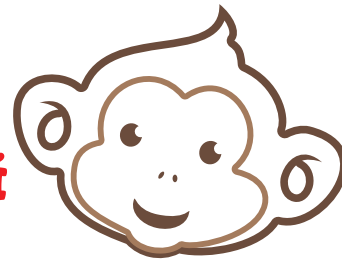


Have Fun and Learn with Kawi



Fruit is good for everything – Kawi promises! Here are some fun facts about fruit:

- Bananas gives strength to jump further and energy to run and to play a lot without getting tired.
- Bananas are like a magic potion farther of superpowers: they are rich in potassium and magnesium that stops tummy aches.
- Watermelon is like a giant water balloon! It has a lot of water inside it that helps to hydrate the body. It is also refreshing on hot days when you're outside playing in the sun.
- Strawberries are like a shield that protect your body. They are rich in vitamin C.
- Apples are tooth-friendly: chewing an apple can help prevent cavities. Apples are full of vitamins and fiber; most of which are located in the apple's peel.
- Do you want to have beautiful skin, bright eyes and healthy hair? Mango is your friend.
- Who wants to get a cold? Not me! Oranges and kiwis protect you from colds because they are full of vitamin C.



Let's get it right!

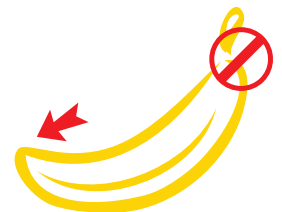
- 1 is composed of more than 90% water
- 2 Bananas are mostly yellow but you can also find other colourful bananas, such as bananas, which come from the Caribbean.
- 3 Did you know that strawberries are from the same family as?
- 4 Usually the apples are more sour and the red ones are sweeter.
- 5 Oranges belong to the group, just like lemons, tangerines, limes and grapefruit.
- 6 The kiwi was named for its resemblance to a round, hairy and brown from New Zealand.

Answers: 1 - watermelon; 2 - red; 3 - roses; 4- green; 5- citrus; 6- bird.



Peel a banana like a monkey!

Want to know how to peel a banana like Kawi? Instead of starting to peel from the top that connects to other bananas, start at the bottom end of the banana!



Guess which fruit!

- 1 On the outside I'm green, on the inside I'm pink, and in the middle I have lots of seeds. Which fruit am I?
- 2 I'm the color of the sun when it sets. On the outside I'm bitter but when you get to know me on the inside you'll see how sweet I am! Which fruit am I?

Answers: 1 - Watermelon; 2 – Orange

Play the matching game!

- | | |
|------------|---------------------------------|
| Banana | • Is full of water |
| Strawberry | • Gives me energy to play |
| Mango | • Has a peel full of fiber |
| Watermelon | • Beautiful skin, eyes and hair |
| Apple | • Has lots of vitamin C |

Answers: Banana – Gives me energy to play | Strawberry - Has lots of vitamin C | Mango – Beautiful skin, eyes and hair | Watermelon - Is full of water | Apple - Has a peel full of fiber