Introduction

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program that your school is participating in this year. The goal of the FFVP is to improve children’s overall diet and create healthier eating habits to impact their present and future health. The Southern Nevada Health District has adapted materials from California’s Harvest of the Month program, to provide schools with easy to use teaching points and worksheets to help them meet the nutrition education requirements of the FFVP.

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Taste Test Teaching Points
Kiwis

Grades: Kindergarten to 2nd Grade

Title of Lesson: Kiwis

Materials: FFVP Kiwis Student Worksheet
FFVP Taste Test Teaching Points Lesson Plan
Produce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Kiwi are green with fuzzy brown skin. The skin can be eaten although many people choose not to eat it.

Green fruits and vegetables help your eyes stay healthy and help your teeth and bones stay strong. Why would you want strong bones and teeth?
Can you name some other green fruit and vegetables? green apples, green pears, avocados, okra, peas, broccoli, asparagus and spinach

Kiwi grow on a vine. The vine can grow as tall as 30 feet. The vines grow above the ground on strong supports very much like grapes. Have you seen grapes growing in a field? Have you seen kiwi’s growing?
Kiwi is a berry. Name another berry.

Kiwi are a very good source of vitamin C. Can you remember how vitamin C helps your body? Helps keep your bones together, helps heal cuts, helps teeth and gums stay healthy

California grows most (95%) of the kiwi grown in the United States.
Kiwi were not widely available in grocery stores until 1970.
Kiwi were named after the national bird in New Zealand, the kiwi bird.

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff.
   Engage senses: taste, touch, smell, see, hear.

3. Concluding Activity (2 minutes) If time permits, questions/sharing
Taste Test Teaching Points
Kiwis

Grades: 3rd to 5th Grade

Title of Lesson: Kiwis

Materials: FFVP Kiwis Student Worksheet
FFVP Taste Test Teaching Points Lesson Plan
Produce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Kiwis are green with fuzzy brown skin. The skin can be eaten although many people choose not to eat it.

Green fruits and vegetables help your eyes stay healthy and help your teeth and bones stay strong. Why would you want strong bones and teeth?

Can you name some other green fruit and vegetables? green apples, green pears, avocados, okra, peas, broccoli, asparagus and spinach

Kiwis grow on a vine. The vine can grow as tall as 30 feet. The vines grow above the ground on strong supports very much like grapes. Have you seen grapes growing in a field? Have you seen kiwis growing?

A kiwi is a berry. Who can name another type of berry?

Kiwis are a very good source of vitamin C. Can you remember how vitamin C helps your body? Helps keep your bones together, helps heal cuts, helps teeth and gums stay healthy

California grows most (95%) of the kiwi grown in the United States.
In North America, the fruit is commonly known as “kiwi”, but it is marketed to the rest of the world as “kiwifruit”.

There are 400 varieties of kiwis. Hayward is the most popular variety in the United States.

Kiwis were not widely available in grocery stores until 1970.
Kiwis were named after the national bird in New Zealand, the kiwi bird.
Kiwis are the richest source of lutein among fruits and vegetables. Lutein is a phytochemical proven to be effective in reducing the risk of cancer.

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.

3. Concluding Activity (2 minutes) If time permits, questions/sharing
K is for kiwifruit.

Kevin Kiwi Fruit ©
Kiwifruit

A kiwifruit is

Draw and color the **outside** of a kiwi.  

Draw and color the **inside** of a kiwi.

Practice writing uppercase and lowercase “Kk.”

K/K/  /  /  /  /  /  /  /  /  /  /  /  

k/k/  /  /  /  /  /  /  /  /  /  /  /  

Practice writing the word “kiwifruit.”

Kiwifruit

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This material was adapted from the California Harvest of the Month program materials. This material was funded by the USDA’s Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer. The SNAP program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. For information on the SNAP program, call 1-888-328-3483.
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. ______________________
Kiwifruit

Directions:
Using at least 3 of the adjectives listed above, write a paragraph about why kiwis are good for the body.

1) __________________________________________________________________________
2) __________________________________________________________________________
3) __________________________________________________________________________
4) __________________________________________________________________________
5) __________________________________________________________________________
6) __________________________________________________________________________

Kiwis and Adjectives

Write six adjectives that describe a kiwi.

I am full of nutrients!

I have fiber, which helps your body move food through your intestines!

I am an excellent source of Vitamin C, which helps your teeth and gums stay healthy!

Practice with adjectives!

Draw a kiwi that has been cut into 1/4.

Draw a kiwi that has been cut into 3/4.

Which fraction is bigger?___________

Directions: Using at least 3 of the adjectives listed above, write a paragraph about why kiwis are good for the body.
Fruit and Vegetable Poetry

Directions: Create a poem about your favorite fruit or vegetable using descriptive words.

Example: Apples
Apples are red round and sweet
So delicious to eat
They are firm solid and bright
Just an absolute delight!

Brainstorm
List some descriptive words that can be used in your poem.

NUTRITIOUS

Fill in the blank to create your poem.

_______________________

_________ are ___________ __________ and ____________

So ________________ to ________________

They are ______________ ______________ and ______________

Just an ________________ ________________!
Write six adjectives that describe a kiwi.
1) ___________________________
2) ___________________________
3) ___________________________
4) ___________________________
5) ___________________________
6) ___________________________

Directions: Using at least 3 of the adjectives listed above, write a paragraph about why kiwis are good for the body.

