

Harvest of the Month

Growing Healthy Students



Health and Learning Success Go Hand-in-Hand

Supporting the health of students is essential for optimal achievement. Research shows a positive relationship between healthy students, enhanced learning and classroom attendance. **Harvest of the Month** connects with core curricula to give students the chance to explore, taste and learn about the importance of eating fruits and vegetables. It links the classroom, cafeteria, home and community to motivate and support students to make healthy food choices and be physically active every day.



Taste Testing with Kiwis

Taste testing activities allow students to experience the featured produce with their senses, engaging them in the learning process and creating increased interest, awareness and support for increasing consumption of fruits and vegetables.

Tools:

- One whole and one sliced kiwi per two students
- Pencil and paper

Activity:

- Each student makes two columns on a sheet of paper, labeled whole and sliced
- Feel the outside of the whole kiwi, noting in one column the texture, look, color, smell, sound and firmness
- Follow with the sliced kiwis, noting in the second column the flavor, texture, look, smell and colors
- Compare and contrast the two columns

For more ideas, reference:

School Foodservice Guide – Successful Implementation Models for Increased Fruit and Vegetable Consumption, Produce for Better Health Foundation, 2005, pp. 39–42.



Nutrition Facts

Serving Size: 2 medium kiwifruit (152g) (1 Cup)

Calories 92

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	8%
Dietary Fiber 5g	18%
Sugars 14g	
Protein 2g	

Vitamin A 3% Vitamin C 240% Calcium 6% Iron 3%

Source: www.nutritiondata.com

Cooking in Class: Kiwi Spears

Ingredients:

Makes 30 tastes at 1 small spear each

- 10-12 kiwis, peeled and sliced
- 5 tangerines, peeled and segmented
- 5 bananas, peeled and sliced
- Sturdy plastic straws, cut in half, or stir sticks

Thread two slices each of kiwis, tangerines and bananas, in alternating pattern, onto straws. Serve individual spears.

Source: www.harvestofthemonth.com

For more ideas, reference:

Kids Cook Farm-Fresh Food, CDE, 2002.

Reasons to Eat Kiwis

Two medium kiwis contain:

Excellent amounts of Vitamin C, providing 60 milligrams per serving.

The richest source of lutein among fruits and vegetables. Lutein is a phytonutrient proven to be effective in reducing the risk of cancer.

Both soluble and insoluble fiber, which help protect against heart disease, cancer and diabetes.

Copper, a mineral that supports infant growth, bone strength, brain development and the building of a strong immune system.

Potassium, which helps control blood pressure and heart health. A single serving of kiwi outranks bananas as the top low-sodium, high-potassium fruit.

Folate, magnesium and Vitamin E — all offering health benefits that range from bone formation to protection against birth defects and cancer.



KIWIFRUIT

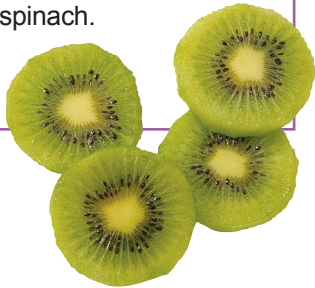
Eat Your Colors

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 of the green variety.

- Green fruits and vegetables help maintain vision health and strong bones and teeth. They may also lower the risk of some cancers. Examples include kiwis, green apples, green pears, avocados, okra, peas, broccoli, asparagus and spinach.

For more information, visit:

www.harvestofthemoth.com



What's in a Name?

Pronunciation: kē'wē-frōōt

Spanish name: kiwifruit or kiwi

Family: Actinidiaceae

Genus: *Actinidia*

Species: *A. deliciosa*

The kiwifruit is the edible fruit of the woody vine *Actinidia deliciosa* of the genus *Actinidia*. Although native to China, *A. deliciosa* spread to New Zealand in the early 20th century. Those who tasted the fruit thought it had a gooseberry flavor and began to call it the "Chinese Gooseberry." The fruit finally received its name in 1959 when it was first commercially popularized and an export company from New Zealand named it after the national bird, the kiwi.

In North America, it is commonly known as "kiwi," but it is marketed to the rest of the world as "kiwifruit." There are 400 varieties of kiwis, but Hayward is the most popular variety in the United States.

Fruity Facts

Fresh kiwis are the most nutrient-dense of all fruits.

Kiwis grow on vines that can be as high as 30 feet.

Kiwis are actually a berry.

The skin of a kiwi is edible, but not appealing to most people.

Kiwis contain an enzyme that acts as a natural meat tenderizer.

Student Sleuths

- 1 What are the benefits of folate?
- 2 What is the difference between soluble and insoluble fiber? What are the benefits of each?
- 3 Which enzyme makes the kiwi a natural meat tenderizer? What does it do?

For information, visit:

www.thefresh1.com/kiwifruit.asp

Physical Activity Corner

Students need support to stay healthy and focused in the classroom. Children should engage in at least one hour of physical activity every day to stay fit both mentally and physically. Play a different game or activity, like Supermarket Face-Off, each week in or out of the classroom.

Supermarket Face-Off

Objective: Develops motor, listening and team skills

Supplies:

- Play area (30 x 30 paces), divided in half
- Two "home" bases
- Four cones for boundaries (optional)

Preparation:

- Separate class into two teams: *Fruits* and *Veggies*
- *Fruits* and *Veggies* face each other on opposite sides

Activity:

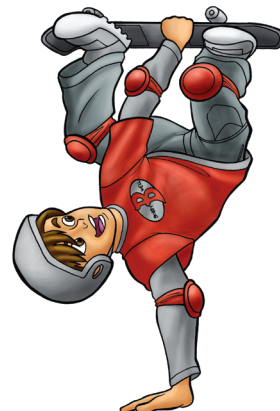
- Call out the name of a fruit; *Fruits* run back to their base and avoid being tagged by *Veggies*
- Call out the name of a vegetable; *Veggies* run back to their base and avoid being tagged by *Fruits*
- If tagged, change to the team that tagged you
- At end of game, see which items you have more of in your "shopping cart": *Fruits* or *Veggies*
- **Variations:** Instead of calling out a fruit or vegetable, encourage careful listening by calling out "orrrrr-nament" (instead of "orange") or "bbbb-basket" (instead of "banana")

Go Farther: Have students use different types of motor skills to get to their base (e.g., walk, run, skip, hop).

