

Curriculum Ideas

Thinking Maps

- Use a Double-Bubble Map to describe the attributes of kiwi. Use the five senses to describe the fruit.

Social Studies

- Kiwi originated in China, was brought to New Zealand, and named after the national bird. Locate these countries on a map or globe and find more information about this story.

Research and Investigation

- California is the only state in the U.S. to produce Kiwi. Find out where else it is grown.
- Kiwi is one of the most nutrient-dense of all fruits. Investigate its contents and what health benefits it provides.

Source: Research links adapted from Harvest of the Month, kiwis. Eat your colors adapted from www.fruitsandveggiesmatter.gov and www.harvestofthemonth.com, *Educators' Corner*.

Eat Your Colors

Fruits and vegetables come in a rainbow of colors. By eating a variety of colorful fruits and vegetables everyday, you may lower your risk of some cancers. Kiwis belong to the green color group. They contain the phytonutrient *lutein* which works as a powerful antioxidant and may help maintain vision health.

Color Group	Health Benefits	Fruits/Veggies
Green	Help maintain vision health and strong bones/teeth	Kiwis, Asparagus, peas, green pears, spinach, cabbage, broccoli, kale, avocado, cherimoya

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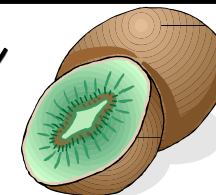
This material was funded by USDA's Food Stamp Program through the *Network for a Healthy California*. This institution is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the California Food Stamp Program, please call 1-888-328-3483.

November 2007



Food for Thought

Tropical Kiwi



NUTRITION FACTS

Nutrition Facts

Serving Size 1 cup 177g (177 g)

Amount Per Serving

Calories 108 Calories from Fat 8

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 26g 9%

Dietary Fiber 5g 21%

Sugars 16g

Protein 2g

Vitamin A 3% • Vitamin C 273%

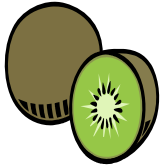
Calcium 6% • Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

©www.NutritionData.com



FUZZY FACTS



- Fresh kiwis are the most nutrient-dense of all fruits.
- Kiwis are actually berries.
- California is the only state that commercially produces kiwis for the United States marketplace.
- Kiwis grow on large, tender vines that can be as high as 30 feet.
- Did you know the skin of a kiwi is edible?
- Kiwi harvest begins in late September, with the majority of the fruit picked in October and early November.
- Kiwi contains many nutrients including Vitamin C, copper, potassium, folate, magnesium, Vitamin E, fiber, and the phytonutrient *lutein*.

Source: <http://www.harvestofthemonth.com>, Kiwi

Physical Activity Corner

In the past 30 years, the number of children who walk or bike to school has declined from over 50 % to fewer than 15 %. A new federal transportation bill has created a Safe Routes to School program. Visit the web site below to learn more.

—Poll students on how they get to and from school (e.g., walk, bike, bus, carpool).

—Discuss factors that influence how they get to and from school (e.g., distance, parents, safety, lack of transportation).

—Determine what would need to change for students to walk or bike to/from school.

—Discuss ways the school community can start a Safe Routes program.

For more information, visit:
www.bikesbelong.org

Tasting Trios

Kiwi Oatmeal

Materials (per class of 30)

Bowls, plates, spoons, knives, microwave safe bowl, chef knife, cutting board



Ingredients

10-15 kiwis, halved
1 box of instant plain oatmeal
Water or low-fat/non-fat milk

Safety Precautions

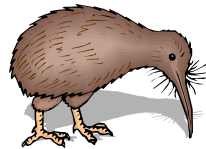
Have students wash their hands and review safety precautions for using knives.

Making the recipe

1. Warm up instant oatmeal in the microwave.
2. Have students dice their kiwi half.
3. Serve oatmeal in individual bowls and add kiwi.

Enjoy!

Source: *Network for a Healthy California – Monrovia USD*



New Zealand's Kiwi



Kiwifruit

HOME GROWN FACTS

- California kiwis represent 95% of all kiwis grown in the United States.
- Approximately 8,000 acres are devoted to the production of kiwis in the United States.
- The California Kiwifruit Commission was formed in 1977.

Source: <http://www.kiwifruit.org>

Holiday Parties

Holiday classroom parties are just around the corner. If you are planning on having a holiday party, we encourage you to promote a healthy celebration by using some of the guidelines listed below to ensure that your students are getting a variety of nutrients and fewer empty calories.

- Ask students to bring only 100% juice, low-fat milk, or make a sparkling punch (seltzer water and 100% fruit juice).
- Have a pre-planned potluck sign up sheet that includes all the food groups. Some ideas include: Fresh fruit assortment, fruit and cheese kabobs, vegetable trays with dip, whole grain crackers, pretzels, turkey and cheese finger sandwiches, quesadillas, dried fruit, nuts and seeds.
- Limit the amount of sugary treats and if children do bring them encourage them to bring the snack size variety only.

Kiwi Resources and Books

<http://www.kiwifruit.org>

<http://www.thefresh1.com/kiwifruit.asp>

<http://www.dole5aday.com/referencecenter/encyclopedia/kwifruits/index.jsp>

Fruit is a Suitcase for Seeds by Jean Richards

Where'd You Get Those Genes? by Beth Brookhart and Pam Schallock

Yes We Have Bananas: Fruits from Shrubs and Vines by Meridith Sayes Hughes

November Events