# COOLKIWIACTIVITES

#### Fruit Scramble

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

1. trapico	9. truiprafge
2. plape	10. prage
3. nabaan	11. arpe
4. besrelibuer	_ 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.

#### **Nutrition Facts** Serving Size: 2 medium kiwifruit (148g) Calories 90 **Calories from Fat 6** % Daily Value **Total Fat 1g** Saturated Fat Og Trans Fat Og **Cholesterol Omg** 0% Sodium 4mg 0% **Total Carbohydrate 22g** Dietary Fiber 4g 18% Sugars 13g Protein 2g Vitamin A 3% Calcium 5% Vitamin C 229% Iron 3%

Source: www.nutritiondata.com

# What is a Serving?

A serving of kiwifruit is two medium kiwis. These are about the size of two medium eaas.

#### 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		



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.