?](#) - Video - 17:37 Minutes

— Discuss any differences in this video versus the two above.

- 1.
- 2.
- 3.

What varieties of avocados are most often in supermarkets and how many varieties of avocados are there?

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

EXTERNAL ARTICLE LINKS

— Click on the external article links below to learn more about avocados.

— Read each article.

— Write and discuss at least 3 things you have learned from each article.

∞ [Health Benefits Of Avocado's Include Brain & Heart Health](#) - Article

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [10 Avocado Recipes for Brain Health](#) - Article

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [Eating Avocado Regularly Has Eye & Brain Health Benefits](#) - Article

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [How Are Avocados Good For Brain Health](#) - Article

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

Lesson 2: Avocado Facts

More Course Activity Questions

— [Now go to this external link - 50 Important Avocado Facts You Must Know Immediately](#)

List as many more avocado facts as you can.

- 1.
- 2.
- 3.

— Now go to these **external videos and article links** on more avocado facts and benefits. From each external article/video link - list at least 3 things you have learned?

∞ [10 Rich Facts about Avocados](#) - 2:00 minutes plus an article

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [Avocado](#) - 1:11 minutes plus an article

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [Avocado](#) - 3:09 minutes plus an article

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [Health Benefits of California Avocados](#) - 6:17 minutes plus an article

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [5 reasons dietitians hope the avocado craze never ends](#) - 1:03 minutes plus an article

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

Lesson 3: Avocados Video and Article Links **More Course Activity Questions**

— Click on the external article links below to learn more about avocados.

— Read each article.

— Write and discuss at least 3 things you have learned from each article.

∞ [Health Benefits of Eating an Avocado a Day for a Month](#) - YouTube- 8:36 minutes

Why are avocados helpful to your health?

How do avocados protect the eyes?

How do avocados help your blood pressure?

How do avocados congenital problems?

How do avocados help fight cancer?

How do avocados help with arthritis?

How do avocados help maintain a healthy heart?

How do avocados help control diabetes?

How do avocados help nourish the skin?

How do avocados help prevent constipation?

How do avocados help with weight loss?

How do avocados help with nutrient absorption?

— Discuss any other things you have learned or reinforced.

- 1.
- 2.

3.

∞ [Growing Avocado: The best avocados to grow in your garden!](#) - YouTube- 9:46 minutes

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [5 Tips How to Grow a Ton of Ginger in One Container or Garden Bed](#) - YouTube- 12:18 minutes

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [How to eat an Avocado: Nutrition Benefits, Tips & Preparation](#) - YouTube- 16:40 minutes

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [Are Avocados Good for You](#) - YouTube - 4:36 minutes

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [Exotic Avocado Varieties You Can Grow at Home](#) - YouTube - 26:16 minutes

How many pounds of avocados can you get off of one tree?

What are some avocados discussed in the video and what times of the years are they available?

What are some things discussed about pollination?

What are some of the differences in the varieties of avocados?

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

EXTERNAL ARTICLE LINKS

— Click on the external article links below to learn more about avocados.

— Read each article.

— Write and discuss at least 3 things you have learned from each article.

∞ [Avocados Contain Potent Liver Protectants](#)

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [Avocado & the Liver](#)

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [Avocado Benefits: the Planet's Most Nutrition-Packed Food](#)

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [Here Are the Benefits of Avocados for Babies](#)

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

