COOL KIWI ACTIVITIES

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
Sugars 13g
Protein 2g

Vitamin A 3% Calcium 5%
Vitamin C 229% Iron 3%

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. truiprafge
10. prage
11. arpe
12. fwiikrtui
13. penur
14. graeno
15. mile
16. yrrebpsar

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


Artist’s Corner

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

This material was funded by USDA’s Food Stamp Program through the California Department of Public Health’s Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.

© Copyright California Department of Public Health 2007.