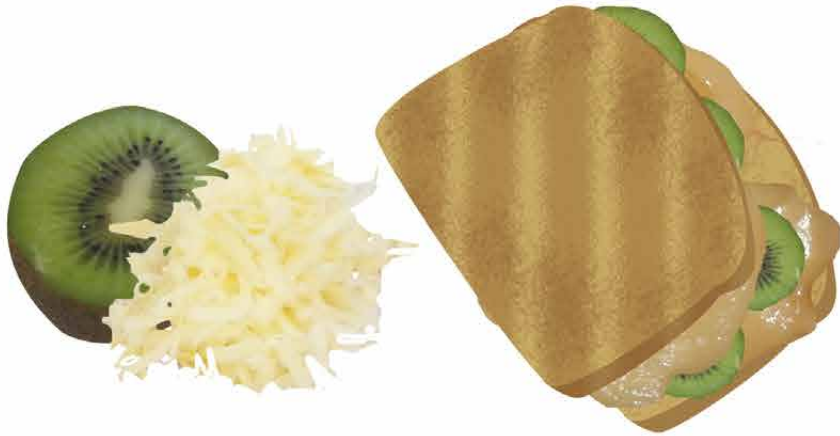




Kiwifruit are high in vitamin C which makes them good for our immune system. Vitamin C helps our body fight off bugs that make us sick like colds, flues and tummy bugs.



Kiwifruit are available to buy in the shops from April to January.

Kiwifruit has only been called kiwi since 1966 which is when New Zealand started exporting the fruit to China. It's name was 'Chinese Gooseberry' until then.

- Kiwifruit Toastie**
- 1 x kiwifruit
  - 2 x slices of wholemeal toast
  - 3x slices of cheese
  - Butter
- Sandwich press or toastie maker

Butter one side of each piece of toast bread. Peel and cut kiwifruit into thin slices. With the butter side down layer the cheese and kiwifruit slices on one piece of toast bread. Place the other piece of bread on top with the butter side facing up. Place in sandwich press or toastie pie maker until bread is toasted and the cheese is melted. Let it cool before eating as the kiwifruit will be very hot.

[www.whatsforlunch.co.nz](http://www.whatsforlunch.co.nz)

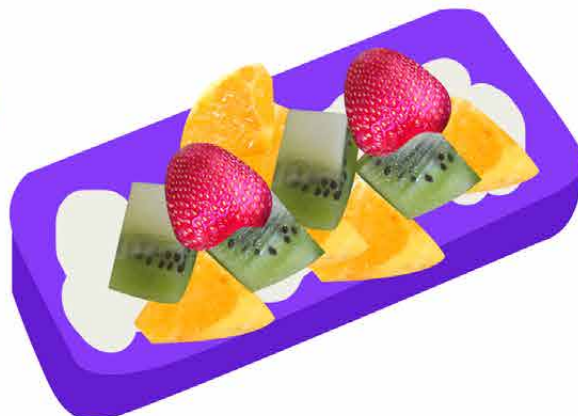
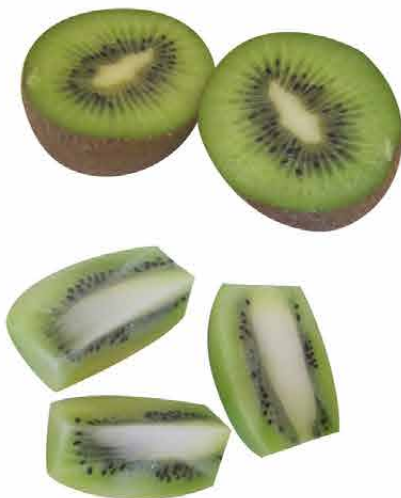
# FURRY KIWIFRUIT

## Tart and Tangy!

There are many different creative ways to add Kiwifruit to your lunch box. Try one of these or come up with your own.



One serving of fruit or vegetables is the size of your palm. Kiwifruit is a fruit. Children need to eat at least five servings of fruit and vegetables every day to stay healthy.



For more great lunch box ideas sign up at [www.whatsforlunch.co.nz](http://www.whatsforlunch.co.nz)