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10-3-2017

## 4.2 Kale the Super Food Worksheet

Utah State University

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### Recommended Citation

Utah State University, "4.2 Kale the Super Food Worksheet" (2017). *Module 5 – Science*. Paper 8.  
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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.*