

## Classroom Activities

### KALE

#### EARLY ELEMENTARY SCHOOL

Have students observe the leaves of at least two different types of kale, and write a sentence about the similarities and differences. Or, discuss as a class: how do the different varieties look, feel, smell, sound, and taste different?

#### UPPER ELEMENTARY SCHOOL

Invite students to make their own word search puzzles out of the descriptive adjectives they came up with in the previous activity.

#### Other Ideas:

- Do you know anyone who grows kale?
- Name different types of kale... Curly, Red Russian, Lacinato (also known as Dinosaur Kale), and more!
- Describe color, shape, smell, size, taste and feel of kale
- How are different varieties the same? How are they different?
- Nutrients Found In Kale:
  - Vitamin A keeps your eyes and skin healthy, and helps your body fight infections.
  - Vitamin C maintains the heartbeat, regulates body fluids and is important for muscle and nerve functioning.
  - vitamin K helps stop cuts and scrapes from bleeding too much.

## Newsletter

*November's* local food item at the tasting tables is **kale**. Did you know that one cup of chopped raw kale provides more than 100% of the Vitamins A, C, and K that your body needs in a day? Kale can be green, white, purple, or bluish green, and grows through the winter in Oregon. For a fun snack that kids will love, try kale chips: remove kale leaves from stems, tear into bite-sized pieces, sprinkle with olive oil and a bit of salt, and bake 10-15 minutes at 400°, or until leaves are crisp. Yum! We'll be featuring *kale* at our tasting tables on *Tuesday, November 27th*.