



# FRUITS

## Kiwifruit

**FOOD\$ENSE**  
**UtahState**University  
NUTRITION, DIETETICS, & FOOD SCIENCES

### Objectives

#### Participant will:

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1. Explain a health benefit provided by kiwi.
2. Describe cost- and time-effective strategies for incorporating kiwi into family meals.
3. Explain how to select kiwi.
4. Describe preparation and storage techniques for kiwi, including cleaning, peeling, cooking, and storing.
5. Prepare and taste food that includes kiwi.

#### Required Materials:

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- Recipe ingredients and utensils for demonstrations.
- Lesson handouts (see pgs. 5-6).
- Required paperwork for program.

#### Optional Supplemental Materials:

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#### Preparation Required:

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- Practice lesson material so you are comfortable giving lesson.
- Practice recipes for demonstrations and understand recipe instructions and techniques.
- Gather ingredients and utensils needed for lesson and demonstration.
- Pre chop fruits and vegetables needed for each demo.
- Make copies of handouts – enough for all class participants.
- Make copies of paperwork required by program.

## LESSON PLAN

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### Introduction:

Time: 2-3 minutes

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- Welcome the class and thank them for making time to come.
  - Briefly introduce yourself and the program.
  - The day of a large dinner party, Aunt Donna pulls out her fruit salad that she made the night before with vanilla yogurt and kiwifruit. To her surprise, her once perfect salad was now a watery mess.
  - **Ask the class:** What happened?
    - Kiwifruit has an enzyme called actinidin. Actinidin works to break apart proteins. Because of this, kiwifruit is a great natural meat tenderizer. On the downside, actinidin curdles milk and dissolves the gelatin protein in Jell-O. Therefore, if kiwifruit is mixed with dairy products it should be served immediately and kiwifruit should not be added to Jell-O. Heat destroys actinidin, therefore, the effects of actinidin can be overcome by heating the kiwifruit for a few minutes.
  - **Ask the class:** Does anyone know what the kiwi was named after?
    - The kiwifruit originated in the river valleys of China. They grew on vines which wrapped around the trees and were called “Yangtao.” During the 1800-1900’s seeds samples were sent to England. During this time, the fruit was called the “Chinese Gooseberry.”
    - In 1904 plant cuttings were brought to the United States however, it didn’t become popular in the US until 1962 when the first shipment of kiwifruit arrived from New Zealand. The United States then gave it the name kiwifruit after New Zealand’s national bird, the kiwi.
    - The name kiwifruit is very fitting. The kiwifruit is a fuzzy, brown, egg shaped fruit and the kiwi bird is a fuzzy, brown bird.
    - California began growing kiwifruit in the 1970’s making the fruit available across the country.
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### Objective 1: Explain a health benefit provided by kiwifruit.

Time: 2-3 minutes

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- Kiwifruit is a good source of vitamin C, vitamin E, fiber, and potassium.
  - **Ask the class:** Does anyone know anything about these important nutrients?
    - Vitamin C is a vitamin and antioxidant. Vitamin C works to protect cells from damage and also plays a vital role in the growth and repair of tissues in all parts of the body.
    - Vitamin E is also a vitamin and antioxidant. Vitamin E protects our cells from being damaged. Vitamin E also plays an important role in metabolism and the immune system.
    - Fiber has many important functions in the body. Fiber adds bulk and therefore makes you feel full faster. This can help with weight control. Fiber also helps in digestion. It can resolve both constipation and loose stools.
    - Potassium is an electrolyte that is important in proper functioning of the heart, kidneys, muscles, nerves, and digestive system.
  - Kiwifruit is fat free, sodium free, cholesterol free, and a good source of fiber, making it a delicious heart healthy choice.
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### Objective 2: Describe cost- and time-effective strategies for incorporating kiwifruit into family meals.

Time: 3-5 minutes

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- Kiwifruit tastes great by itself or can be added to salads, salsa, smoothies, and desserts. In addition, fresh kiwifruit compliments and tenderizes many types of meat.
- Kiwifruit is available year-round at local supermarkets but it is cheaper in the United States from November to May.

- **Ask the class:** What are some ways that you use kiwifruit? Do you have any favorite recipes that include kiwifruit?

