JERSEY TASTES!
ACTIVITY SHEETS

Kickin' Kale

NUTRITION FACTS:

A single cup of raw kale contains 134% of the recommended daily value of Vitamin C! Kale is also an excellent source of Vitamin A and K and the mineral Potassium. It is a good source of Vitamin B6 (Pyrodoxal Phospate) and the Mineral Copper.

RECIPIES:

Breakfast:
- Green Eggs & Ham
- Kids Kale Smoothie

Lunch/Dinner:
- Kale Super Soup
- Crunchy Thai Kale Salad
- Kale and Strawberry Salad

Snacks:
- Kale Chips
  - Jersey Tastes! Cooking Series
  - Kale Chips

ACTIVITIES:

Pre-K:
- Planting Seeds in the Classroom

Lower & Upper Elem:
- Jersey Tastes! Educational Video
- Kale Leaf Structure
- Harvest of the Month Lessons

Middle:
- How Can We Improve Our Global Food System

High School:
- Business & Marketing - Rise of Kale
  - The Strange Mystery of Who Made Kale Famous
  - The Real Story Behind How Kale Became So Famous

FUN FACT:

According to NPR, "The Best Piece of Trivia You Learned This Week: Pizza Hut Edition," Pizza Hut was among the biggest purchasers of Kale prior to 2012. Listen here: The Best Piece of Trivia You Learned This Week

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