

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	2 $\frac{1}{2}$ - 5 cups per day	4 $\frac{1}{2}$ - 6 $\frac{1}{2}$ cups per day
Females	2 $\frac{1}{2}$ - 5 cups per day	3 $\frac{1}{2}$ - 5 cups per day

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



Yuav Kawm Tau Txuj Ci Los Yuav Yog Muaj Kev Noj Qab Haus Huv Pab Sib Nrawg Nroos

Kev pab qhia kom koj cov me xyaum noj tej khoom uas muaj txiaj ntsim zoo rau lub cev, Tej yam khoom noj no yuav pab kom cov me nyuam muaj lub cim xeeb zoo thiab muaj siab hov kawm ntawv. Nyob rau **Lub Caij Sau Qoob No**, koj yuav tsum tau muaj tej yam khoom noj uas zoo los ua qauv qhia rau koj cov me nyuam xwv kom lawv thiaj paub noj tej khoom muaj txiaj ntsim pab lub cev es thiaj yuav tau txais txoj kev nyob hauj zas thiab kawm tau ntawv zoo.

Kev **Sau Qoob Ntawm Lub Hlis No** yog **Txiv Kiwi**

Kev Qhia Xaiv Txiv

- Xaiv lub txiv uas tseem khov kho, xaiv lub txiv uas tsis hle tawv. Ntsia kom lub ntxim qab.
- Siv koj tus ntiv tes xoo los nias lub txiv kiwi. Yog hais tias koj hnov muag nthas lawm ces lub txiv thiaj siav. Yog tias koj nias lub txiv kiwi es tseem tawv tawv, nws tsis tau zoo noj.
- Cov txiv kiwi no khaws cia li ob peb hnuv ntawm tej los yeej tseem zoo noj, hos yog muab cia rau hauv txe xias (refrigerator) no ces yuav kav ntev li plaub lub lim piam (plua).
- Yuav kom txiv kiwi siav zoo, muab tso rau hauv hnab nrog ib lub txiv apple los yog txiv tsawb es muab tso rau ntawm tej li ib los ob hnuv.

Siv Lub Cev Ua Hauj Lwm Kom Tawm Fws !

- Coj koj tej me nyuam mus ncig taug kev kom tawm fws. Xyaum kom me nyuam cog zaub los cog paj ntoos rau tog vaj tog tsev.
- Thaum noj hmo tas nrog koj cov me nyuam sib caum ua si los sis ua pos nkaum tsiv nraim nrog lawv.
- Mus khiav ua si, tshais ruam nrawm nroos los sis tuam tsheb kauj vab ua ke raws li koj tsev neeg nyiam ua.

Xav tau lub tswv yim siv lub cev ua hauj lwm no ntxiv, mus saib: www.kidnetic.com; www.verbnow.com

Pub Koj Cov Me Nyuam Xyaum Noj Tej Yam Muaj Txiaj Ntsim Rau Lub Cev

- Muab txiv kiwi hlais ua qhov ncauj qhov muag es tso rau ncuav qab zib los yog pancake thiab muab ib lub txiv pos
- nphuab (strawberry) thiab txiv tsawb tso ua qhov tswg rau me nyuam noj kom lawv pom es lawv zoo siab noj.
- Chais ob lub txiv kiwi tso xyaw rau cov lowfat yogurt los sis cottage cheese kom muaj tso qab zib xyaw.
- Txiv kiwi pab ua qaij tawv phom tuaj. Qhia rau koj tus me nyuam paub tias cov txiv kiwi muaj ib co kuab (proteins produced by living things, like fruit) uas ua rau kom tej nqaij yus noj txawj phom thiab xam. Xyaum muab txiv kiwi ua noj xyaw lwm yam koom ua ke thiab muab las tej nqaij tawv tawv kom nws thiaj phom tuaj.
- Txib koj tus me nyuam pab koj ua ib co txiv ntoo qab zib sib xyaws los noj rau hnuv Thanksgiving los tsiab peb caug.

Xav tau tswv yim ntxiv, mus saib:

www.harvestofthemonth.com

Ua Pab Kom Lub Cev Nyob Hauj Zas

- Siv ib daim calendar thiab kom koj tus me nyuam muab kos cim tej hnuv uas koj tsev neeg tau mus ua si yam twg cia thiab kos tej txiv hmab txiv ntoo los zaub uas zoo tsim nyog pab tau lub cev hauj zas.
- Hais kom koj tus me nyuam piav tej yam khoom noj thiab kev sib tw uas lawv ua nyob tom tsev kawm ntawv rau koj mloog.
- Yeej meem txhob kom koj tus me nyuam noj tsev kawm ntawv puas tshais thiab puas su. Hu mus nrog koj tus me nyuam tus xib fwb tham los sis hu mus rau hauv chav saib xyuas tsev kawm ntawv es nrog lawv sib tham kom paub ntau ntxiv.

Cov ntawv no yog tsim tawm hauv California Department of Public Health's Network for Healthy California tuaj, tiam sis, qhov chaw pab nyiaj txiaj kom tsim muaj yog tuaj hauv USDA Supplement Nutrition Assistance Program (yog thooj nyiaj txiaj pab muas noj haus). Txoj kev pab no peb pab rau txhua txhua leej txhua tus kom muaj feem xyuam tau txais tib yam knaus, yog li nyob hauv xeev California no, thiaj muaj cov nyiaj txiaj pab rau cov tsev neeg uas khwv tau nyiaj txiaj tsawg. Cov nyiaj no yog tsim los pab kom cov neeg ntawd muaj noj muaj haus txaus thiaj pab tau lawv lub cev nyob hauj zas hlo. Yog xav paub txog cov nyiaj muas noj ntau ntxiv hu rau 1-877-841-3663. Yog xav paub ntau txog khoom noj zoo www.cachampionsforchange.net.