Bring It Home: Encourage students to go to the grocery store with their family members to select fruits and vegetables to bring home to eat.

Literature Links

- **Primary:** *Fruit is a Suitcase for Seeds* by Jean Richards, *Yes We Have Bananas: Fruits from Shrubs and Vines* by Meredith Sayles Hughes, *Tree to Table* by Kelly King and Cynthia Livingston, and *Tall and Tasty Fruit Trees* by Meredith Sayles Hughes.
- **Secondary:** *Where'd You Get Those Genes?* by Beth Brookhart and Pam Schallock, and *How Much is Too Much? How Little is Too Little?* by Pamela Emery.
- **High School:** *The Chemistry of Fertilizers* by Jean Kennedy.



Cafeteria Connections

- Set aside a time each day to review the school menu with students and discuss why eating a variety of colorful fruits and vegetables is healthy for them. Ask students to identify other fruits and vegetables on the school menu that fit into the “green group” with the kiwi.
- Have students keep records for a week of what meals are served in the cafeteria. Have them find out what fruits and vegetables are being served in the meals. Research where the fruits and vegetables are grown. Have students interview those responsible for buying food and determine how much, if any, is locally grown.

For more ideas, reference:

Fruits and Vegetables Galore, USDA, 2004.

www.nal.usda.gov/kids

www.agclassroom.org

School Garden: Giving Thanks

Make the school garden project a writing activity. Have students write an essay or short story on the following:

- What does the garden give you for which you are thankful?
- What do you think it would be like if you had to grow your own food?
- What do you notice that tells you seasons are changing?

If interested in growing kiwis in your school garden program, visit:

www.agclassroom.org

Adventurous Activities

Field Trip:

Take students to a farmers’ market. To find the location of a farmers’ market in your area, visit

www.localharvest.org

Science Investigation:

Cut a kiwi in half and have students compare how the inside looks like the iris of an eye.

History Exploration:

Have students research the various uses of kiwis throughout history and do a classroom presentation.

Creative Writing:

Using the facts learned from the *Student Sleuths*, have students interview their parents and friends to share their “Kiwi IQ.”

Marketing Lesson:

Many fruits are sold by their variety, but kiwis are usually sold by the general name “kiwifruit” or “kiwi.” Discuss with your class the reasons for the differences in the way kiwis are marketed in comparison to other produce.



A Slice of Kiwi History

The history of the kiwi began in the Yangtse River valley in China, where it was called “Yang Tao.” The fruit Yang Tao was considered a delicacy by the court of the great Khans who cherished its delicious flavor and emerald-green color.

The first seeds were brought out of China by missionaries to New Zealand at the turn of the 20th century. Early nurserymen in New Zealand, such as Alexander Allison, Bruno Just and Hayward Wright, recognized the potential of the fruit and it soon became a popular backyard vine.

Kiwi plants were first exported to the United States in 1904, but it wasn’t until between 1960 and 1970 that kiwis gained popularity in domestic markets.

1960: Carl Heinke, the first commercial grower of California kiwi, planted nine Chinese Gooseberry vines in Paradise, at the request of his friend, Bob Smith. (Smith was employed by the U.S. Plant Introduction Gardens and was conducting research on Chinese Gooseberries in California to determine potential for their commercial production.)

1961: The first New Zealand kiwi was sold at Trader Vic’s in San Francisco.

1962: The first consumer request for kiwis occurred when a customer asked a produce manager at her local supermarket for Chinese Gooseberries. Never having heard of the fruit, the manager contacted produce dealer Frieda Caplan, who then began importing kiwis from New Zealand.

1966: Smith gave kiwi seeds to a grower in Gridley, named George Tanimoto, who planted the seeds in a nursery.

1968: Tanimoto transferred the resulting vines to an acre of land.

1970: Tanimoto’s kiwi vines yielded 1,200 pounds of kiwis. California kiwis found their way into the United States market when Caplan’s company, Frieda’s Fresh Produce, purchased Tanimoto’s entire harvest.

1977: With the rise in popularity of the then-exotic kiwi, the Kiwifruit Growers of California was established.

1980: The California Kiwifruit Commission was formed when both California and New Zealand kiwis became popular with the introduction of French nouvelle/ California cuisine.

Kids for Kiwis

- Have students make drawings and write short stories featuring kiwis. Make copies of the stories, bind them into a book and give to the child nutrition and other school staff.
- “Swap” story books with another school participating in **Harvest of the Month** and share the new kiwi stories with your class or send to a local grocery store to display in the produce section.

For more ideas, reference:

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COOL KIWIFRUIT ACTIVITIES



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Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 5g	18%
Sugars 14g	
Protein 2g	
Vitamin A 3%	Calcium 6%
Vitamin C 240%	Iron 3%

Source: www.nutritiondata.com

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. truipratfge _____
10. prage _____
11. arpe _____
12. fwiikrtui _____
13. penur _____
14. graeno _____
15. mile _____
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, 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 _____



Champions for Change
 Arizona Nutrition Network
 eatwellbewell.org

This material was adapted from the California Nutrition Network for Healthy Active Families. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.

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