

KIWANO

MINDFUL EATING



All MPS free meal boxes for youth include a Fresh Fruit & Vegetable Program (FFVP) bag with a special fruit or vegetable for the week. This week's FFVP item is a kiwano. Kiwanos are fun and funky looking fruit covered in horn-like spines – which give the fruit their nickname of horned melon.



For this week's activity, first [watch this short video about how to eat your kiwano](#) then write down or draw your experience of trying the kiwano by using your five senses. How does it taste, feel, look, sound, and smell?

