

KIWIS

FAST FACTS

- Kiwi are a type of berry fruit & tropical fruit
- Other type of true berry fruits are grapes, tomatoes, bananas & peppers
- Kiwi fruit grow on a vine that can reach 33 feet long
- In the United States Kiwis are grown in California
- Kiwi trees are very fragrant which helps them get pollinated by bees.



SELECTION & STORAGE

Choose kiwi that are firm but easy to press and make indentations. Some kiwis are green, some are brown, some have hair, and some have no hair!

Store kiwi in the crisper drawer in your refrigerator at home.

IDEAS FOR SERVING

- Eat fresh kiwi halves as a snack during the day
- Add kiwi to your smoothie along with other fruits and vegetables
- Used kiwi slices in a fruit salad to make it taste tangy

IMPORTANT NUTRIENTS

- **Vitamin C** - helps with wound healing
- **Potassium** - helps balance fluids in the body, the nervous system & helps muscles to contract.
- **Fiber** - good for your gut and heart
- **Vitamin E** - helps to protect the body from things that could damage it
- **Zinc**- helps maintain the body's immune system, keeping you healthy

KIWIS

ACTIVITIES

Five Senses Fun!

Use your five senses to describe how kiwis look, feel, taste, sound, and smell.

Compare & Contrast

Make a list of similarities and a list of differences between kiwi and another tropical fruit. Are there more similarities or differences?

Write a Recipe

Invent a new recipe that includes kiwi as one of the ingredients.

Artistic Writing

Write a poem or song about the health benefits of kiwi. Share with the class.

Watch a Video

Find and watch a video online that shows how kiwis are grown, harvested, and distributed in the United States.

Science Exploration

Identify each of the following parts of the kiwi: skin, stigmas, flesh, and seeds.

CHECK FOR UNDERSTANDING

What are some examples of other tropical fruits? other berries?

What type of plant do kiwis grow on?

What nutrients are found in kiwis?

What should you look for when selecting kiwis at the market?

What is your favorite way to eat an kiwis?

REFERENCES

Kiwifruit. (n.d.). Retrieved from <https://snaped.fns.usda.gov/seasonal-produce-guide/kiwifruit>.

