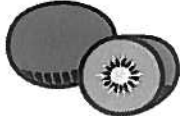


To	WAD Date	WAD No.	Page
ALL SITE ADMINISTRATORS	November 30, 2011		1 of 1
Subject	Date Due	Not Applicable After	
December Harvest of The Month - Kiwis	N/A	December 31, 2011	
From	Title	Signature	Telephone
Kim Coates	Supervisor- Student Support Services Department/School Health Programs		242-2615
Action Required			
PLEASE INFORM ALL STAFF AND ENCOURAGE HARVEST OF THE MONTH ACTIVITIES X Post X Distribute To All Staff			
Administrative Directive			
<u>WHO:</u> All Staff at Elementary, Middle and High Schools			
<u>WHAT:</u> December's Harvest Of The Month – Kiwi			
<u>Facts about Kiwi:</u>			
<ol style="list-style-type: none"> 1. Kiwis are one of the most nutrient-dense of all fruits. A half cup of sliced kiwis is an excellent source of vitamin C and vitamin K. 2. California kiwis represent 95% of all kiwis grown in the United States. 3. Although native to China, the fruit finally received its current name in 1959 when it became a popular commercial product and an export company from New Zealand named it after the national bird, the kiwi. 			
For more information about <i>Kiwis</i> , click on the attachments below:			
<ul style="list-style-type: none"> • Educator's newsletter • Family Newsletter (English) • Family Newsletter (Spanish) • Family Newsletter (Chinese) 			
<u>HOW:</u>			
<ul style="list-style-type: none"> • Distribute Harvest of the Month materials: <ul style="list-style-type: none"> ⇒ Copy Educator's Newsletter for every classroom teacher ⇒ Copy Family Newsletter, send home in weekly envelope • Prepare and offer <i>Kiwi Spears or Fruit Salad Recipes</i> from the Educator Newsletter and Family Newsletter, at your next staff meeting • Teach a lesson from the Educator's Newsletter 			
<u>WHY:</u>			
<i>The goal of Harvest of the Month is to increase fruit and vegetable awareness and to motivate children, families, and school staff to make healthier choices.</i>			
<u>WHEN:</u> December 2011			
Approved	Name	Title	Signature
	Kevin Truitt	Associate Supt. Student Support Services	
SAN FRANCISCO UNIFIED SCHOOL DISTRICT WEEKLY ADMINISTRATIVE DIRECTIVE			

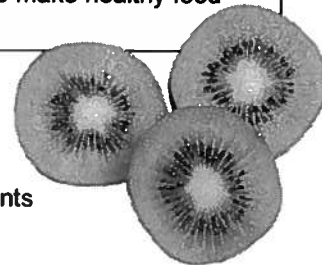
Harvest of the Month



Network for a Healthy California

Health and Learning Success Go Hand-In-Hand

Supporting the health of students is essential for academic achievement. Eating nutrient-rich fruits and vegetables improves academic performance and increases cognitive functioning in undernourished children. *Harvest of the Month* connects with core curricula to give students the chance to explore, taste, and learn about the importance of eating fruits and vegetables. It links the classroom, cafeteria, home, and community to motivate and support students to make healthy food choices and be physically active every day.



Exploring California Kiwis: Taste Testing

What You Will Need:

- One whole and one peeled and sliced kiwi per two students
- Pencil and paper

Activity:

- Each student makes two columns on a sheet of paper, labeled whole and sliced. Create five rows and label: texture, look, smell, feel, sound, and taste.
- Feel the outside of the whole kiwi and record observations.
- Follow with the sliced kiwis and record observations.
- Compare and contrast the two columns.

For more ideas, reference:

School Foodservice Guide – Successful Implementation Models for Increased Fruit and Vegetable Consumption, Produce for Better Health Foundation, 2005, pp. 39–42.



Cooking in Class: Kiwi Spears

Makes 30 tastes at 1 small spear each

Ingredients:

- 10-12 kiwis, peeled and sliced
- 5 tangerines, peeled and segmented
- 5 bananas, peeled and sliced
- Sturdy plastic straws, cut in half, or stir sticks
- Paper plates or napkins

1. Thread two slices each of kiwi, tangerine, and banana, in an alternating pattern, onto straws.
2. Serve one spear on a plate to each student.

Nutrition information per serving:

Calories 53, Carbohydrate 13 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

For more ideas, reference:

Kids Cook Farm-Fresh Food, CDE, 2002.

