

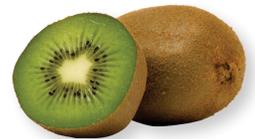
DECEMBER

**KIWI
TROPICAL FRUIT**

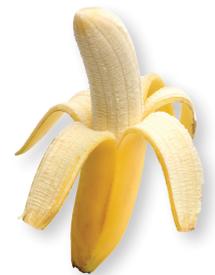
**GRADE
K-1**

RECOMMENDED BOOK	<p>“A Fruit is a Suitcase for Seeds” by Jean Richards “I Love to Eat Fruits and Vegetables” by Shelley Admont</p>
NEEDED SUPPLIES	<p>Kiwis Safe knife for cutting kiwi in half Spoons for students to scoop fruit to eat</p>
NEEDED RESOURCES	<p>“Stories in Motion: 3-2-1 Blast off! A Trip to the Moon” Kiwi worksheets</p>
21ST CENTURY SKILL	<p>Students will learn the importance of fruits in a healthy diet.</p> <ul style="list-style-type: none"> Practice preventive health behaviors K-1: Identify healthy foods.
OBJECTIVES	<ul style="list-style-type: none"> Students will gain knowledge of kiwi (how to recognize, how to eat, how to prepare). Students will learn that kiwi helps them fight off infection and is good for their bodies. Students will learn that friends and educator eat fruits.
PHYSICAL ACTIVITY	<p>“Stories in Motion: 3-2-1 Blast-off! A Trip to the Moon” (a tie into the lesson on fueling our bodies like rockets).</p>
RECAP FROM LAST LESSON	<p>Did anyone have a root vegetable with their family at home? What did you eat? Did you eat it cooked or raw? Did you eat it plain or in a salad or a hot dish? Show me with your thumbs how you liked the root vegetable.</p>
FUN FACTS ABOUT KIWI	<ul style="list-style-type: none"> Kiwi originated in China over 700 years ago where it was called Yang Tao. In 1906, the seeds were sent to New Zealand and renamed Chinese Gooseberry. Later, the Chinese Gooseberry was renamed “kiwifruit” after New Zealand’s national bird the “kiwi.” Kiwi can be used as a natural meat tenderizer (meaning it helps make the meat more tender). Just rub a cut end of kiwi over the meat and let stand 10-15 minutes. California produces 98 percent of kiwi grown in the United States. Italy, New Zealand, Chile, France and Japan also grow kiwi.
WHAT YOU NEED TO KNOW ABOUT KIWI	<ul style="list-style-type: none"> Kiwi is usually eaten raw. It can be eaten whole like an apple or cut into quarters like an orange. You can cut the kiwi in half and scoop out the flesh with a spoon. The skin can be eaten or the kiwi can be peeled. Be sure to wash the kiwi first. Kiwi grows on vines on a trellis, much like how grapes are grown. Kiwi is a berry and is available year-round. It is usually sold individually. Select firm, unblemished fruit. The size does not affect the flavor. Ripe kiwi is plump and gives slightly to pressure. If it is too hard, it is not ready to eat yet. You can help ripen it faster by putting it in paper bag with an apple or banana. Kiwi will keep several days at room temperature and up to four weeks in the refrigerator. The serving size for school food service is two whole kiwi (2 whole kiwi = ½ cup serving).

