



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.

RECIPES:

Breakfast:

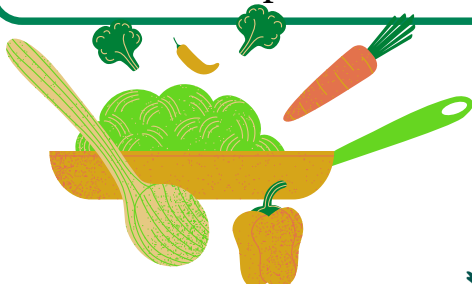
- [Green Eggs & Ham](#)
- [Kids Kale Smoothie](#)

Lunch/Dinner:

- [Kale Super Soup](#)
- [Crunchy Thai Kale Salad](#)
- [Kale and Strawberry Salad](#)

Snacks:

- [Kale Chips](#)
 - [Jersey Tastes! Cooking Series - Kale Chips](#)



Click Here
[Recipe Activity](#)

MADE IN COLLABORATION WITH:



ALL ABOUT NEW JERSEY!

Kale is a cool season crop; it grows in the spring and fall in New Jersey- March- June & September - December.

HOW DOES IT GROW:

Kale likes to be directly seeded into the ground and it grows into a leafy green which is the part of the plant we eat. Kale loves the cooler weather and becomes sweeter after a frost!

Here are some tips on growing kale.

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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