

Let Them Eat Kale! Script: How you and your partner will run the Kale lesson with your 2 or 3 first graders

1. Introduce yourself, ask the kids names
2. Kale farmers journal = identify kale, draw the kale, write "KALE" ", write name on bottom lines
3. Weed, aka Tend the kale: (reduce the competition), pull out all the bad plants and give the kale room to grow
4. Point out the other food being grown in the SRE garden (tomatoes, peppers, corn, sunflower seeds, beans, peas, celery, onions, garlic, etc)
5. Describe the health benefits of kale: grow & get strong, vitamins and minerals for healthy bones & muscles
6. Water the kale: pour the water from the cup onto the ground around the kale plant... water the roots, not the leaves
7. Eat Kale and do the Kale-happy dance
8. Plan your groups' contribution to the Our-Garden-Grows-Food clapping game: "I am standing in the garden, I want my kale with some ...."

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## Health benefits of kale

- It's a vegetable, veges are good for you
- Its green
- Its natural
- It has 0 fat
- Has a strong taste, best taste comes from young leaves
- Loaded with vitamins
- Loaded with beneficial minerals
- Loaded with fiber