

Kiwi

Hello Families,

Pick a **better** snack™ is a program from Iowa State University Extension and Outreach Cerro Gordo County. Each month 2nd grade students learn about a variety of snacks and healthy living.

To learn more about kiwi, watch Eating Healthy with Michelle – Lesson 12. The video can be found at <https://www.youtube.com/watch?v=hRNq0itqcXI&feature=youtu.be>.

For more facts and recipes check out:

IDPH Pick a Better Snack <https://idph.iowa.gov/inn/pick-a-better-snack>

Spend Smart. Eat Smart. <https://spendsmart.extension.iastate.edu/>

Happy snacking! – Michelle Schubert

Facts



- The official name is kiwifruit.
- Kiwi grows on vines on a trellis, similar to grapes.
- California produces 98% of the kiwi in the United States.
- Kiwi is a great source of:
 - Vitamin C – gets rid of germs in the body, heals cuts and bruises, and heals our skin.
 - Fiber – helps our digestive system.
 - Potassium – helps our blood pressure and balances the fluids in our body for hydration.
 - Vitamin E – helps with the formation of red blood cells.

How to Pick ‘Em

- Choose a kiwi that is:
 - Firm
 - Unblemished
- Ripe kiwi is plump and gives slightly to pressure.
- If it is too hard, it is not ready to eat yet.
- Store kiwi at room temperature for several days or in the refrigerator for up to 4 weeks.



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Try it at Home

- Kiwi is usually eaten raw.
- The fuzzy brown skin can be eaten or peeled.
- Can be eaten whole like an apple, cut into quarters like an orange, cut in half and scoop out the flesh, or cut into slices.
- Kiwi can be added to fruit salads, salsa, smoothies, or as a topping on cereal.

Frozen Fruit Cups

- 2 cups fresh strawberries, sliced
- 2 teaspoons sugar
- 1 medium or large banana, sliced
- 2 kiwi, sliced

Directions:

1. Mix strawberries with sugar in a bowl. Let mixture sit 20-30 minutes while strawberries make juice.
2. Add banana and kiwi to strawberries.
3. Scoop 1/2 cup of the mixture into each of six muffin cups lined with paper liners.
4. Freeze. Remove from freezer about 20-30 minutes before serving.



Recipe from: Spend Smart. Eat Smart.

<https://spendsmart.extension.iastate.edu/recipe/frozen-fruit-cups/>



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