



Nutrition:

- **Kiwi is rich in vitamins and minerals, such as vitamin C and E, potassium, magnesium, folate, zinc, and fibers.**
- **Vitamin C helps to boost your immune system.**
- **Vitamin E may reduce your risk of heart disease and cancer in the future.**
- **Magnesium improves nerve and muscle function.**

Did you know?

- **Kiwi was first discovered in China.**
- **It is also known as a chinese gooseberry.**
- **The name kiwi came from the fuzzy brown kiwi (bird) in New Zealand.**

More:

- **Store kiwi in a vented plastic bag with an apple or a banana at room temperature to speed the ripeness.**
- **Cut the fruit in half, scoop with a spoon to enjoy the fruit. You can also eat the skin of the kiwi!**



Do they look alike?

