



KIWIS (KIWIFRUIT)

- The texture of the kiwifruit is soft... some say it tastes like a mixture of banana, strawberry, and pineapple.
- Since kiwis require a warm, gentle climate to grow, California is perfect for kiwifruit.
- Kiwis grow on a vine and are harvested when they are still hard. They are kept cold in a refrigerator for at least a couple weeks which helps them start to soften, and then allowed to fully ripen at room temperature.
- Kiwis are one of the most nutrient dense foods you can eat, which means it has tons of healthy vitamins and minerals!



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



PHYSICAL ACTIVITY: Kiwi Spoon Race

Directions:

1. Have one kiwifruit available for each team.
2. Give a spoon to the first two players in each line.
3. The first player in the team's line places the kiwi on the spoon, runs to a designated spot, turns and runs back, and transfers it to the next person's spoon. If the kiwi drops, they must retrieve it using only the spoon – no hands.
4. The race continues until each team member in the line has taken a turn. The first team to have all their members complete the run successfully wins.
5. Use all of the bruised kiwis to make a smoothie! :)