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### **Objective 3: Explain how to select kiwifruit.**

Time: 2-3 minutes

- **Ask the class:** Does anyone have any tips on how to choose a good, fresh kiwifruit?
  - Peak season for kiwifruit is from November to May; however they are available year round in most grocery stores.
  - Select kiwifruit free from bruises and soft spots. Avoid purchasing fruit that is wrinkly or fruit with blemishes.
  - For juicier kiwifruit, select fruit that is firm and allow it to ripen on the kitchen counter. A ripe kiwifruit has a fragrant smell and is plump and slightly soft to the touch.

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### **Objective 4: Describe preparation and storage techniques for kiwifruit, including cleaning, peeling, cooking, and storing.**

Time: 5 minutes

- Kiwifruit can be ripened by placing it at room temperature for 3 to 5 days. Putting kiwifruit next to fruits that produce ethylene gas (i.e. apples, bananas, and pears) quickens the ripening process. Therefore, if you want to ripen the kiwifruit quickly, place kiwifruit in a bag with these fruits for 1-2 days.
- Ripe kiwifruit can be held in the refrigerator for up to 2 weeks if they are placed in a plastic bag. The plastic bag reduces the amount of moisture lost keeping the kiwifruit fresh. Otherwise they only last in the fridge for about 7 days.
- Cutting kiwifruit is simple and easy. There are many ways it can be done. We will discuss and demonstrate a few of these methods to help you find the easiest method for you.
  - The fuzzy skin on the outside of kiwifruit can be eaten. Lightly rinse and dry the kiwifruit. Then, cut into quarters and enjoy!
  - If the skin is not desired, it can be easily peeled off by cutting the top and bottom off of the kiwi fruit and then using a peeler or a knife to peel down the sides of the fruit. Once the skin is removed, the kiwifruit can be sliced or quartered.
  - Some prefer to cut kiwis in half and then scoop the center out with a spoon.
- The small black seeds inside the kiwifruit are edible and do not need to be removed.
- *Demonstrate how to peel and cut kiwifruit (set aside cut kiwifruit to use in recipes. See recipes pgs. 5-7).*
  - *Begin with cutting the top and bottom off of the kiwifruit then using a knife to peel down the sides of the fruit. Once the skin is removed, chop the kiwifruit into bite size pieces.*
  - *Demonstrate the other skinless method by cutting a kiwifruit in half and scooping the middle out with a spoon. The fruit can then be chopped into bite size pieces.*

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### **Objective 5: Prepare and taste food that includes kiwifruit.**

Time: 20 minutes

- Today we are going to make and taste a variety of recipes using kiwifruit.
- Kiwifruit is perfect in fruit salads and this one is sure to become a family favorite. *Demonstrate Chicken Salad Sandwich (see recipe pg. 5).*
- Fruit salsa is so popular today and this Kiwifruit Salsa will sure to be a preference. *Demonstrate Kiwifruit Salsa (see recipe pg. 5).*
- Kiwifruit makes a great addition to smoothies. The kiwifruit smoothie recipe is a perfect on the go breakfast or snack idea. *Demonstrate Kiwifruit Smoothie (see recipe pg. 6).*
- Kiwifruit adds great flavor to salad greens. Today we will try a mixed salad green with kiwifruit and a honey-sesame dressing. It makes a great side dish or main dish. *Demonstrate Mixed Salad Greens with Kiwi and Honey Sesame Dressing (see recipe pg. 6).*

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## Conclusion

**Time: 5 minutes**

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- Kiwifruit is a delicious and healthy way to make any meal more exciting. Kiwifruit is a good source of vitamin C, vitamin E, fiber, and potassium. These nutrients all play vital roles in helping your body function properly. Eating kiwifruit is a great way to add color, flavor, and variety to everyday dishes.
- **Ask the class:** What did you learn today that you didn't know about kiwifruit before taking this class?
- **Ask the class:** What will you do differently to make kiwifruit a part of your and your families' diet now that you have had this lesson?
- **Ask the class:** Are there any questions?
- Thank you for attending.

