

SNACKBite



Kiwi

- Kiwifruit has brown fuzzy skin, bright green flesh and circle of dark, edible seeds in the middle of the fruit.
- Over one million tons of kiwifruit are produced each year. Majority of kiwifruit is produced in Italy, New Zealand and Chile.
- Vitamin C in the fruit helps with food digestion and boosts the immune system, preventing sickness.
- Most plants and animals can actually make their own vitamin C. Humans, monkeys, and guinea pigs are among the very few that have to eat foods with vitamin C, as they can't make their own.
- The fruit was named for New Zealand's famous wingless kiwi bird because of its shape and color.
- Kiwifruit plants can produce fruits up to 30 years and to survive more than 50 years.
- Need a nice, warm environment and at least 200 days without frost, or they will not grow to full size.



Be sure to visit the Fresh Fruit & Vegetable Program page under West Fargo Public Schools Food Service tab for program information and activities.

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