**TROPICAL FRUIT
FEATURED TASTING:
KIWI**



**ALTERNATIVE:
BANANA**



HEALTH CONNECTION	<ul style="list-style-type: none"> • High in Vitamin C to fight off germs and heal cuts and wounds; good for our gums. Reinforce with defense shield (Cross arms in front of your chest). • Good source of fiber to help with digestion and help you feel full. Reinforce by rubbing stomach.
DISCUSSION	<p>“Engage students by asking them, “What do cars, boats, and rocket ships need to keep going?” (Fuel). Next ask, “Do people need fuel? Why?” Accept all answers. Ask students if they can remember a time when they were feeling sluggish and they didn’t have any energy. “What did it feel like? What made them feel better?”</p> <p>“If students don’t mention food, ask them, “Why do we eat?” Explain that food gives us energy, or “fuel,” for all sorts of activities – from running, playing ball, thinking, and talking, to something as simple as blinking our eyes.”</p> <p>“Remind students that we need to eat foods from each of the five food groups. That’s because each food group gives us different nutrients we need to grow, play, learn and be healthy. When we don’t fuel up with enough of the right kinds of foods, we can’t be our best, just like a rocket ship can’t blast off and soar through space if it doesn’t have the right kind of fuel.”</p> <p>“Some types of foods that many people do not get enough of are: fruits, vegetables, whole grains, low-fat milk and yogurt, and seafood. Some foods people eat too much of are: candy, cake, cookies, chips, sausages, hot dogs, and ice cream.”</p> <p>(Discussion from the USDA’s Serving Up MyPlate curriculum, pg. 13-14).</p>
ACTIVITIES	<p>Today we want to talk about ways we can choose to eat more fruits and vegetables. If you could help a friend to eat more fruits and vegetables, what would you tell him/her? (Write answers on white board or large piece of paper to record ideas.) Fruits and vegetables are good for us because they: helps us feel full (fiber); taste good; help fight off sickness/disease; are good for our eyes, skin, hair, bones, gums, etc. Fruits and veggies are a good source of water; help us go to the bathroom (fiber); and give us vitamins, minerals and other nutrients you need.</p> <p>Show a whole kiwi. Can you tell me what fruit this is?</p> <p>Select a Kiwi worksheet.</p>
SENSES CONNECTION	<p>See: Small and round. Fuzzy and brown on the outside; bright green with tiny black seeds on the inside.</p> <p>Feel: Fuzzy outside; smooth inside with seeds.</p> <p>Taste: A mix of strawberry and banana flavor</p> <p>Smell: Fruity</p>
TASTING	<p>Serve half of a kiwi to each child with a spoon. Ask students to feel the fuzzy skin of the kiwi, then feel the inside of the kiwi. Do they feel the same? Students will scoop kiwi with a spoon to taste. Children will vote with thumbs as to preference for kiwi: thumbs up = I like it, thumbs sideways = it’s okay, and thumbs down = no thanks.</p>
CLOSING DISCUSSION	<p>Who wants to eat kiwi again? How can you eat kiwi at your house? (in a fruit salad, in a smoothie, in a salsa, cut in half and scoop, peel and slice) What can you tell your grown-ups about kiwi? How can you tell if kiwi is ripe and ready to eat? Do you think it’s important to eat fruits and vegetables? I think it’s important, so does your teacher – and your grown-ups!</p>
TAKE-HOME MATERIALS	<p>Pass out “Ask me aboutkiwi” stickers. Send home the parent newsletter.</p>

REFERENCES AND RESOURCES

- [Click here](#) USDA MyPlate Curriculum (Level 1)
- [Click here](#) Spend Smart. Eat Smart. Produce Basics: Kiwi
- [Click here](#) California Harvest of the Month: Kiwi
- [Click here](#) California Department of Public Health and Southern Nevada Health District Kiwi worksheets (pg. 5, 6, 7, 8)
- [Click here](#) SNAP-Ed Connections: Kiwi
- [Click here](#) SuperKids Nutrition: Kiwi
- [Click here](#) Fruit and Veggies More Matters: Kiwi

OTHER WAYS TO EAT KIWI

Smoothies (strawberry/kiwi/spinach/yogurt); mini kiwi sections/smiles/moon; fruit pizza; fruit salad with shredded coconut; fruit salsa w/strawberries, kiwi and strawberry preserves; leave skins on – quarter – eat like an orange; kiwi juice; dried; raw; kabob; rainbow salad; slice very thin and wrap around a strawberry or banana; kiwi infused water; top yogurt; build kiwi Christmas trees using skewers: layer kiwi and strawberries, top with a pineapple star.



