

## Harvest Objectives

Children will describe the outside and inside of the kiwi.  
Children will identify that kiwis grow on vines and have seeds inside.  
Children will taste a piece of kiwi.



## Harvest Vocab

Outside      Inside      Firm      Fruit      Fuzzy      Vine

## Materials & Prep

Kiwis (enough for each child to taste small  $\frac{1}{4}$  pieces)  
Brown paper bags  
Chalkboard/Whiteboard and chalk/whiteboard markers  
Images (included at end of learning plan)  
Knife & Cutting Board  
Taste Test Chart  
Stickers (or small Post-It Notes)  
Taste Test Extension supplies (optional)

## Literature Connections

The ABCs of Fruits and Vegetables and Beyond by Steve Charney  
Eating the Alphabet by Lois Ehlert  
A Fruit Is a Suitcase for Seeds by Jean Richards

## Warm Up

- In order to engage the children and activate prior knowledge, place whole kiwi fruit in brown paper bags (one per bag). Pass the bags around and have the children feel the kiwi, without looking and think of a describing word. Ask them what it feels like and record their responses in a list under the word “Outside.” Then take out the kiwis and ask the children what it looks like and continue to record responses.
- Write the word “Inside.” Then cut one kiwi in half so it is a circle and another in half vertically so it is an oval. Pass them around and ask the children what they observe and record their responses. What does it look like? Feel like? Smell like?
- Finally, ask them, “What do you think this is? Have they ever seen one before?” Consider having everyone say the answer aloud on the count of three. This way you’ll know who in the class knows.

## Explain

- If nobody said it, share with the children the word “kiwi” and write it on top of the warm up list. If nobody mentioned the word fuzzy in the warm-up, share that now along with other examples. Explain that botanically it is a fruit (the seeds, the little black circles, are inside). What other fruits can they think of, with seeds inside? (Apple, banana, orange, cucumber,



eggplant, etc.) If possible, put out pictures of fruits and vegetables and allow the Children to think about which ones have seeds inside.

- Describe how kiwi grows (from a vine with heart-shaped leaves), why we should eat kiwi (helps heal cuts, prevents colds, and helps digestion), and for each reason come up with an action to help the children remember. For example, they can say “healthy digestion” while rubbing their stomachs. Also explain how to pick a good kiwi (it should be firm when you press it gently). Please see the next pages for images to share with the children.

### Taste Test

- Using the extra kiwi from the warm up, cut quarter circle pieces for each child to taste. The skin is edible, so rinse the kiwi before cutting the pieces. If possible, have both green and golden kiwi available for children to taste. Do they notice any difference in taste?
- Create another chart that says “I Like” with a smiley face and “I Don’t Like” with a sad face. Give each child a sticker, and ask them to vote by placing it in a column. Count the number of children that like kiwi, and don’t like kiwi and write that number in each column.
- Review with the children how kiwi grow and the health benefits.

### Taste Test Extension

**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](#)

For an additional kiwi tasting experience, prepare this recipe with children in class using different stations, or ahead of time, and serve it with this lesson, or on a different day to expand the Harvest of the Month experience.

#### Kiwi Fruit Salad (for 20 children)

5 c. sliced kiwifruit (about 5-6 kiwi)	5 c. sliced banana (about 5-6 bananas)
5 c. shredded apple (about 4-5 apples)	5 c. grapes (about 2 bunches grapes)
2 c. orange juice	Measuring Cup
Mixing Bowls/Spoons	Hand grater/shredder
Knife/Cutting Board	3-5 Plastic knives
Plate/Fork (1 per child)	

1. Rinse the kiwi, apple, and grapes. Cut the apple into large pieces, one per child, about the width of the hand-grater. Cut the kiwi into slices.
2. Invite the children to wash their hands and come to the table for a cooking activity.
3. Demonstrate how to hold the apple piece away from the grater and press down to grate the apple. Have each child grate one piece of apple.
4. Have some children peel the bananas. Show them how to hold the plastic knife handle correctly, and how to roll their fingers under, so their fingertips are protected. Have each child slice part of a banana.
5. Demonstrate how to remove the grapes from the bunch, and have each child remove about five grapes.

6. Have the children measure and mix the ingredients together. Serve and enjoy, or refrigerate for a later snack.

## 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