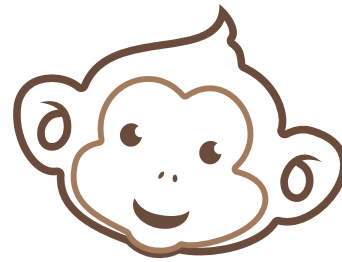


Have fun and learn with Kawi



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.
- Bananas are like a magic potion full of superpowers: they are rich in potassium and magnesium that can soothe a tummy ache.
- Watermelon is like a giant water balloon! It has a lot of water inside that helps to hydrate the body. It is refreshing on hot days and helps to satisfy a sweet tooth.
- Strawberries are a nutrient rich fruit and a source of Vitamin C, minerals and carbohydrates. They are like a shield that protects your body. Kids need vitamin C for growth, body tissue repair, and a healthy immune system.
- Apples are tooth friendly: not only can they help prevent cavities, they are crucial in promoting healthy growth of muscle tissues, bones, skin and organs. A great snack food with many vitamins and rich in fiber, make sure you eat the peel.
- Do you want to have beautiful skin, bright eyes and wonderful hair? Mango is your new sweet and juicy friend. Have your parents blend some up in a smoothie or a frozen treat.
- Who wants to get a cold? Not me! Oranges and Kiwi protect you from colds because they have a lot of vitamin C.



Let's do some research!

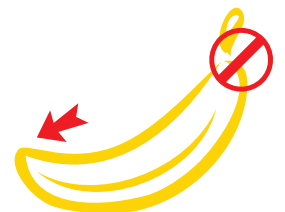
- 1 is composed of more than 90% water.
- 2 There are yellow and also other colorful bananas, such as bananas, which come from the Caribbean.
- 3 Did you know that strawberries are from the same family as?
- 4 Usually the apples are tart and the red ones are sweeter.
- 5 Oranges belong to the group, just like lemons, tangerines, limes and grapefruit.
- 6 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, spread 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