**Hail to the Kale!**

**Calcium:** Important for strong bones and healthy teeth

**Vitamin A:** Helps with your eyesight!

**Vitamin C:** Keeps you healthy and prevents sickness

**Vitamin K:** Helps heal cuts and bruises

**Folate**: Helps with growth and development

**Potassium:** Keep the blood pumping to the heart

**Recipe Idea:** You can even turn kale into delicious chips! Just drizzle some olive oil and salt onto the kale and pop them into the oven until they turn dry and crispy!

