

COOL KIWIFRUIT ACTIVITIES



Nutrition Facts

Serving Size: 2 medium kiwifruit (152g)
Calories 92

	% Daily Value
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 5g	18%
Sugars 14g	
Protein 2g	
Vitamin A 3%	Calcium 6%
Vitamin C 240%	Iron 3%

Source: www.nutritiondata.com

Fruit Scramble

Unscramble the following letters to spell the name of a fruit. (answers are at the bottom of this page)

1. trapico _____
2. plape _____
3. nabaan _____
4. besrelibuer _____
5. sheerric _____
6. lmup _____
7. tead _____
8. ifg _____
9. truipratfge _____
10. prage _____
11. arpe _____
12. fwikrtui _____
13. penur _____
14. graeno _____
15. mile _____
16. yrrebpsar _____

Artist's Corner

Pick your favorite fruit from the Fruit Scramble above and draw it in the space below.

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Kiwis are in the green color group.

- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples include kiwis, green apples, green pears, green peppers, avocados, broccoli, cabbage, cucumbers, okra, peas, artichokes, leafy greens and zucchini.

What is a Serving?

A serving of kiwifruit is two medium kiwis. These are about the size of two medium eggs.

Green Game

Kiwis have brown, fuzzy skin on the outside, but their insides are bright green! How many other fruits or vegetables can you think of that are green? List as many as you can.

Green: Kiwi _____

Arizona Nutrition Network



This material was adapted from the California Nutrition Network for Healthy Active Families. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.

Answers: 1. apricot, 2. apple, 3. banana, 4. blueberries, 5. cherries, 6. plum, 7. date, 8. fig, 9. grapefruit, 10. grape, 11. pear, 12. kiwifruit, 13. prune, 14. orange, 15. lime, 16. raspberry