Reasons to Eat Kiwis

A ½ cup of sliced kiwis is:

- An excellent source of vitamin C* and vitamin K.
- A good source of fiber.
- A source of potassium, folate, beta-carotene, lutein, and zeaxanthin.
- One of the most nutrient-dense fruits.**

*Learn more about vitamin C on page 2.

**Refer to *Just the Facts* on page 2 for more information.

Champion Sources of Vitamin C*:

- Bell peppers
- Broccoli
- Citrus fruits
- Cantaloupe
- Cauliflower
- Kiwifruit
- Mustard greens
- Strawberries

*Champion sources provide a good or excellent source of vitamin C.

Source: www.nal.usda.gov/fnic/foodcomp/search (NDB No: 09148)

Nutrition Facts

Serving Size: ½ cup kiwifruit, sliced (90g)

Calories 55 Calories from Fat 1

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrate 13g 4%

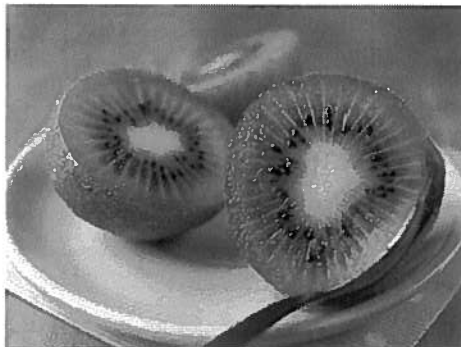
Dietary Fiber 3g 11%

Sugars 8g

Protein 1g

Vitamin A 2% Calcium 3%

Vitamin C 139% Iron 2%



KIWIFRUIT

What is Vitamin C?

- Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection.
- It also helps keep the body from bruising and helps build the tissue that holds muscles and bones together.
- Vitamin C is also known as ascorbic acid and helps the body absorb the iron found in foods.
- It is only found in plants.
- Vitamin C is a powerful antioxidant. These nutrients help protect cells from damage that can increase your risk for certain diseases, such as cancer.
- Vitamin C strengthens your immune system. However, research has not shown that high doses of vitamin C can prevent or cure the common cold.

For more information, visit:
www.eatright.org

How Do Kiwis Grow?

Kiwis grow on large, tender vines that can reach a height of 15 to 30 feet. The vine's shoots are thickly covered with reddish hairs and its large, heart-shaped leaves grow from six to nine inches long and up to eight inches wide. Due to the weakness of their vines, kiwis are commercially grown on sturdy support structures. From November to February, kiwi vines are dormant and must chill for about 600 to 850 hours at temperatures below 45 F. Vines are pruned during this time to help maintain production and regulate next season's crop yield and fruit size.

Budbreak in California generally occurs in mid to late March, depending on the growing location and weather conditions. By the time shoots have grown four to six inches long, all parts of the flower have been formed. The flower parts continue to expand until bloom, which usually starts in May.

Kiwi plants are dioecious, meaning individual plants are male or female. Only female plants bear fruit and only when pollinated by a male plant. They are typically planted in a vineyard at a ratio of about eight females to one male. Growers bring in bees during bloom so that the bees can move the pollen from the male to the female vines.

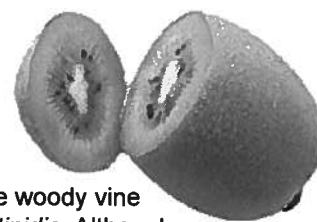
Following pollination, the fruit grows rapidly for the first 60 days and then slows until harvest. In California, where growing season temperatures are typically warm, 90 to 105 F, and summer rainfall is nonexistent, supplemental irrigation is necessary to achieve optimum kiwi growth and production. Peak water use on a hot summer day is about 10,000 gallons per acre.

Harvest begins in late September, with the majority of fruit harvested during October and early November.



Botanical Facts

Pronunciation: kē'wē-frōōt
Spanish name: kiwifruit or kiwi
Family: Actinidiaceae
Genus: *Actinidia*
Species: *A. deliciosa*



The kiwifruit is the edible fruit of the woody vine *Actinidia deliciosa* of the genus *Actinidia*. Although native to China, *A. deliciosa* spread to New Zealand in the early 20th century. Those who tasted the fruit thought it had a gooseberry flavor and began to call it the "Chinese Gooseberry." The fruit finally received its current name in 1959 when it became a popular commercial product and an export company from New Zealand named it after the national bird, the kiwi.

