

What's so good about kale




This is a fresh kale leaf.

Kale is a green leafy vegetable.



Kale with some other healthy ingredients - spring onions and red chillies

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

 With an adult, find out what happens to kale when it is cooked in different ways. How do you like it best?

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


Kale is very good for us, because it contains many **vitamins**. Our bodies need vitamins to help them to work.


Kale is high in Folate. It is also rich in Vitamins A and C.

Folate is one of the B vitamins that help our bodies to make protein and also give us energy.

Vitamin A helps our body to heal if we get a cut.

Vitamin C helps to keep our gums and muscles in good shape.

 Find out what the **red** word means. Find out why kale is good for us in other ways, too.

 Find out about the five food groups in the Balance of Good Health. Which food group is kale in?

