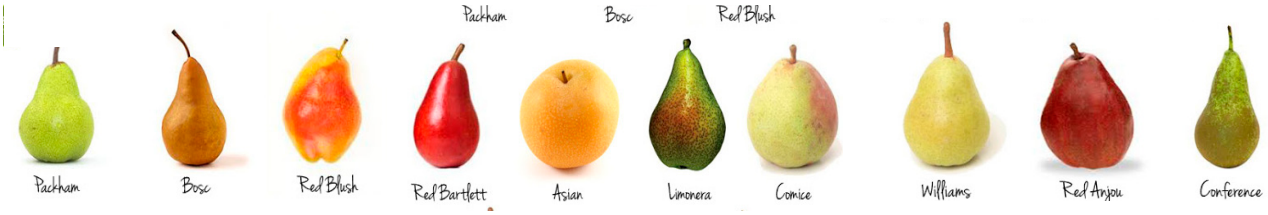
Pears

You are what you Eat, So Eat Pears!

Our bodies are made of the nutrients found in food, thus what we choose to eat has a major impact on how we grow. Children grow at rapid rates, so their nutrient needs are much greater than adults. Pears provide ample vitamin C, fiber, and are cholesterol and fat-free, and more fruits and vegetables in the diet are necessary to help kids grow big and strong! Vitamin C helps your child build strong muscles, blood vessels, bones, and teeth. Fiber helps keep your child regular and prevent blood sugar spikes! Pears are also an excellent source of nutrients for one of baby's first complementary foods!

Fiber has many benefits!

Pears have other benefits for kids, too! Dietary fiber reduces the rate of sugar absorption, which will limit blood sugar spikes. When kids consume sugary snacks or processed food, blood sugars spike quickly then drop quickly. This sends kids running to the kitchen for another treat, usually something sugary. By including pears, a high fiber food, the dietary fiber limits the rate of sugar absorption. So, kids may stay satisfied longer, learn to control their appetites themselves, and learn to make healthy choices.



Prevent Disease!

Unfortunately, several diseases have been shown to start early in life, and including more fruit in the diet may help fight these illnesses. Most of us think of heart disease as an adult's illness, but studies show that heart disease begins to develop in adolescence! Eating fruit and vegetables like pears can help fight the onset when included in an overall healthy diet. Pears contain antioxidants and are a good source of the antioxidant vitamin, vitamin C, which protect against oxidative stress that may lead to heart disease. Pears are also an excellent source of fiber, which has been shown to reduce cholesterol and reduce risk for heart disease.

Make healthy Choices

Ultimately, including more fruits and vegetables in the diet helps kids develop their own taste personalities and lifelong healthful eating habits. Studies suggest that kids who eat more fruits and vegetables eat more fruits and vegetables as adults, too. So if we really are what we eat, then shouldn't we eat healthy foods throughout life to be healthy people? Of course! So, include pears and other fruits and vegetables at every meal!

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How Do Seeds Sprout?

Have you ever planted a seed and watched it grow? Maybe you've just noticed plants and beautiful flowers magically spring from the ground now and then.

All the plants around you start life as a seed. Without seeds, there would be no plants and Earth would be a barren place that would not support the many forms of life that surround us every day.

Seeds are usually fairly small. Some are even tiny. Despite their small size, though, seeds contain food and all the instructions necessary to sprout to life as a plant.

When seeds are planted, they first grow roots. Once these roots take hold, a small plant will begin to emerge and eventually break through the soil. When this happens, we say that the seed has sprouted. The scientific name for this process is *germination*.

As the plant grows and begins to make its own food from nutrients it takes from the soil, it will grow into a larger plant. The seed itself is like a survival package. It contains the food the seed needs while it is growing roots and forming into a small plant.

The three things plants need to grow are light, food and water. Light, whether from the Sun or an artificial light source (like a light bulb), gives the small plant the energy it needs to begin *photosynthesis*. Photosynthesis is the process the plant uses to convert light energy into food.

Like all living things, plants need water. Once a seed sends out roots, these roots will deliver water from the soil to the plant. As the plant grows and needs more water, roots will grow longer and stretch farther to find the necessary water in the soil.

When you get dry seeds at a gardening store, the seeds are *dormant*, which means they're inactive. All it usually takes to wake them up, though, is just to add water. Whether you plant them in moist soil or simply wrap them in a moist paper towel, they will begin to come to life.