In North America, it is commonly known as "kiwi," but it is marketed to the rest of the world as "kiwifruit." There are 400 varieties of kiwis, but Hayward is the most popular variety in the United States.

For more information, visit:
www.kiwifruit.org

Just the Facts

- Kiwis are one of the most nutrient-dense of all fruits.*
- Kiwis grow on vines that can be as high as 30 feet.
- Kiwis are actually a berry.
- The skin of a kiwi is edible. Try eating it whole like an apple!
- Kiwis contain an enzyme that acts as a natural meat tenderizer.

*The 1997 study examined the 27 most commonly eaten fruits and found kiwis to be the most nutrient-dense followed by papayas, mangos, and oranges.

For more information, visit:
www.calharvest.com/kinutr1.html

How Much Do I Need?

A ½ cup of sliced kiwis is about one medium kiwi. This is about the same as one cupped handful. The amount of fruits and vegetables that each person needs depends on age, gender, and physical activity level. Visit www.mypyramid.gov to have students determine how many cups each of fruits and vegetables they need to eat every day. Have students write down their goals and track their food choices for all food groups using the MyPyramid Worksheet*.

*Download worksheet from
http://teamnutrition.usda.gov/resources/mpk_worksheet.pdf

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Cafeteria Connections

- Set aside a time each day to review the school menu with students and discuss why eating a variety of colorful fruits and vegetables is healthy for them. Ask students to identify the health benefits of specific fruits and vegetables on the menu.
- Have students keep records for a week of what meals are served in the cafeteria. Have them find out what fruits and vegetables are being served in the meals. Research where the fruits and vegetables are grown. Have students interview those responsible for buying food and determine how much, if any, is locally grown.

For more ideas, reference:

Fruits and Vegetables Galore, USDA, 2004.

www.nal.usda.gov/kids

www.agclassroom.org

School Garden: Giving Thanks

Have students write an essay or short story on the following:

- What does the garden give you for which you are thankful?
- What do you think it would be like if you had to grow all your own food?
- What do you notice that tells you winter is coming?

If interested in growing kiwis in your school garden program, visit:

www.fsa.usda.gov/ca

www.cfaitc.org

www.agclassroom.org



Student Sleuths

- 1 What is folate and what are the benefits of this B vitamin?
- 2 What is the difference between soluble and insoluble fiber? What are the benefits of each?
- 3 A study of the 27 most commonly eaten fruits found that the kiwi is the most nutrient-dense fruit. Why? What are the second and third ranked fruits?
- 4 Which enzyme makes the kiwi a natural meat tenderizer? What does it do?
- 5 Identify on a world map the countries where kiwis are grown.
- 6 Kiwis are available year-round in the United States. How does the growing and harvesting time compare to other kiwi-producing countries, like Chile and New Zealand? Is it different? Why or why not?
- 7 Research how the care of the kiwi vine and the importance of pruning are similar and different to that of other vine and tree fruits.

For more information, visit:

www.kiwifruit.org

www.thefresh1.com/kiwifruit.asp

www.fruitsandveggiesmatter.gov

Home Grown Facts

- California is the only state that commercially produces kiwis for the United States marketplace.
- California kiwis represent 95 percent of all kiwis grown in the United States.
- Approximately 8,000 acres are devoted to the production of kiwis in the United States.
- Kiwis were not widely available in California grocery stores until 1970.

For more information, visit:

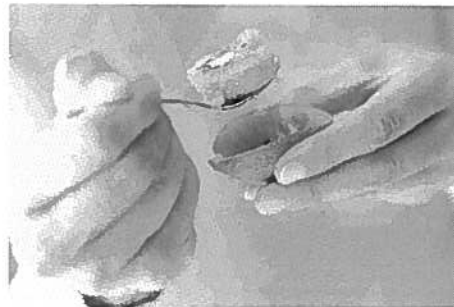
www.kiwifruit.org

A Slice of Kiwi History

The history of the kiwi began in the Yangtze River valley in China, where it was called "Yang Tao." The fruit Yang Tao was considered a delicacy by the court of the great Khans who cherished its delicious flavor and emerald-green color.

The first seeds were brought out of China by missionaries to New Zealand at the turn of the 20th century. They soon became a popular backyard vine. Kiwi plants were first exported to the United States in 1904, but it wasn't until the 1960s when kiwis gained popularity in domestic markets.

