

COOL KIWI ACTIVITIES

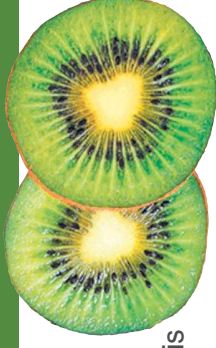
Fruit Scramble

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. meli _____
16. yrrebpsar _____

Artist's Corner

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



Reasons to Eat Kiwis

A ½ cup of sliced kiwis has lots of vitamin C and vitamin K. Vitamin C helps your body heal cuts and wounds and also helps lower the risk of infection. Eating kiwis is a good way to get fiber. Kiwis also have potassium, folate, beta-carotene, and lutein.

Vitamin C Champions*:

Bell peppers, broccoli, citrus fruits, cantaloupe, kiwis, mustard greens, and strawberries.

*Vitamin C Champions are a good or excellent source of vitamin C.

How Much Do I Need?

A ½ cup of sliced kiwis is about the size of one medium kiwi. This is about one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how many cups you need to eat. Write it down and share it with your family. Make a plan together on how you can eat your fruits and vegetables and be active every day.

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

**If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov/kids to learn more.

Nutrition Facts

Serving Size: ½ cup kiwifruit, sliced (90g)
Calories 55 Calories from Fat 1

	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	11%
Sugars 8g	
Protein 1g	
Vitamin A 2%	Calcium 3%
Vitamin C 139%	Iron 2%

Answers: 1. apricot, 2. apple, 3. banana, 4. blueberries, 5. cherries, 6. plum, 7. date, 8. fig, 9. grapefruit, 10. grape, 11. pear, 12. kiwifruit, 13. prune, 14. orange, 15. lime, 16. raspberry



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2010.

