The vegetable of the day is kale!
Here is a kale recipe you can use at home.
As it says on your recipe card, kale helps your body use the energy in food and supports your immune system and vision.
Who has eaten kale before?

If you have more time

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Let’s build a balanced meal!
Work together to create a balanced meal you and your family like, or want to try! Make sure to include kale, and put all the parts of your meal in their correct food group.

Work together to build a balanced meal and talk with each other about favorite ways to eat kale.