

Month 1 Harvest of the Month – Kale

Grades 7 – 12

Week 4: Nutrition

Before the lesson:

- Have kale infographic ready to go on Smart Board: found on pg 2 and at this link: <http://visual.ly/infographic-health-benefits-kale>
- Have nutrition label ready to go on Smart Board: found on pg 3 & 4)

Handouts and materials

- Infographic handouts, if not using Smart Board
- Nutrition label handouts, if not using Smart Board
- Nutrition label answer key

Anchor: Why does it matter what we eat?

[Food, particularly fruits and vegetables, promote growth, maintenance, and repair of our body's cells. Eating mostly nutrient-dense food can help slow or prevent diet-related diseases such as diabetes, obesity, certain cancers and heart disease]

Display kale infographic on Smart Board, or distribute handouts

Add: Kale is a member of the dark green vegetables subgroup, along with spinach, bok choy, collard greens, and romaine lettuce. Vegetables in this subgroup all provide the same kind of nutrients. At just 33 calories per one cup serving, raw kale has about 2.5 grams of both protein and fiber. Fiber helps keep us full longer and keeps our blood sugar stable.

Kale is an excellent source of vitamins A, C and K. Vitamin A helps keep your skin looking good, your eyesight sharp, and your immune system healthy. Vitamin C helps our bodies heal from injury, resist infection, keep our teeth and gums healthy. Vitamin K is important for blood clotting and building bones. Kale is also a very good source of vitamin B6, which metabolizes protein and fat, and converts food to fuel; potassium, which helps prevent cramps when you're exercising; and calcium which is good for your bones.

Apply: Percent daily values or %DVs are based on a 2,000 calorie daily diet and guide us in identifying how much a food contributes to the recommended percentage daily value for a nutrient. "Excellent source" means a food provides more than 20% of your %DV for a nutrient, and "good source" means it provides 10%-19%. Knowing kale is an excellent source of vitamins A, C and K and a good source of potassium and calcium complete the nutrition label for 1 cup of chopped kale with your best guess as to what the percent daily value is.

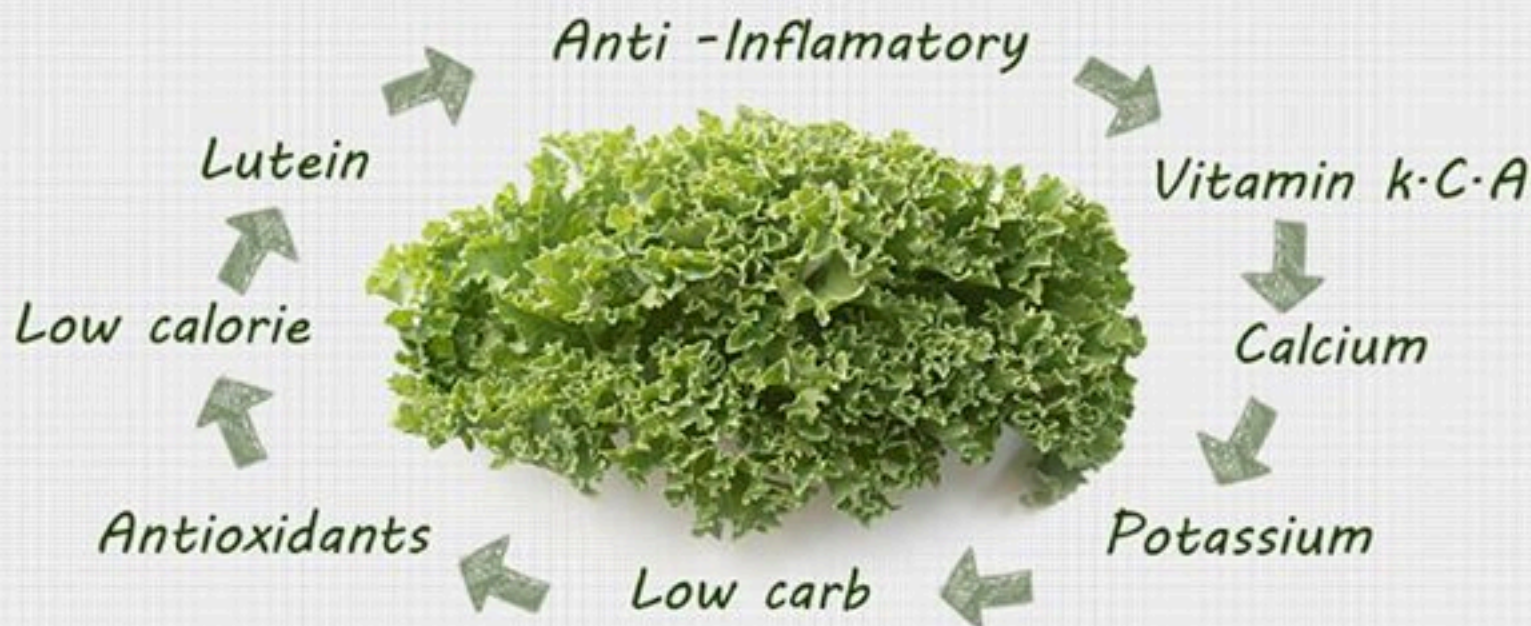
Display nutrition label activity on Smart Board or distribute handout (pg 3). Refer to Kale nutrition label activity answer key to discuss answers (pg 4).

Away: Now that we're concluding the Kale harvest of the month, how do you see yourself incorporating kale in to your diet?

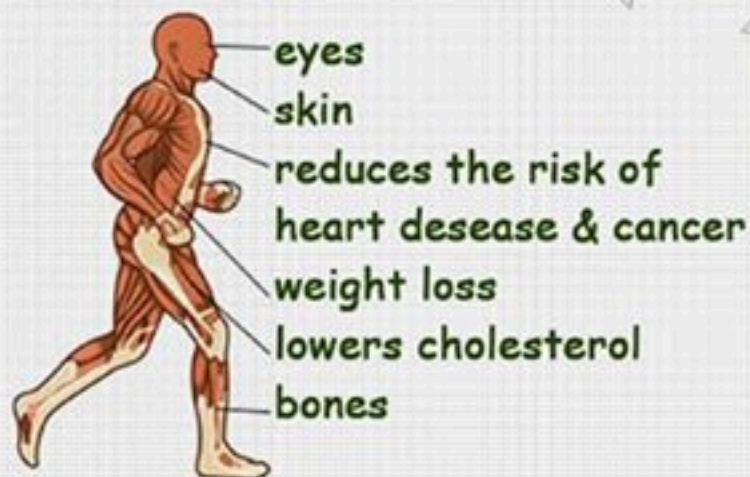
kale



HEALTH BENEFITS



kale is vital vegetable
what is it good for ?



Per calorie, Kale has



more iron
than beef



more calcium
than milk



10x more vitamin
than spinach

Nutrition Facts

Serving Size 1 Cup Kale (130g)

Servings Per Container 1

Amount Per Serving

Calories 36

Calories from Fat 4

% Daily Values*

Total Fat 0.52g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Potassium 296mg **8%**

Sodium 30mg **1%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2.6g **10%**

Sugars 0g

Protein 2.47g **5%**

Vitamin A _____% ● Vitamin C _____%

Calcium _____% ● Vitamin K _____%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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Dietary Fiber 2.6g **10%**

Sugars 0g

Protein 2.47g **5%**

Vitamin A 354% ● Vitamin C 89%

Calcium 10% ● Vitamin K 1327%

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