

KS 1/1

## What's so good about kale




This is a fresh kale leaf.

Kale is a green vegetable.



Cooked kale with red chillies

We cook kale before eating it.  
Sometimes it is **boiled**.  
Sometimes it is **stir-fried**.

 Find out what the words in **red** mean. How do you like to eat your kale?


We need **five** portions of fruit and vegetables each day

### Why we need vegetables

- They help us to grow.
- They help us to stay healthy.
- They help us to be active.



This is a fresh kale leaf.

 With the help of an adult, cook some kale. Now measure four heaped teaspoons. That's one portion of healthy vegetable.