- **1960:** Carl Heinke, the first commercial grower of California kiwi, planted nine Chinese Gooseberry vines in Paradise, at the request of his friend, Bob Smith. (Smith was employed by the U.S. Plant Introduction Gardens and was conducting research on Chinese Gooseberries in California to determine potential for their commercial production.)
- **1961:** The first New Zealand kiwi was sold at Trader Vic's in San Francisco.
- **1962:** The first consumer request for kiwis occurred when a customer asked a local store for Chinese Gooseberries. Having never heard of them, the produce manager contacted produce dealer Frieda Caplan, who then began importing kiwis from New Zealand.
- **1966:** Smith gave kiwi seeds to George Tanimoto, a grower in Gridley who planted the seeds in a nursery.
- **1968:** Tanimoto transferred the vines to an acre of land.
- **1970:** Tanimoto's vines yielded 1,200 pounds of kiwis. California kiwis found their way into the U.S. market when Caplan's company, Frieda's Fresh Produce, purchased Tanimoto's entire harvest.
- **1977:** With the rise in popularity of the then-exotic kiwi, the Kiwifruit Growers of California was established.
- **1980:** The California Kiwifruit Commission was formed when both California and New Zealand kiwis became popular with French nouvelle/California cuisine.



Physical Activity Corner

As the winter holidays approach, students need extra support to stay healthy and focused in the classroom. Children should engage in at least one hour of physical activity every day to stay fit both mentally and physically. Play a different game or activity, like *Supermarket Face-Off*, each week in or out of the classroom.

Supermarket Face-Off

Objective:

Develops motor, listening, and team skills

Supplies:

- Play area (30 x 30 paces), divided in half
- Two "home" bases
- Four cones for boundaries (optional)

Preparation:

- Separate class into two teams: *Fruits* and *Veggies*.
- *Fruits* and *Veggies* face each other on opposite sides.

Activity:

- Call out the name of a fruit; *Fruits* run back to their base and avoid being tagged by *Veggies*.
- Call out the name of a vegetable; *Veggies* run back to their base and avoid being tagged by *Fruits*.
- If tagged, change to the team that tagged you.
- At end of game, see which items you have more of in your "shopping cart": *Fruits* or *Veggies*.
- *Variations*: Instead of calling out a fruit or vegetable, encourage careful listening by calling out "orrrrr-nament" (instead of "orange") or "bbbb-basket" (instead of "banana").

Go Farther:

Have students use different types of motor skills to get to their base (e.g., walk, run, skip, hop).

Bring It Home:

Encourage students to go to the grocery store with their family members to select fruits and vegetables to bring home to eat.

For more ideas, reference:

Community Youth Organization Idea & Resource Kit, Network for a Healthy California—Children's Power Play! Campaign, www.cdph.ca.gov/programs/cpns/Pages/PowerPlayResources.aspx

Adventurous Activities

Field Trip:

Take students to a farmers' market. To find the location of a farmers' market in your area, visit www.localharvest.org/farmers-markets. Or, bring the field trip to the school. For more information on Farm to School programs, visit www.farmtoschool.org/ca/.

Science Investigation:

Cut a kiwi in half and have students compare how the inside looks like the iris of an eye.

History Exploration:

Have students research the various uses of kiwis throughout history and do a classroom presentation.

Creative Writing:

Using the facts learned from the Student Sleuths, have students interview their parents and friends to share their "Kiwi IQ."

Marketing Lesson:

Many fruits are sold by their variety, but kiwis are usually sold by the general name "kiwifruit" or "kiwi." Discuss with your class the reasons for the differences in the way kiwis are marketed in comparison to other produce.

For more ideas and information, visit:

www.ars.usda.gov/ls/kids

Literature Links

National Children's Book Week

Invite school librarian to help you with this activity.

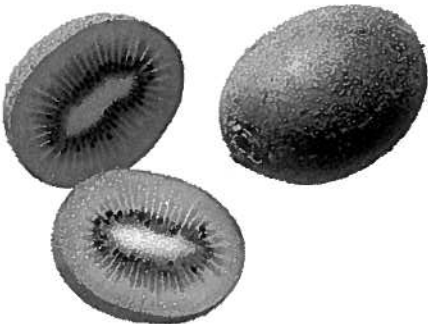
- Have students make drawings and write short stories featuring kiwis. Make copies of the stories, bind them into a book and give to the child nutrition and other school staff.
- "Swap" story books with another school participating in Harvest of the Month and share the new kiwi stories with your class or send to a local grocery store to display in the produce section.

