

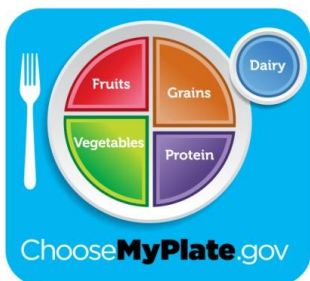


Baby Kiwis

Today you will get to try Baby Kiwis from Oregon. Baby kiwi is a small green-colored fruit with fuzz-free smooth skin. They have a lime green colored flesh with small black seeds. They grow on a vine like grapes and are available in the fall. Baby kiwis are about the size of a grape tomato when ripe. You can eat the whole fruit added to green salad or mixed with other fruits to make a delicious fruit salad. They are a perfect snack too!

Fun Fact: When ripe, baby kiwis are about four times sweeter than regular kiwis!

Body Benefits: Kiwis are full of vitamin C, potassium, calcium, iron and fiber to help you grow up strong and be healthy!



Baby kiwis belong to the **Fruits group** on *MyPlate*.

Goal of 60 minutes Physical Activity every day: Ask students to march in place as they recite the ABC's or say the multiplication tables. **Remember when being physically active to drink plenty of water every day and stay hydrated! **Did you know you can add a few slices of baby kiwi fruit to your water for a refreshing, tropical twist!



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