

Taste Test: Kiwi



Kiwi is a small oval-shaped fruit with a brown furry skin and a black speckled, juicy green inside. Kiwis have a soft, smooth flesh that is easily scooped out with a spoon and a very sweet flavour. Kiwifruit grows on vines in California from November through May and in New Zealand from June through October, so they are available to eat all year round.

Food Fact

Kiwi is very high in vitamins C and K and a source of folate, potassium and fibre.

How to Choose:

- ☐ Choose kiwis that are round, plump, and free of wrinkles and bruises.
- ☐ A perfectly ripe kiwi fruit will be soft when you squeeze it.

How to Prepare:

- ☐ You can peel kiwis with a small knife and then slice it up. Or skip the peeling as kiwi skin is completely edible.
- ☐ You can simply cut the kiwi in half and use a spoon to scoop out the inside.

How to Store:

- ☐ Kiwis will ripen perfectly at room temperature.
- ☐ Ripe fruit can be refrigerated for up to two weeks.

Note:

Canada's food guide recommendations:

- ☐ Include vegetables and fruit in all meals and snacks.
- ☐ Aim for half your plate to be vegetables and fruit.

I Tried It!

My Rating (circle one):



Would you like to try kiwi again?

☐ YES ☐ NO

Ideas for Serving Kiwi:

- Kiwis are a perfect sweet snack just on their own - simply peel, slice, and enjoy!
- Serve sliced kiwi with raspberries, strawberries, and bananas with a dollop of vanilla yogurt and crunchy granola on top.

Topical Kiwi Parfait

Makes 1 serving

Ingredients:

- ☐ ¾ cup coconut yogurt
- ☐ 1 kiwi, diced
- ☐ ¼ cup fresh pineapple, diced
- ☐ ¼ cup granola
- ☐ 2 Tbsp shredded coconut, unsweetened
- ☐ 1 Tbsp slivered almonds

Directions:

1. Place the ingredients in a jar starting with the yogurt, followed by the kiwi and pineapple.
2. Top with granola, shredded coconut, and almonds.
3. Cover tightly with the lid and refrigerate. Keeps up to 3 days.

Recipe adapted from <https://dairyfarmersofcanada.ca/en/canadian-goodness/recipes/tropical-kiwi>



Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at info@appleschool.ca.

¹EaTracker.ca. Recipe Analyzer. http://www.eatracker.ca/recipe_analyzer.aspx. Accessed July 20, 2012.