



Kale | Julia Childish Kale Chips

Activities

Developed by: Gallatin Valley Farm to School (www.gvfarmtoschool.org)

Grades

Afterschool | K-3

Objectives

This lesson allows students to explore the health benefits, parts, and taste of kale. Students will practice measuring, lab safety, and food preparation skills.

Students will be able to:

- Use their five senses to explore kale leaves
- Identify the parts of a kale plant
- Describe why kale is good for their bodies/health
- Prepare a healthy kale chip snack

Materials

- 1 gallon glass jar or similar
- 1 rubber spatula or similar
- 3-4 mixing bowls
- 1 grocery sack or bag
- 2 bunches local kale
- 1 tablespoon olive oil
- 1 teaspoon salt
- Optional – A variety of seasonings for students to personalize batch or batches
- Dehydrator – electric (Alternately, building a solar dehydrator could be a fun build up activity.)
OR
- Oven and a sheet pan
- Pre-made kale chips

Directions

Start this lesson by asking students to describe what they already know about kale. Where have they seen it before? How have they had it? Why is it good for us? Then, explain why it is healthy for us (vitamins K, A, C, calcium and iron). You may also like to provide a visual aid, whether a poster or a student acting out a physical interpretation of the benefit. After we have touched on the health benefits, we start the salad!

Dig Deeper

Get more information, register, or download resources:

Aubree Roth

Montana Farm to School Coordinator

aubree.roth@montana.edu | (406) 994-5996

mtharvestofthemonth.org

For afterschool settings, one is often confined by supplies and time. For this recipe, it is best to make a batch ahead of time and then let the students prepare the batch for the next class. The Harvest of the Month Harvest at Home handout includes a simple and delicious kale chip recipe.

To prepare the kale:

- Wash the kale ahead of time and remove dead or heavily bug eaten leaves or pieces.
- Have students wash hands. (Ask afterschool worker to assist them).
 - While students are washing their hands, prepare the table(s) with mixing bowls placed within reach of a group of 4-5 students.
- When the students return, hand each student one leaf of kale.
- Ask the students to observe the leaf.
 - What do they notice about the leaf?
 - What do they think leaves do for plants? Are all leaves the same?
 - Where is the stem? What does the stem do?
- When students are finished observing leaves, ask them to remove the leaves from the stems, tear the leaves into pieces about the size of their thumbs, and place the thumb-size pieces into the nearest mixing bowl.
- Ask a volunteer or two to become the “Compost Collector(s)” and retrieve all of the stems into a sack or bag that can be used in a compost project or given to someone with chickens.
- Collect the bowls of kale pieces and place into the jar.
- Ask for a volunteer to measure and pour the olive oil into the jar.
- Have a student measure and pour the salt into the jar of kale and olive oil.
- Pass the jar around the class allowing each student to stir three times. I prefer to have the whole class chant, “vitamin A, vitamin C, calcium” to help the students keep count, or something similar that keeps the whole class engaged and reinforces the message of the lesson.
- When everyone has had a turn stirring, place kale in a single layer onto a cookie sheet or dehydrator tray. Explain to the students that we need then dehydrate the kale for 2-3 hours.
- Pull out the pre-prepared kale on another sheet or tray.
- Explain to students that we will wait to eat all together. While passing out the kale, reiterate the “Don’t Yuck My Yum” rule.
- Cheers to kale!



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, Montana Organic Association, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.

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