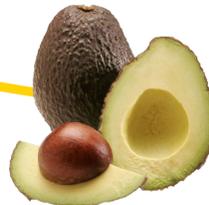




Fresh Fruit & Vegetable Program



■ **Kiwi Worksheets** ■

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.

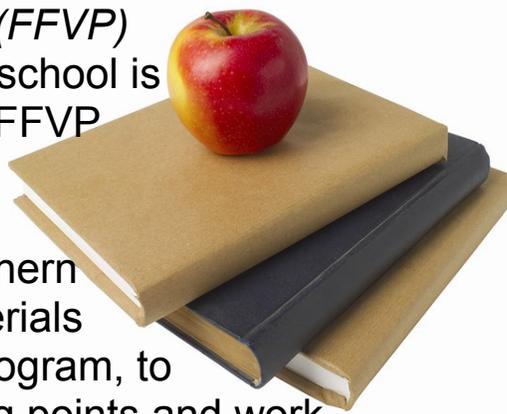


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Taste Test Teaching Points Kiwis

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.

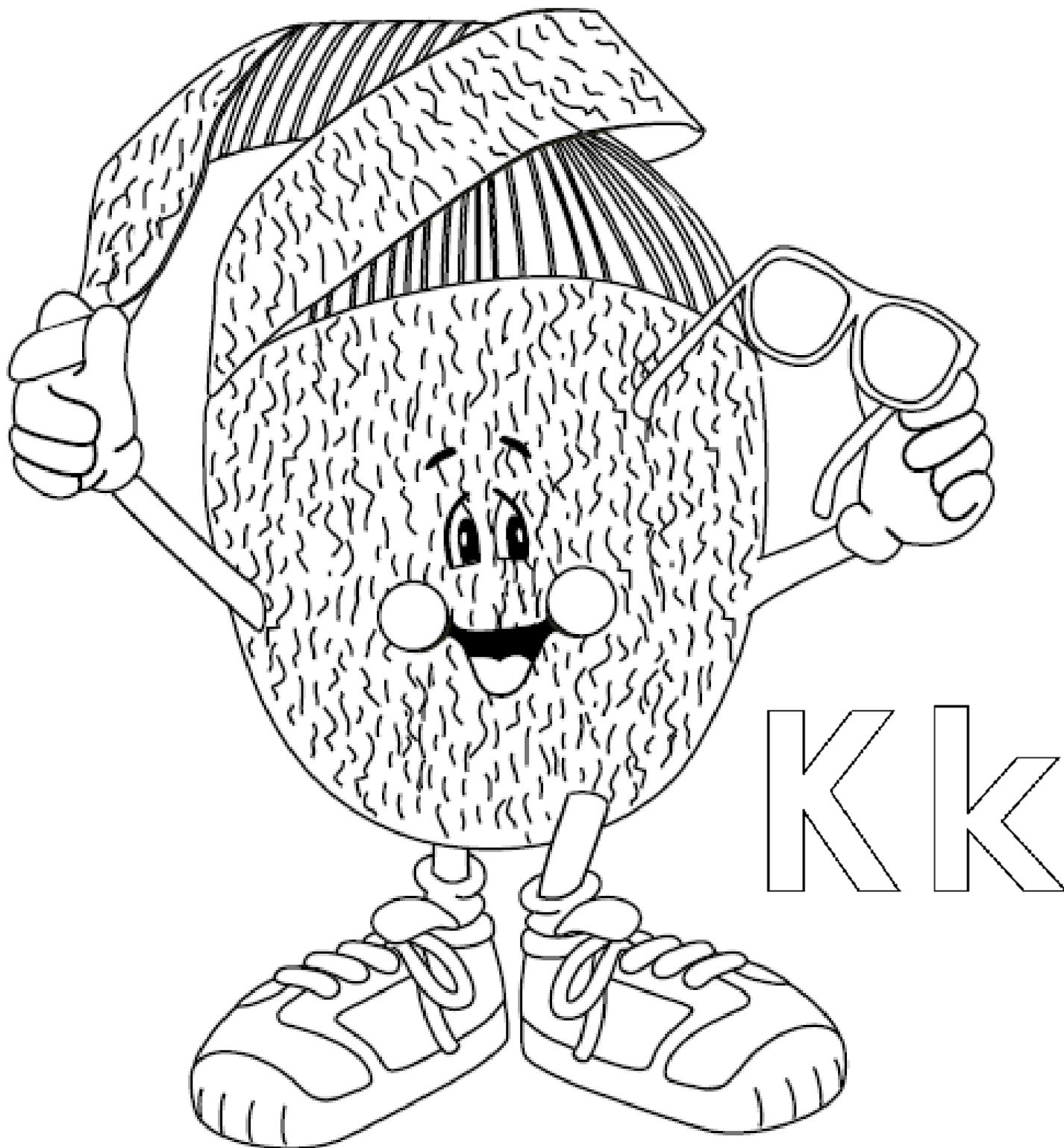
Kiwis were not widely available in grocery stores until 1970.

