# Activity: Introducing Kiwi Fruit

## Nutrition Education Activity

**Activity Name:** Introducing Kiwi Fruit

### Step 1: Why

It is good for children to try new foods. Introduce one new food each week. This week it will be a fruit. This activity is for children 3–5 years old.

### Step 2: What

Children will taste a new fruit—kiwi. It is fuzzy and brown and really does not look too tasty. Inside it is a beautiful green color.

### Step 3: How

Materials needed to get ready for the activity:
- Enough kiwi fruits for each child to have a taste (cut into small wedges for tasting)
- One whole kiwi to show the children
- Plates for the kiwi
- Napkins
- Knife for adult use only
## Activity: Introducing Kiwi Fruit

### Step 4: When

Before mid-morning snack

### Step 5: Do the Activity

Directions: Show the children the kiwi and ask questions.

“Does anyone know what this is?” “Have you ever eaten a kiwi?”

Talk about what a kiwi looks like. Let children feel the outside and talk about how it feels. Cut the kiwi and let them smell the inside.

Teach children the chant by saying it first and then repeating it with them several times.

*The Kiwi Chant*

Kiwi, kiwi, fuzzy fruit—
It looks funny and oh so cute!

Cut the kiwi into small wedges and give each child a piece to taste. Talk about how it tastes.

### Step 6: Follow-Up After the Activity

Use the kiwi as part of the mid-morning snack. The children can draw pictures of kiwi later during the week. Lead the children in repeating the chant when kiwi is served again.