

# Kiwifruit

## *Did you know?*

- Kiwifruit was first discovered in China and quickly became a favorite of Chinese royalty. It was viewed as a delicacy.
- Kiwifruit is packed with nutrition. It has vitamin C, which helps boost the immune system and slow aging; antioxidants, potassium, folate, zinc, and lutein, a nutrient necessary for good eye health.
- Today, most of the kiwifruit eaten in the U.S. comes from California.
- Kiwifruit can be used as a natural meat tenderizer. Just cut the fruit in half and rub the cut end over the meat, or peel and mash with a fork, then spread on the surface of the meat and let stand for 10 to 15 minutes or longer.



## Sources

- Tobin, Declan. (2018). *Kiwifruit Facts For Kids*. *Easy Science for Kids*. Retrieved from <https://easyscienceforkids.com/kiwifruit/>
- <https://www.fruitsandveggiesmorematters.org/kiwifruit>
- <http://eatfresh.org/discover-foods/kiwi> (photo)