

COOL KIWI ACTIVITIES

Fruit Scramble

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

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|----------------------|---------------------|
| 1. trapico _____ | 9. truipratfe _____ |
| 2. plape _____ | 10. prage _____ |
| 3. nabaan _____ | 11. arpe _____ |
| 4. besrelibuor _____ | 12. fwiikrtui _____ |
| 5. sheerric _____ | 13. penur _____ |
| 6. lmup _____ | 14. graeno _____ |
| 7. tead _____ | 15. mile _____ |
| 8. ifg _____ | 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 _____

Nutrition Facts



Serving Size: 2 medium kiwifruit (148g)	
Calories 90	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	7%
Dietary Fiber 4g	18%
Sugars 13g	
Protein 2g	
Vitamin A 3%	Calcium 5%
Vitamin C 229%	Iron 3%
Source: www.nutritiondata.com	