For more ideas, reference:

School Foodservice Guide – Successful Implementation Models for Increased Fruit and Vegetable Consumption, Produce for Better Health Foundation, 2005, pp. 39-42.

For a list of book ideas, visit:

www.harvestofthemonth.com



This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.
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本月收成



Network for a Healthy California

本月收成農作物是 **奇異果**



攜手邁向健康與成功學習

進食營養豐富的食物如水果和蔬菜可以幫助孩子在學校裡做的更好。使用「本月收成」，您可以設立一個正面的榜樣，把您的孩子帶往健康和學習成功的道路上。

秘訣

- 選擇堅實，無瑕疵的水果，水果的大小不影響味道。
- 用拇指按壓水果外部，如果它給一點壓力，奇異果已經成熟。如果覺得奇異果硬，它尚未能吃。
- 奇異果在室溫下會保存數天，放進冰箱可長達四周。
- 要使奇異果成熟，把奇異果和一個蘋果或一根香蕉同放進在一個袋子中，放置一至兩天。

健康主意

- 提供整個奇異果作為下午的點心。它們可以像蘋果般，把果皮同吃。
- 製作笑臉煎餅。放兩片奇異果在煎餅上作眼睛，草莓和香蕉作鼻子和嘴巴。
- 把兩顆奇異果切片加入含多鈣的低脂酸奶或軟白乾酪以增加甜味。
- 奇異果能使肉類軟化。向你的孩子解釋，奇異果有一種酶（生物如水果產生的蛋白質），可以幫助分解肉類，使其變嫩。尋找食譜嘗試一下。
- 讓孩子幫助您做一個健康的水果沙拉甜點。

更多意見，請參觀：

www.cachampionsforchange.net

水果沙拉

四人份，每人半杯。

預備時間：15分鐘

材料：

- 1 個中型奇異果，去皮，切片
- 1 個小香蕉，去皮，切片
- ½ 杯切碎蘋果
- ½ 杯葡萄
- ½ 杯100%橙汁

1. 在一個中型碗，混合所有材料。
2. 立即食用或冷藏食用。

每份量營養資料：

卡路里 64, 碳水化合物 16克, 飲食纖維 2克, 蛋白質 1克, 總脂肪 0克, 飽和脂肪 0克, 反式脂肪 0克, 膽固醇 0毫克, 鈉 2毫克

Source: Network for a Healthy California, 2010.

來運動吧！

- 與您的孩子隨您喜愛的音樂舞蹈起來。
- 晚飯後玩捉迷藏遊戲。
- 到附近的公園跑步，慢跑，或騎腳踏車作家庭尋寶。

更多體力活動的想法，請參觀：

www.mypyramid.gov/pyramid/physical_activity_tips.html

Nutrition Facts 營養成份

Serving Size: ½ cup kiwifruit, sliced (90g)
每餐份量: 半杯奇異果, 切片 (90克)

Calories 卡路里 55 Calories from Fat 脂肪熱量 1

% Daily Value 每日食用值	
Total Fat 總脂肪 0g	1%
Saturated Fat 飽和脂肪 0g	0%
Trans Fat 反式脂肪 0g	
Cholesterol 膽固醇 0mg	0%
Sodium 鈉 3mg	0%
Total Carbohydrate 總碳水化合物 13g	4%
Dietary Fiber 飲食纖維 3g	11%
Sugars 糖 8g	
Protein 蛋白質 1g	
Vitamin A 維他命A 2%	Calcium 鈣 3%
Vitamin C 維他命C 139%	Iron 鐵 2%

我需要多少份量？

- 半杯切片奇異果約為一中型奇異果，等於一把手的份量。
- 半杯切片奇異果是一個優異的維他命C和維他命K來源，這也是良好的纖維來源。
- 維他命C有助於人體癒合割傷和傷口，它還有助於降低感染的風險。

你所需的蔬果份量取決於您的年齡、性別、及每天的活動量。依據下面的圖表，了解您和您的家人需要多少杯蔬果。協助您的孩子達到建議數量，它會幫助您的孩子得到需要的營養，讓他們健康成長和更好地學習。

建議每日蔬果數量*

	兒童, 5-12歲	青少年及成人, 13歲及以上
男性	每天2½ - 5 杯	每天4½ - 6½ 杯
女性	每天2½ - 5 杯	每天3½ - 5 杯

*如果你比較活躍，可食用每天較高的杯數。瀏覽 www.mypyramid.gov 了解更多信息。



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2010.

