Name:

Information transfer.



Avocado and its benefits

- found in Central South Africa by a Spanish historian in 1519
- has a green skin and a seed looks like a pear
- a fruit with a lot of vitamins and minerals
- decrease the risk of obesity, diabetes and heart disease
- contains fibre which reduce the weigh and blood sugar level

Avocado is a fruit that is found originally in South Central Mexico. It was found by a _____ in 1519. Avocado has a green skin and it has only a seed. It _____. The avocado contains _____ that can provide body with sufficient nutrients. Therefore, it is recognized for its high nutrient value. Avocado can _____ of obesity, diabetes and heart disease. It also contains fibre which can _____.

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