

- The fruit we know as kiwis were once called Chinese gooseberries.
- Kiwi fruit is the most nutrient dense fruit, meaning an ounce of kiwi fruit has more nutrients than an ounce of any other fruit!
- The kiwi grows on a climbing vine that needs a relatively warm climate and plenty of sunshine.
- There are smaller varieties of the kiwi that are berry-sized and are called "kiwi berries."

DID YOU KNOW?

JOKE

What did the strawberry say to the kiwi?

You hold the kiwi to my heart

King Kiwi



RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

| | VEGETABLES | FRUITS |
|---------------------|--------------|--------------|
| Children, Ages 4-8 | 1 ½ cups | 1 - 1 ½ cups |
| Children, Ages 9-13 | 2 - 2 ½ cups | 1 ½ cups |
| Teens, Ages 14-18 | 2 ½ - 3 cups | 1 ½ - 2 cups |



Recipe

KIWI SORBET

Ingredients

- 8 kiwis, peeled
- 3 Tbsp honey
- 2 Tbsp lemon juice

Instructions

Place kiwis in a food processor or blender. Pulse until blended into a thick puree. Add honey and lemon juice. Blend.

Pour into a shallow container and freeze.

If sorbet is too hard, blend for a few seconds to soften.