

# edible FOR KIDS!

Illustrations by Ramiah Chu

## KALE!

Can you color the  
different types of  
kale correctly?



## WHAT DO WE KNOW ABOUT KALE?

Kale can grow all year long in  
Southern California.

Kale is a dark leafy green, packed  
with vitamin K, which is good for  
building strong bones and heart.

It is also full of fiber (which is good for your  
guts) and vitamins A, C, E and minerals calcium  
and magnesium, all of which help your body  
to work the way it is supposed to!

## CAN YOU MATCH THE TYPE OF KALE TO ITS NAME?



- Common Curly Leaf
- Red Russian
- Kailaan
- Ornamental
- Lacinato
- Redbor



A \_\_\_\_\_

B \_\_\_\_\_

C \_\_\_\_\_

D \_\_\_\_\_

E \_\_\_\_\_

F \_\_\_\_\_

Answers: A. Lacinato; B. Redbor; C. Ornamental; D. Kailaan; E. Red Russian; F. Common Curly Leaf