*Serve samples.*

## References:

<http://www.fruitsandveggiesmatter.gov>

<http://healthymeals.nal.usda.gov>

<http://www.nlm.nih.gov>

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at <http://www.fns.usda.gov/snap/>. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3572.

# ~Kiwifruit~

## Chicken Salad Sandwich

### Salad

6 ounces chicken breast, shredded  
¼ cup kiwifruit, peeled and chopped  
¼ cup dried cranberries or raisins  
¼ cup almonds, sliced  
2 green onions, sliced  
2 small ribs celery, chopped

### Dressing

½ cup plain Greek yogurt  
½ teaspoon curry powder  
2 teaspoons soy sauce  
Squeeze of lemon juice  
Salt, to taste

Combine salad ingredients in a bowl. In a separate bowl, mix dressing ingredients. Pour dressing over salad mixture. Toss to coat. Serve immediately on lettuce leaves or whole wheat bread.

Yield: 3 servings

## Kiwifruit Salsa

3-4 fresh kiwifruits, peeled and diced  
¼ cup pomegranate seeds  
½ avocado, peeled and chopped  
1 heaping tablespoon green onion, thinly sliced

1 teaspoon olive oil  
1 tablespoon jalapeño, seeded and finely diced  
1 tablespoon fresh cilantro, chopped  
Salt and pepper

Combine kiwifruit, pomegranate seeds, avocado, green onion, and olive oil in a medium bowl and mix well. Add jalapeño to the mixture 1 teaspoon at a time, until desired level of heat has been reached. Add cilantro. Salt and pepper to taste. Serve over any meat, poultry, or fish or with tortilla chips.

Yield: 1½ cups

## Interesting Facts

Kiwifruit is a good source of vitamin C, vitamin E, fiber, and potassium. These nutrients help the immune system, heart, colon, and prevents damage to cells.

Kiwifruit is heart healthy! This delicious fruit is also fat free, cholesterol free, and low in sodium.

Kiwifruit contains the enzyme, actinidin. Actinidin breaks apart protein. Therefore, kiwifruit is a tasty and natural way to tenderize meats. Just cut the kiwifruit in half and rub the fruit on the meat. Let it sit for at least 15 minutes prior to cooking. Because of the actinidin, kiwifruit is not a good addition to Jell-O and dishes that combine dairy products with kiwifruit should be served immediately.

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## Kiwifruit Smoothie

2 ripe kiwifruits, chopped  
1 cup apple juice  
1 cup skim milk  
2 scoops low-fat plain yogurt  
Ice cubes

Put all ingredients into blender. Blend until smooth.  
Yield: 4 servings

The peak season for kiwifruit in the United States is November – May, however they are available year round in most grocery stores. For a juicier kiwifruit, select kiwi that is firm and allow it to ripen at room temperature. To ripen, place at room temperature for 3-5 days. When selecting kiwifruit, look for one that is free from blemishes and bruises. A ripe kiwifruit is plump, slightly soft to the touch, and has a fragrant odor.

## Mixed Salad Greens with Kiwi and Honey Sesame Dressing

### Salad

4 cups mixed greens  
2 chicken breasts, cooked and chopped (optional)  
1 cup strawberries, sliced  
2 kiwifruits, peeled and sliced  
½ cup dry-roasted, salted cashews (optional)

### Dressing

½ cup reduced-sodium chicken broth  
2 tablespoons honey  
2 teaspoons sesame oil  
2 teaspoons honey mustard  
Salt and pepper

To make salad, place mixed greens in a large bowl. Top with chicken, strawberries, kiwis, and cashews. For the dressing, in a small bowl whisk together broth, honey, sesame oil, and honey mustard. Salt and pepper to taste. Pour mixture over salad.

Yield: 4 servings

## Cutting a kiwifruit

- The fuzzy outside peel of the kiwifruit is edible. Gently rinse and dry the fruit and cut into slices.
- The skin can be easily removed by cutting off the top and bottom of the kiwifruit. A knife or peeler can then be used to remove the skin on the sides. Once skin is removed, slice or chop kiwi as desired.
- The skin can also be easily removed by cutting the kiwi in half and then using a spoon to scoop out the middle. The fruit can then be sliced or chopped as desired.
- There are many ways to cut a kiwifruit. Find a method that works best for you!

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