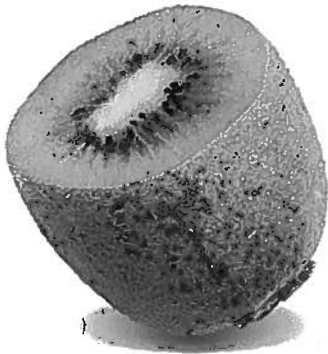


Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is **kiwifruit**



Health and Learning Success Go Hand-in-Hand

Eating nutrient-rich foods like fruits and vegetables can help children do better in school. With *Harvest of the Month*, you can set a positive example and put your child on the road to health and learning success.

Produce Tips

- Select firm, unblemished fruit. The size of the fruit does not affect taste.
- Press the outside of the fruit with your thumb. If it gives to a little pressure, the kiwi is ripe. If the kiwi feels hard, it's not ready to eat.
- Kiwis will keep for several days at room temperature and up to four weeks in your refrigerator.
- To ripen kiwis, place in a bag with an apple or a banana. Leave the bag out on the counter for a day or two.

Healthy Serving Ideas

- Serve whole kiwis as an afternoon snack. They can be eaten like apples—with the skin.
- Make a pancake smiley face. Top pancakes with two kiwi slices for eyes and make a nose and mouth with a strawberry and banana.
- Slice two kiwis into calcium-rich lowfat yogurt or cottage cheese for an added sweet flavor.
- Kiwis work great for tenderizing meat. Explain to your child that kiwis have an enzyme (proteins produced by living things, like fruit) that helps break down the meat to make it tender. Find a recipe to try this together.
- Ask your child to help you make a healthy fruit salad for dessert.

For more ideas, visit:

www.cachampionsforchange.net

FRUIT SALAD

Makes 4 servings. $\frac{1}{2}$ cup each.

Prep time: 15 minutes

Ingredients:

- 1 medium kiwifruit, peeled and sliced
- 1 small banana, peeled and sliced
- $\frac{1}{2}$ cup chopped apple
- $\frac{1}{2}$ cup grapes
- $\frac{1}{2}$ cup 100% orange juice

1. In a medium bowl, mix all ingredients.
2. Serve immediately or chilled

Nutrition information per serving:

Calories 64, Carbohydrate 16 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

Source: *Network for a Healthy California*, 2010.

Let's Get Physical!

- Kick up your heels and dance with your child to your favorite tunes.
- Play a game of tag or hide-and-go-seek after dinner.
- Run, jog, or bike on a family treasure hunt in a nearby park.

For more physical activity ideas, visit:

www.mypyramid.gov/pyramid/physical_activity_tips.html

Nutrition Facts

Serving Size: $\frac{1}{2}$ cup kiwifruit, sliced (90g)

Calories 55 Calories from Fat 1

% Daily Value

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrate 13g 4%

Dietary Fiber 3g 11%

Sugars 8g

Protein 1g

Vitamin A 2% Calcium 3%

Vitamin C 139% Iron 2%

How Much Do I Need?

- A $\frac{1}{2}$ cup of sliced kiwis is about one medium kiwi. This is about one cupped handful.
- A $\frac{1}{2}$ cup of sliced kiwis is an excellent source of vitamin C and vitamin K. It is also a good source of fiber.
- Vitamin C helps the body heal cuts and wounds. It also helps lower the risk of infection.

The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart below to find out how many cups of fruits and vegetables you and your family need every day. Help your child eat the recommended amount. It will help your child get the nutrients he or she needs to grow healthy and learn better.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2010.



La Cosecha del Mes

Red para una California Saludable

La fruta de La Cosecha del Mes es el **kiwi**



La Salud y el Éxito en el Aprendizaje Van Mano a Mano

Comer alimentos ricos en nutrientes como frutas y verduras puede ayudar a mejorar el desempeño escolar de los niños. Con *La Cosecha del Mes*, usted puede ser un ejemplo positivo y encaminar a su hijo hacia la salud y el éxito en la escuela.

