



Harvest Out-of-School Objectives

Participants will review which plant part kiwi is from
Participants will review the health benefits of kiwi
Participants will make a kiwi snack



Harvest Out-of-School Review

- Hold up the kiwi and ask the participants if they remember, from school”
 - what it is called (kiwi)
 - what plant part kiwi comes from (after pollination, kiwi flowers swell into the kiwi that we eat)
 - what type of food category it is in (botanically it is a fruit, because there are seeds inside)
- Review with them how kiwi grows (from the flowers that grow on the vine), why we should eat kiwi (heals cuts, healthy immune system—prevents colds, healthy digestion) and how to pick good kiwi (should be firm, and push in just a little when you press your thumb into it). Please see the next pages for images to share with them.

Harvest Out-of-School In Action

Rule of 15 “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

Frozen Kiwi Suckers (for 10 participants)

(adapted from: <http://www.superhealthykids.com/healthy-kids-recipes/sour-kiwi-suckers.php>)

4 Kiwi

Toothpicks

2 Knives & cutting boards

Tray or container for freezer

Plate (1 per participant)



General Directions: Put toothpicks into kiwi slices and freeze.

1. All participants should wash their hands.
 - a. Wet hands with water
 - b. Apply hand wash (soap)
 - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
 - d. Rinse both sides of hands with water all the way up to the wrists
 - e. Dry hands and shut off faucet with towel
2. Rinse the kiwi by placing it under running water and rubbing the entire surface to remove any soil. (Note: The kiwi skin is edible.) Demonstrate how to slice the kiwi. Place the kiwi on the cutting board. Show them how to hold the knife handle correctly, and how to roll their fingers under, so their fingertips are protected. Have each student cut 2 or 3 kiwi slices. Then have them place the slices on the tray and insert 1 toothpick into each.
3. Freeze the slices for at least 30 minutes, if possible. Serve and enjoy!

Harvest Out-of-School Wrap-Up

- After trying the kiwi, have the participants record in their HOM journal on their “Like” “Don’t Like” table where they put kiwi.
- On their “Why we should eat...” page have the participants record one health benefit of kiwi.
- If time permits, participants may share their responses in pairs, or with the group.

How do **Kiwis** grow?



Kiwis grow on a vine with heart shaped leaves.



Why should we eat **Kiwis**?

Vitamin K



Heals cuts

Vitamin C



Healthy immune system
(prevents colds)

Fiber



Healthy digestion, cleans out your system