

NUTRITION EDUCATION LESSON PLAN

LESSON NAME

Kiwi Nutrition

GRADE LEVEL

Pre-K - 8

TIME

5-30 minutes

CONTENT AREA

Health, Math, Science,
English Language Arts

MATERIALS & PREPARATION

Review the **Kiwi Handout** to familiarize yourself with the content and select one or more activities for your lesson.

Review and modify the **Kiwi Slides** as needed and project on screen (optional).

Print 1 copy of the **Kiwi Handout** for each student (optional).

Prepare the kiwis to serve to the students during the lesson.

OBJECTIVES

Pre-K - Grade 8

Identify kiwis as member of the fruit food group.

Grade 3 - Grade 8

Describe the role of nutrients found in kiwis.

Understand where/how kiwis are grown.

Grade 6 - Grade 8

Assess personal need for nutrients found in kiwis.

Plan healthy meals and snacks that incorporate kiwis.

LESSON OUTLINE

#1 Serve: Provide each student with a serving of kiwis to consume during the lesson.

#2 Teach: Use the first page of the Kiwi Handout to teach the students about kiwis.

#3 Explore: Select one or more activities from the second page of the Kiwi Handout for the students to complete.

#4 Discuss: Use one or more of the questions below, or create your own, to assess your students' understanding of the material covered:

- What are some examples of other tropical fruit?
Examples: pineapple, mango, papaya, bananas, etc.
- What type of plant do kiwis grow on?
Example: trees
- What nutrients are found in kiwis?
Examples: Vitamin C, potassium, antioxidants, fiber, vitamin E, etc.
- What should you look for when selecting kiwi at the market?
Example: Choose kiwis that are soft when pressed but not too squishy!
- What is your favorite way to eat kiwi?
Examples: fresh, in a smoothie, fruit pizza, etc.

