4.2 Kale the Super Food Worksheet

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Kale the Super Food

A. *Listen to the Science Report and take notes below.*
B. Use your notes to answer the questions below.

1. What is the holiday on October 1 in the United States?

2. What is kale?

3. What do kapusta, cavolo, gobhi, and karu mean?

4. What does superfood mean?

5. Which nutrient does kale have a lot?

6. What is folate important for?

7. What does kale help fight against?
8. What do you need to do to make kale taste good uncooked?

9. What’s a good way of cooking kale?

10. What can you cook kale with?

11. how long do you have to bake kale?

12. What’s a smoothie?

13. What’s worth the purchase price of a blender?

Listen to the Science Report again to check your answers.