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.

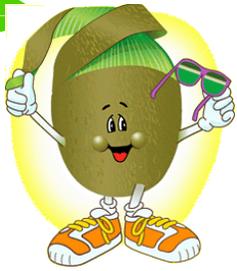
2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
3. Concluding Activity (2 minutes) If time permits, questions/sharing

K is for kiwifruit.

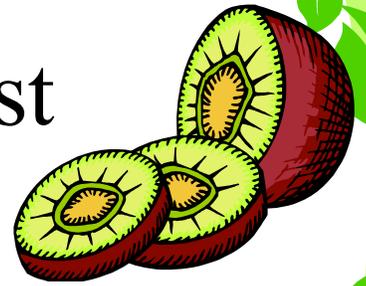


Kevin Kiwi Fruit ©





Kiwifruit Taste Test



Today I tried _____

It is a fruit / vegetable.

It looked _____

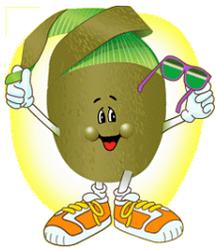
It has these vitamins:

It is good for me because:

Draw a picture of a kiwifruit

Outside

Inside

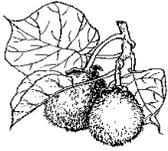


Kiwifruit



Kiwis and Adjectives

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!

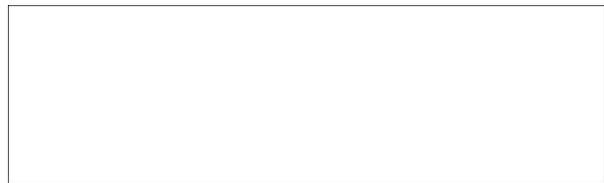


Practice with adjectives!

Write six adjectives that describe a kiwi.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

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

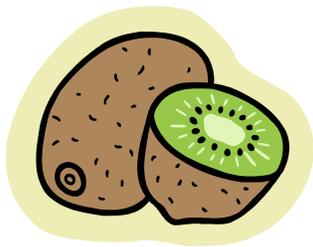


Draw a kiwi that has been cut into 3/4.

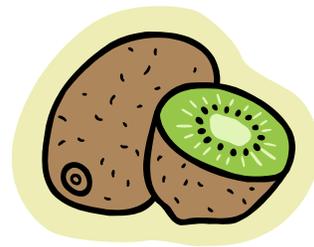


Which fraction is bigger? _____

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 _____

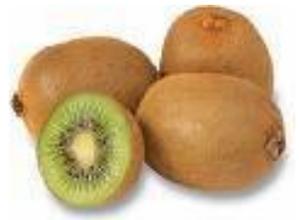
They are _____ and _____

Just an _____ !

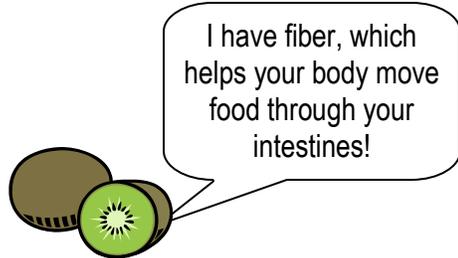




KIWIS



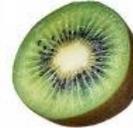
Kiwis and Adjectives



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.