_______________________________________________________________________________
_______________________________________________________________________________
_______________________________________________________________________________
_______________________________________________________________________________
_______________________________________________________________________________

Draw a picture of a kiwi that has been cut into 1/4.

Draw a picture of a kiwi that has been cut into 3/4.

Which fraction is bigger? ____

I have fiber, which helps your body move food through your intestines!

I am full of nutrients!

I am an excellent source of Vitamin C, which helps your teeth and gums stay healthy.

I am full of nutrients!

I have fiber, which helps your body move food through your intestines!

Which fraction is bigger?____

I am an excellent source of Vitamin C, which helps your teeth and gums stay healthy.

I am a good source of Vitamin C.

I have fiber, which helps your body move food through your intestines!

Which fraction is bigger?____

I am an excellent source of Vitamin C, which helps your teeth and gums stay healthy.

I have fiber, which helps your body move food through your intestines!

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Which fraction is bigger?____

I am an excellent source of Vitamin C, which helps your teeth and gums stay healthy.

I have fiber, which helps your body move food through your intestines!

Which fraction is bigger?____

I am an excellent source of Vitamin C, which helps your teeth and gums stay healthy.

I have fiber, which helps your body move food through your intestines!
Write a letter to your parents about why you would like to eat a nutritious breakfast every day. Make sure you tell them how it is good for you, and include an example of a nutritious breakfast that you would like to eat.

Date: ______________

Dear ___________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

______________ Love, _______________
Write six adjectives that describe a kiwi.

1) __________________________
2) __________________________
3) __________________________
4) __________________________
5) __________________________
6) __________________________

Draw a picture of a kiwi that has been cut into 1/4.

Draw a picture of a kiwi that has been cut into 3/4.

Which fraction is bigger? __________

Directions: Using at least 3 of the adjectives listed above, write a paragraph about why kiwis are good for the body.

________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
Action Verbs

An action verb tells what someone or something is doing. Words that name an action are called action verbs.

Directions: Underline the action verb in each sentence below.

Example: Students picked strawberries for a nutritious snack.

1. My teacher cut kiwis for our class to taste.
2. Chopping up vegetables is fun!
3. I mixed the salad with a big spoon.
4. People should wash fruits and vegetables before they eat them.
5. Eating a nutritious breakfast is a great way to start the day.

Directions: Make a list of action verbs in the box below. Then, write a sentence using one of your action verbs to describe one healthy action you will do this week.

My action verbs

Mix

Blended

Cutting

My healthy action sentence

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Describe kiwis: ______________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
What I learned about kiwis: ______________________________________________________
____________________________________________________________________________
____________________________________________________________________________
To make sure that I eat the amount of fruit my body needs to be healthy, I will:
____________________________________________________________________________

Kiwi Nutrition Facts

Serving Size: ______
_______calories
_______grams carbohydrates
_______grams fiber
_______% iron
_______grams sugar
_______grams fat
_______% vitamin C
_______% vitamin A
_______% calcium
_______% sodium

Nutrition Facts

Serving Size: 2 medium kiwifruit (152g)
Calories 92
Total Fat 1g
total Carbohydrate 22g
Calories from Fat 6
Saturated Fat 0g
Dietary Fiber 5g
Trans Fat 0g
Sodium 4mg
Sugar 14g
Protein 2g
Vitamin A 3% Vitamin C 240% Calcium 6% Iron 3%

% Daily Value
1%
0%
8%
18%

Source: www.nutritiondata.com

www.gethealthyclarkcounty.org
SNAP
Southern Nevada Health District
Champions for Change
EARNED FOR A BETTER COLORADO
Setting Healthy Goals

When we want to make a positive change in our lives, it helps to set goals. You can set goals to be more physically active or eat better (by eating more fruits and vegetables, drinking more non-fat milk, and choosing more whole grains).

Steps to Setting a Goal:

1. Define your goal.
2. Write down the small steps you will need to take to achieve this goal.
3. Set a deadline.

1. My healthy goal is to ____________________________________________
   ____________________________________________.

2. To achieve this goal, I need to take the following steps:
   A. _____________________________________________
   B. _____________________________________________
   C. _____________________________________________

3. The deadline for me to achieve my goal is __________
   ____________________________________________

www.gethealthyclarkcounty.org

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Glossary of Nutrients

**CALCIUM** This mineral helps build strong bones and healthy teeth.

**CARBOHYDRATE** Carbohydrates are a main nutrient found in food. Carbohydrates are the body’s major source of energy.

**FAT** Fat helps a child’s body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart.

**FIBER** Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

**IRON** This mineral helps red blood cells carry oxygen to all the parts of your body.

**PHYTOCHEMICALS** Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

**PROTEIN** Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

**VITAMIN A** This vitamin helps your body maintain healthy eyes and skin.

**VITAMIN C** This vitamin helps the body heal cuts and wounds and maintain healthy gums.

**VITAMIN E** This vitamin helps maintain healthy cells throughout your body.

**WATER** Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

SOURCE: *Network for a Healthy California* and *kidshealth.org*
Acknowledgements

These worksheets were adapted from the *Harvest of the Month* program which collaborated with Downey Unified School District’s *Network for a Healthy California* who developed Kindergarten through 2nd grade workbooks and ABC Unified School District’s *Network for a Healthy California* who developed 3rd grade through 6th grade workbooks.

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