December

The Incredible Edible

Kale

Just the Facts

→ Kale is a leafy winter vegetable.
→ A vegetable that is darker in color is considered more nutritious.
→ Leafy greens are good source of calcium, potassium, iron and magnesium.

→ A serving of kale has more vitamin C than an orange!
→ Kale comes in a variety of colors; green, white, purple, and blue-green.
→ One serving of kale has more calcium than milk! Calcium helps build healthy bones.
→ Kale is related to cabbage.

Did You Know?

This month on the school menu you can enjoy KALE in the new Kale Caesar Salad, with crunchy croutons and parmesan cheese!

Books

The Tale of Kale by Lisa Borden and Wengsi Chiu

Captain Kale and the Super Foods by Amy Roth

For more information, see:

• http://leafy-greens.org/

Created by: The EPS Food & Nutrition Department
Activity: Kale

Can you find the words hidden in the word search below?

Key:
Kale    Crunchy
White   Leaf
Leaf    Tasty
Vitamins Green
Nutrients Fresh
Salad   Superfood
Calcium Purple

Created by: The EPS Food & Nutrition Department