Stories in Motion

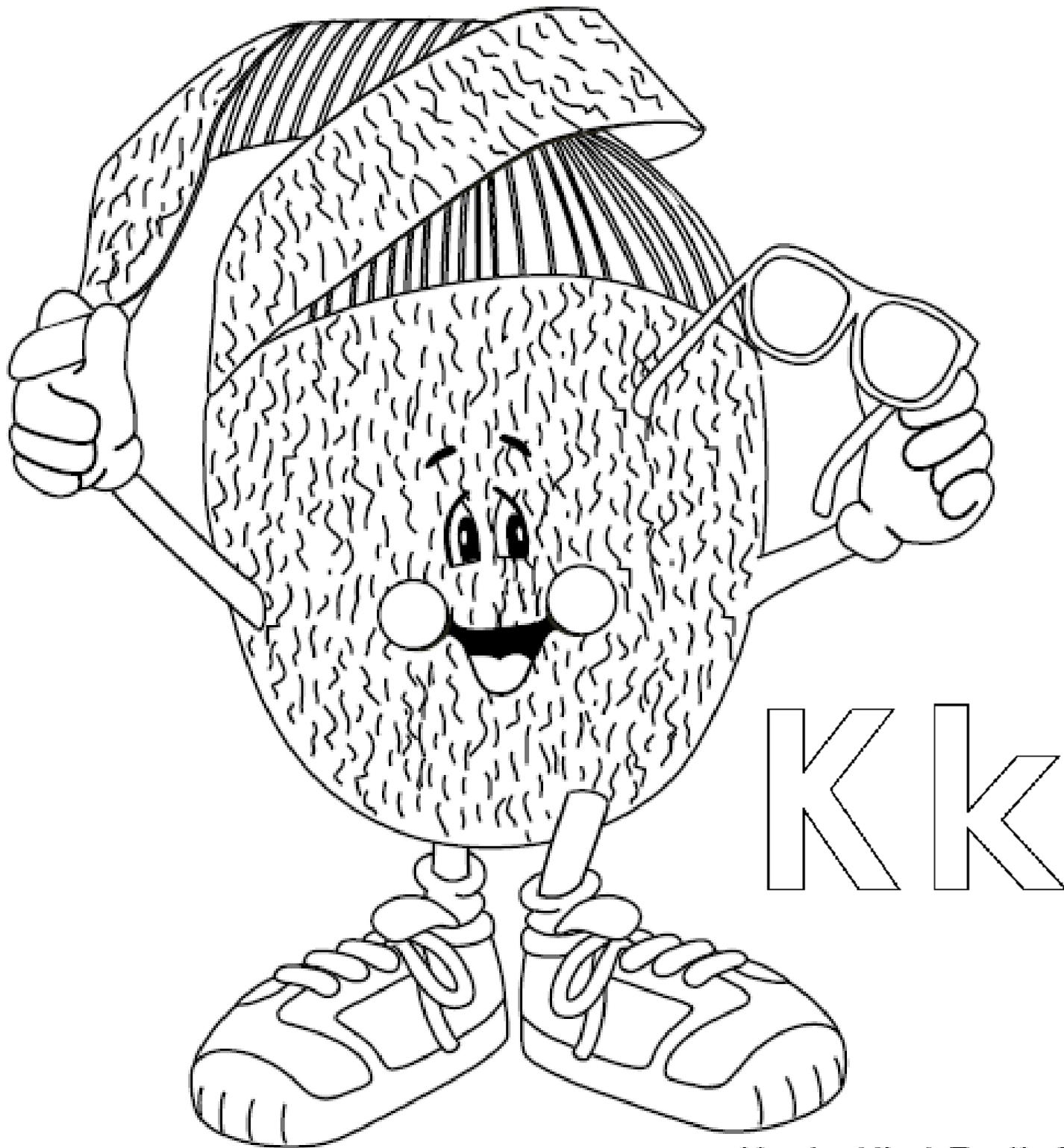
In-Class Activity Breaks

Continue each bulleted activity or set of activities for 15-30 seconds.

3-2-1 Blast-off! A Trip to the Moon

- Today is a special field trip to the moon. But before any space trips, astronauts and space travelers must work out daily to get strong muscles. We must run to make our legs strong. We must jump to make our legs even stronger. We must lunge to make our legs as strong as ever. All of those exercises make our lungs and bodies ready for the moon.
- This long trip requires special space suits. Slide your arms in your huge suit and zip it up tight. The space shuttle is ready for us! It is enormous with many stairs to climb. Lift those legs high to reach inside.
- This will be a long and far journey, wave both hands nice and big to your family and friends. "We'll be home soon!" Fasten the seatbelts tight. Click!
- 3-2-1 BLASTOFF! Our shuttle jumps off the launch pad into the sky. It's a bumpy ride and shakes our entire bodies. The shuttle spins and spins through thousands of miles.
- Finally, we land on the moon and can explore. The door is small so duck down low to step outside to the moon. There is no gravity, so we take slow, giant floating steps. Our arms float out at our sides.
- With no gravity, space rocks fly at high speeds. WATCH OUT! A giant one is coming this way. Duck low, quick, to the ground, so they miss you. Whew! That was close.
- Like the first, proud explorers to the moon, we will pound an American flag here to stay. It's time to head back to earth! Float back to your seats so we can complete our trip home!

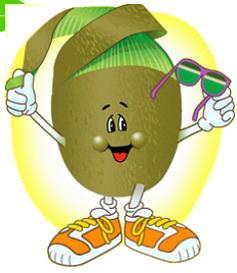
K is for kiwifruit.



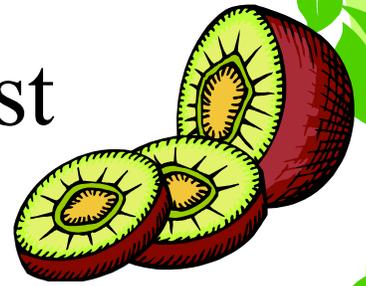
Kevin Kiwi Fruit ©

This material was adapted from Southern Nevada Health District's Get Healthy program and Harvest of the Month™, a program of the California Department of Public Health's Nutrition Education and Obesity Prevention Branch. To learn more, visit www.harvestofthemonth.com or www.gethealthyclarkcounty.org.

