

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is **kiwifruit**



Health and Learning Success Go Hand-in-Hand

Eating nutrient-rich foods like fruits and vegetables can help children do better in school. With *Harvest of the Month*, you can set a positive example and put your child on the road to health and learning success.

Produce Tips

- Select firm, unblemished fruit. The size of the fruit does not affect taste.
- Press the outside of the fruit with your thumb. If it gives to a little pressure, the kiwi is ripe. If the kiwi feels hard, it's not ready to eat.
- Kiwis will keep for several days at room temperature and up to four weeks in your refrigerator.
- To ripen kiwis, place in a bag with an apple or a banana. Leave the bag out on the counter for a day or two.

Healthy Serving Ideas

- Serve whole kiwis as an afternoon snack. They can be eaten like apples—with the skin.
- Make a pancake smiley face. Top pancakes with two kiwi slices for eyes and make a nose and mouth with a strawberry and banana.
- Slice two kiwis into calcium-rich lowfat yogurt or cottage cheese for an added sweet flavor.
- Kiwis work great for tenderizing meat. Explain to your child that kiwis have an enzyme (proteins produced by living things, like fruit) that helps break down the meat to make it tender. Find a recipe to try this together.
- Ask your child to help you make a healthy fruit salad for dessert.

For more ideas, visit:

www.cachampionsforchange.net

FRUIT SALAD

Makes 4 servings. $\frac{1}{2}$ cup each.

Prep time: 15 minutes

Ingredients:

- 1 medium kiwifruit, peeled and sliced
- 1 small banana, peeled and sliced
- $\frac{1}{2}$ cup chopped apple
- $\frac{1}{2}$ cup grapes
- $\frac{1}{2}$ cup 100% orange juice

1. In a medium bowl, mix all ingredients.
2. Serve immediately or chilled

Nutrition information per serving:

Calories 64, Carbohydrate 16 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

Source: *Network for a Healthy California*, 2010.

Let's Get Physical!

- Kick up your heels and dance with your child to your favorite tunes.
- Play a game of tag or hide-and-go-seek after dinner.
- Run, jog, or bike on a family treasure hunt in a nearby park.

For more physical activity ideas, visit:

www.mypyramid.gov/pyramid/physical_activity_tips.html

Nutrition Facts

Serving Size: $\frac{1}{2}$ cup kiwifruit, sliced (90g)	
Calories 55	Calories from Fat 1
% Daily Value	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	11%
Sugars 8g	
Protein 1g	
Vitamin A 2%	Calcium 3%
Vitamin C 139%	Iron 2%

How Much Do I Need?

- A $\frac{1}{2}$ cup of sliced kiwis is about one medium kiwi. This is about one cupped handful.
- A $\frac{1}{2}$ cup of sliced kiwis is an excellent source of vitamin C and vitamin K. It is also a good source of fiber.
- Vitamin C helps the body heal cuts and wounds. It also helps lower the risk of infection.

The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart below to find out how many cups of fruits and vegetables you and your family need every day. Help your child eat the recommended amount. It will help your child get the nutrients he or she needs to grow healthy and learn better.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.