



Kiwifruit or (Kiwi)

Also called "*Chinese Gooseberry*"

- Kiwifruit's skin is greenish/brown and a little fuzzy. The inside of a Kiwifruit is bright green or golden with tiny black, edible seeds. The skin of the Kiwifruit is also edible, but it is usually not eaten.
- Kiwifruit is made of 83% water.
- Kiwifruit grow on vines (similar to grapes) and are picked by hand.
- Kiwifruit tastes like a combination of strawberries, bananas and melons.
- Kiwifruit can be eaten raw, in a fruit salad, made into juice, or used as a garnish on desserts.

Did you Know ??

Kiwifruit is originally from South China. It was brought to New Zealand before it was first seen in the USA in 1959. It started being called "Kiwifruit" and not just "Kiwi" in 1959 because it looks like a bird, also called a "Kiwi" from New Zealand.



(Kiwi Bird)

Helpful hints for eating Kiwifruit



Try this: Have an adult cut a Kiwifruit in half, scoop out with a spoon to eat.

Kiwifruit popsicles:

4 Kiwifruit (peeled & cut up). 1 $\frac{1}{2}$ Cups Juice (grape or pineapple).



Blend Kiwi and Juice until smooth. Pour into molds. Freeze overnight. Enjoy.