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider.



Kiwifruit Taste Test



Today I tried _____

It is a fruit / vegetable.

It looked _____

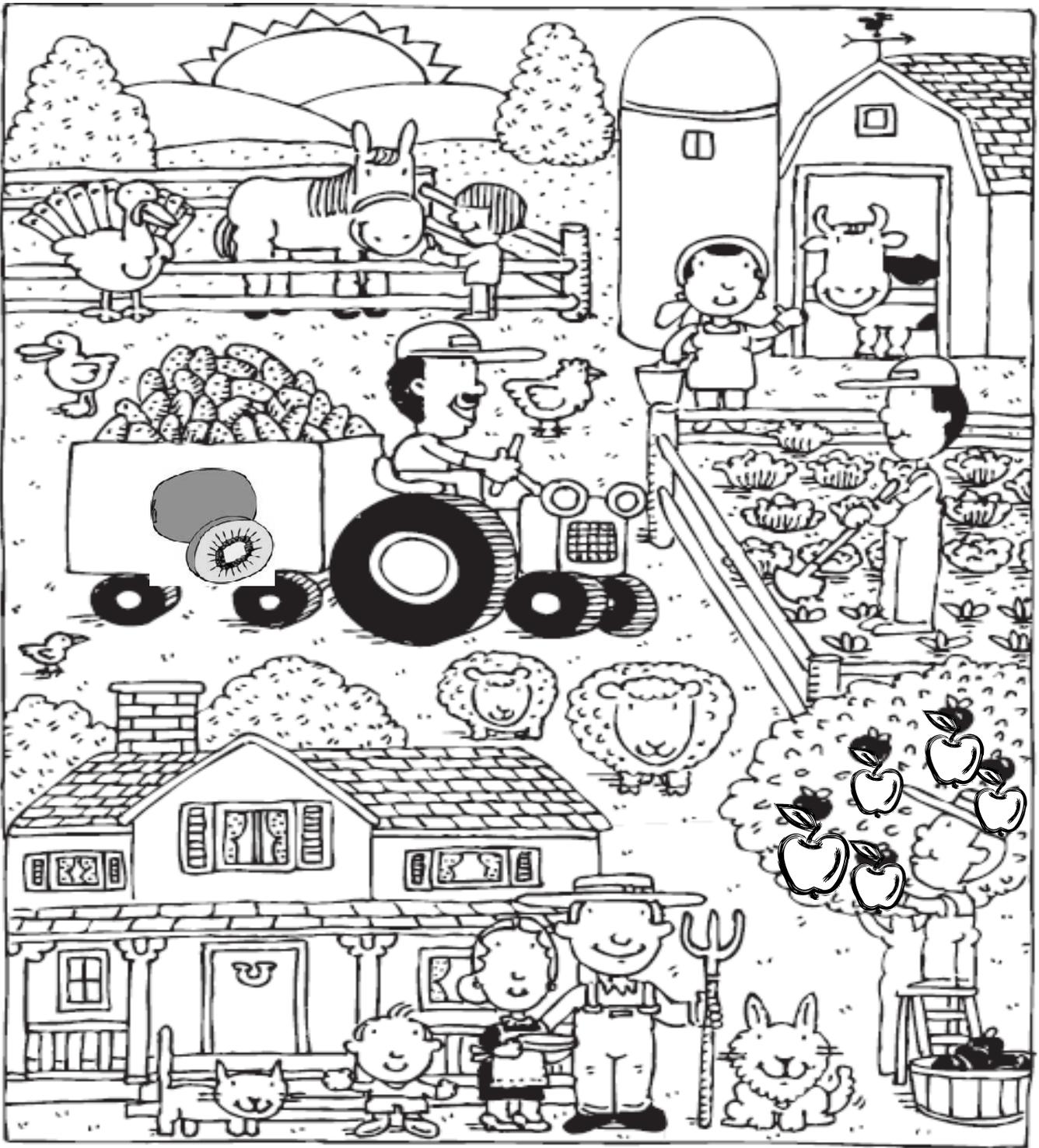
It has these vitamins:

It is good for me because:

Draw a picture of a kiwifruit

Outside

Inside



1. Find and draw a circle around the picture of the kiwifruit.
2. Find and color all the nutritious fruits and vegetables.
3. Write the name of the fruits and vegetables you found.

1. _____ 3. _____

2. _____ 4. _____

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