

Growing Healthy Students



# Harvest of the Month

November

## Health and Learning Success Go Hand-in-Hand

By helping children practice healthy eating habits, you can help improve their memory and energy levels 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.

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

**kiwifruit**



## Helping Your Kids Eat Healthy

- 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 Thanksgiving dessert.

For more ideas, visit:

[www.harvestofthemoth.com](http://www.harvestofthemoth.com)  
[www.kiwifruit.org](http://www.kiwifruit.org)

## Recipe

### FRUIT SALAD

Ingredients:

(Makes 4 servings at 1/2 cup per serving)

1/2 cup sliced kiwifruit

1/2 cup sliced banana

1/2 cup chopped apple

1/2 cup grapes

1/2 cup orange juice

In a medium bowl, mix all ingredients. Serve.

Source: *Healthy Latino Recipes Made With Love, California Latino 5 a Day Campaign, 2004.*

## Nutrition Facts

Serving Size 2 medium kiwifruit  
(152g)

Amount per Serving

Calories 92 Calories from Fat 6

% Daily Value

Total Fat 1g 1%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 4mg 0%

Total Carbohydrate 22g 8%

Dietary Fiber 5g 18%

Sugars 14g

Protein 2g

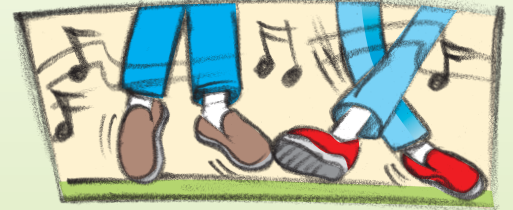
Vitamin A 3% Calcium 6%

Vitamin C 240% Iron 3%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

## 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.



For more physical activity ideas, visit:

[www.kidnetic.com](http://www.kidnetic.com)

[www.verbnow.com](http://www.verbnow.com)

## Produce Tips

**Fresh Kiwi Tips: Selecting, Storing and Serving**

- 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 slight pressure, the kiwi is ripe. If you apply pressure and the kiwi feels hard, it's not ready to eat.
- A kiwi will keep for several days at room temperature and up to four weeks in your refrigerator.
- To ripen a kiwi, place it in a bag with an apple or a banana and leave it out on the counter for a day or two.

## Healthy Help

- Keep a calendar and have your child mark each day that your family practices healthy activities, like eating fruits and vegetables or being physically active.
- Ask your child to describe any taste testing activities being done in the classroom.
- Encourage your child to eat the school breakfast and lunch. Ask your child's teacher or call the school district's main office for more information.



**EAT FRUITS & VEGETABLES AND BE ACTIVE**