Amazingly, scientists still don't fully understand what all happens inside of a seed as it comes to life. As the seed soaks up water, its food stored inside begins to be converted into energy in the form of enzymes. These enzymes start the process of sending out roots and sprouting the first parts of the plant. Exactly how all this works is still a bit of a mystery, but it is fascinating to watch whether you're a child or an adult!

http://wonderopolis.org/home/wonder/how-do-seeds-sprout/#sthash.ixdmx32a.dpuf



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Kale

Different Types of Kale

There are several varieties of kale, some with curly leaves and some straight and narrow. The predominate types grown are:

- **Green kale:** has ruffled leaves and a fibrous stalk and is usually deep green in color. It has a *pungent* flavor with a bitter peppery quality.
- **Red kale:** similar in appearance to green kale but has a vibrant red color
- **Lacinto:** commonly referred to as dinosaur kale, features dark blue-green leaves that have an embossed texture. It has a slightly sweeter and more delicate taste than green kale.





Benefits of Kale

- **Kale is high in iron.** Per calorie, kale has more iron than beef. Iron is essential for good health, such as the formation of hemoglobin.
- **Kale is high in Vitamin K.** Eating a diet high in Vitamin K can help protect against various cancers.
- **Kale is filled with powerful antioxidants.** Antioxidants, such as carotenoids and flavonoids help protect against various cancers.
- **Kale is great for cardiovascular support.** Eating more kale can help lower cholesterol levels.
- **Kale is high in Vitamin A.** Vitamin A is great for your vision, your skin as well as helping to prevent lung and oral cavity cancers.
- **Kale is high in Vitamin C.** This is very helpful for your immune system, your metabolism and your hydration.
- **Kale is high in calcium.** Per calorie, kale has more calcium than milk, which aids in preventing bone loss, preventing osteoporosis and maintaining a healthy metabolism. Vitamin C is also helpful to maintain cartilage and joint flexibility.



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Green Kale



Red Kale

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The Truth about Kale

Move over Popeye and make room for the "queen of greens," kale. Gaining in popularity, kale is an amazing vegetable being recognized for its exceptional nutrient richness, health benefits, and delicious flavor.

Eating a variety of natural, unprocessed vegetables can do wonders for your health, but choosing super-nutritious kale on a regular basis may provide significant health benefits, including cancer protection and lowered cholesterol.

Kale, also known as borecole, is one of the healthiest vegetables on the planet. A leafy green, kale is available in curly, ornamental, or dinosaur varieties. It belongs to the Brassica family that includes cruciferous vegetables such as cabbage, collards, broccoli, and Brussels sprouts.

What makes kale so exceptional? Here is why it's a superstar vegetable— and ways to work it into your diet.

Kale is a Nutritional Powerhouse

One cup of chopped kale contains 33 calories and 9% of the daily value of calcium, 206% of vitamin A, 134% of vitamin C, and a whopping 684% of vitamin K. It is also a good source of minerals copper, potassium, iron, manganese, and phosphorus.

Kale's health benefits are primarily linked to the high concentration and excellent source of antioxidant vitamins A, C, and K–and sulphur-containing phytonutrients.Carotenoids and flavonoids are the specific types of antioxidants associated with many of the anti-cancer health benefits. Kale is also rich in the eye-health promoting lutein and zeaxanthin compounds.

Beyond antioxidants, the fiber content of cruciferous kale binds bile acids and helps lower blood cholesterol levels and reduce the risk of heart disease, especially when kale is cooked instead of raw.

Super-Rich in Vitamin K

Eating a diet rich in the powerful antioxidant vitamin K can reduce the overall risk of developing or dying from cancer, according to a study in the *American Journal of Clinical Nutrition*. Vitamin K is abundant in kale but also found in parsley, spinach, collard greens, and animal products such as cheese.

Vitamin K is necessary for a wide variety of bodily functions, including normal blood clotting, antioxidant activity, and bone health.

But too much vitamin K can pose problems for some people. Anyone taking anticoagulants such as warfarin should avoid kale because the high level of vitamin K may interfere with the drugs. Consult your doctor before adding kale to your diet.

Kale might be a powerhouse of nutrients but is also contains oxalates, naturally occurring substances that can interfere with the absorption of calcium. Avoid eating calcium-rich foods like dairy at the same time as kale to prevent any problems.

http://www.webmd.com/food-recipes/features/the-truth-about-kale



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