

Harvest Objectives

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



Harvest Vocab

Outside Inside Firm Fruit Fuzzy Vine

Materials & Prep

Kiwis (enough for each family member to taste small ¼ pieces)
 Brown paper bag
 Paper/Chalkboard/Whiteboard and pen/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
Little Kiwi Shapes by V. Marsden [board book featuring the kiwi bird]

Warm Up

- In order to engage the family and activate prior knowledge, place a whole kiwi fruit in a brown paper bag. Pass the bags around and have the family feel the kiwi, without looking and to think of a describing word. Ask them to share their describing word and record their responses in a list under the word “Outside.” Then take out the kiwis and ask the family 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 family 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 family knows.

Explain

- If nobody said it, share with the family 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 family 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 family 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 family.

Taste Test

- Cut quarter circle pieces for each family member to taste. The skin is edible, so rinse the kiwi before cutting the pieces. If possible, have both green and golden kiwi available for the family 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 family member a sticker, and ask them to vote by placing it in a column. Count the number of people that like kiwi, and don’t like kiwi and write that number in each column.
- Review with the family how kiwis grow and the health benefits.

Toddler Tasting

- To make kiwi baby food puree, rinse and peel kiwi and then blend/puree.

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 the family having each member help in an age-appropriate manner.

Kiwi Fruit Salad (about four ¼ cup servings)

¼ c. sliced kiwifruit (1 kiwi)

¼ c. shredded apple (1/2 apple)

3 tbsp. orange juice

Mixing Bowls/Spoons

Knife/Cutting Board

Plate/Fork (1 per person)

¼ c. sliced banana (1 banana)

¼ c. grapes (about 20 grapes)

Measuring Cup

Hand grater/shredder

Plastic knives

1. All family members should wash their hands.
 - a. Wet hands with warm 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



Preschool Home Visit Learning Plan

Kiwi

2. Rinse the kiwi, apple, and grapes. Cut the apple into large pieces, about the width of the hand-grater. Cut the kiwi into slices.
3. Demonstrate how to hold the apple piece away from the grater and press down to grate the apple. Have each family member grate one piece of apple.
4. 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 family member slice part of a banana with the plastic knife.
5. Have the family measure and mix the ingredients together. Serve and enjoy!

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