

Golden Kiwi



- Kiwifruit, better known as kiwi, are brown and fuzzy on the outside and have green or golden yellow soft flesh on the inside.
- They are berries and have rows of tiny black seeds on the inside that you can eat.
- Kiwi are sweet and tangy. What does yours taste like?
- Originally from China, most kiwi is grown in Italy, Chile and New Zealand but it is named after New Zealand's national bird, the Kiwi.
- Kiwi grows on a vine and is pollinated by bees.
- Kiwi is good for your skin, blood, tummy, and helps to keep you from getting sick.



[Click here to see the Kiwi Song.](#)

OKCPS School Nutrition Services