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.



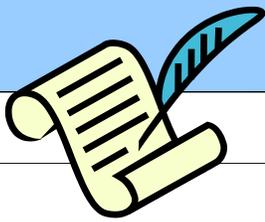
Draw a picture of a kiwi that has been cut into 3/4.



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.





A letter to your parents

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 _____









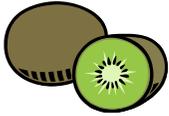




Love,

KIWIS

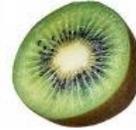
Kiwis and Adjectives



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.

Write six adjectives that describe a kiwi.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

Draw a picture of a kiwi that has been cut into $\frac{1}{4}$.



Draw a picture of a kiwi that has been cut into $\frac{3}{4}$.



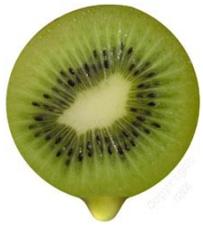
Which fraction is bigger? _____

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

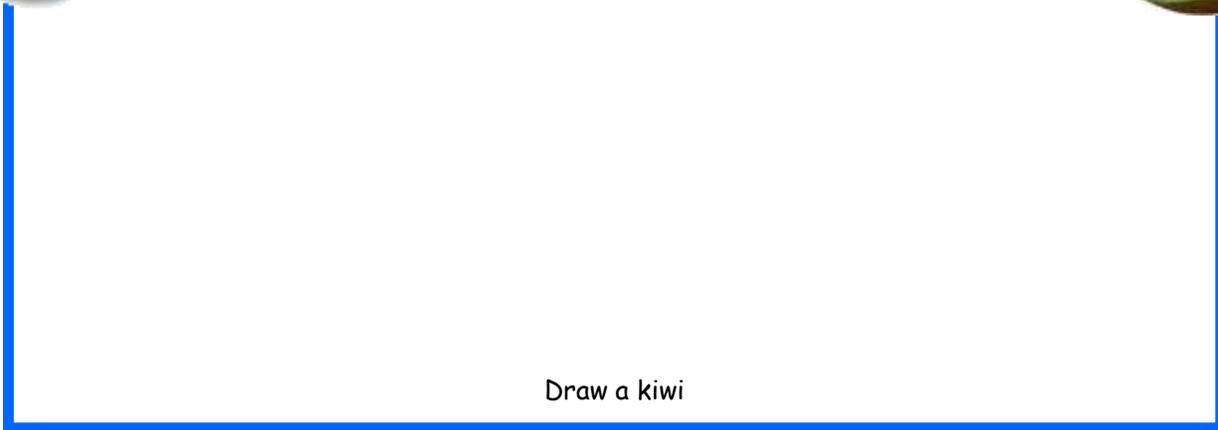
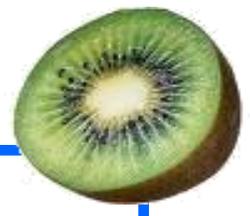
Examples:	Mix	Blended	Cutting

My healthy action sentence





KIWIS



Draw a kiwi

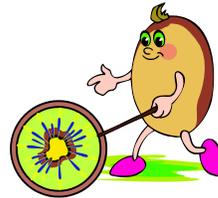
Describe kiwis: _____

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 fat
_____ grams carbohydrates	_____ % vitamin C
_____ grams fiber	_____ % vitamin A
_____ % iron	_____ % calcium
_____ grams sugar	_____ % sodium

Nutrition Facts

Serving Size: 2 medium kiwifruit (152g)	
Calories 92	Calories from Fat 6
	% 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% Vitamin C 240% Calcium 6% Iron 3%	

Source: www.nutritiondata.com



Setting Healthy Goals

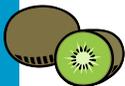


When we want to make a positive change in our lives, it helps to set goals. You can set goals to be more physically active or eat better (by eating more fruits and vegetables, drinking more non fat milk, and choosing more whole grains).



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 _____
_____.



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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