Consejos Saludables

- Busque frutas firmes que no tengan malladuras. El tamaño de la fruta no afecta su sabor.
- Si el kiwi cede al presionarlo ligeramente, está maduro. Si se siente duro significa que aún no se puede comer.
- Puede almacenar los kiwis durante varios días a temperatura ambiente y hasta cuatro semanas en el refrigerador.
- Para hacer madurar los kiwis, déjelos en el mostrador a temperatura ambiente uno o dos días.

Ideas Saludables de Preparación

- Sirva kiwis enteros como bocadillo por la tarde. Pueden comerse como las manzanas, con la piel.
- Rebane dos kiwis y mézclelos con yogur o requesón bajo en grasa y rico en calcio para un toque más dulce.
- Los kiwis son muy buenos para ablandar la carne. Explique a su hijo que los kiwis tienen una enzima (proteínas que producen los seres vivos, como la fruta) que ayuda a ablandar la carne. Encuentre una receta en la que pueda usar la carne y el kiwi juntos.
- Pida a su hijo que le ayude a preparar una ensalada de fruta saludable de postre.

Para más ideas visite:
www.campeonesdelcambio.net

ENSALADA DE FRUTA

Rinde 4 porciones. $\frac{1}{2}$ taza cada una.
Tiempo de preparación: 15 minutos

Ingredientes:

- 1 kiwi mediano, pelado y rebanado
- 1 plátano pequeño, pelado y rebanado
- $\frac{1}{2}$ taza de manzana picada
- $\frac{1}{2}$ taza de uvas
- $\frac{1}{2}$ taza de jugo de naranja 100% natural

1. Mezcle todos los ingredientes en un tazón mediano.
2. Sirva inmediatamente o sirva frío.

Información nutricional por porción:

Calorías 64, Carbohidratos 16 g, Fibra Dietética 2 g, Proteínas 1 g, Grasa Total 0 g, Grasa Saturada 0 g, Grasa Trans 0 g, Colesterol 0 mg, Sodio 2 mg

Fuente: *Red para una California Saludable*, 2010.

¡En sus Marcas, Listos...!

- Baile con su hijo al ritmo de sus canciones favoritas.
- Juegue a la mancha o a las escondidas después de cenar.
- Juegue con su familia a buscar un tesoro en un parque cercano y vayan corriendo, trotando o en bicicleta.

Para más ideas de actividades físicas, visite*:

www.mipiramide.gov/pyramid/physical_activity_tips.html

Información Nutricional

Porción: $\frac{1}{2}$ taza de kiwis, rebanados (90g)

Calorías 55 Calorías de Grasa 1

% Valor Diario

Grasas 0g 1%

Grasa Saturada 0g 0%

Grasa Trans 0g

Colesterol 0mg 0%

Sodio 3mg 0%

Carbohidratos 13g 4%

Fibra Dietética 3g 11%

Azúcares 8g

Proteínas 1g

Vitamina A 2% Calcio 3%

Vitamina C 139% Hierro 2%

¿Cuánto necesito?

- Una $\frac{1}{2}$ taza de kiwi rebanado es aproximadamente un kiwi mediano. Esto es aproximadamente un puñado.
- Una $\frac{1}{2}$ taza de kiwi rebanado es una fuente excelente de vitamina C y vitamina K. Es también una fuente buena de fibra.
- La vitamina C le ayuda al cuerpo a sanar heridas y cortadas y a disminuir el riesgo de contraer infecciones.

La cantidad de frutas y verduras que necesita depende de su edad, sexo y la cantidad de actividad física que practica cada día. Consulte la tabla siguiente para saber cuántas tazas de fruta y verdura necesitan usted y su familia diariamente. Ayude a su hijo a comer la cantidad recomendada. Así obtendrá los nutrientes que necesita para crecer sano y aprender mejor.

Recomendación Diaria de Frutas y Verduras**

	Niños, Edad de 5-12	Adolescentes y Adultos, Edad de 13 en adelante
Hombres	2½ - 5 tazas por día	4½ - 6½ tazas por día
Mujeres	2½ - 5 tazas por día	3½ - 5 tazas por día

**Si es activo, coma el número más alto de tazas por día. Visite www.mipiramide.gov para aprender más.

*Sitio web sólo disponible en inglés.



Para información nutricional, visite www.campeonesdelcambio.net. Para información sobre los Cupones para Alimentos, llame al 888-9-COMIDA. Financiado por el *Supplemental Nutrition Assistance Program* del Departamento de Agricultura de los Estados Unidos, un proveedor y empleador que ofrece oportunidades equitativas. © Departamento de Salud Pública de California 2010.

