

# Why should I eat it?

Clorry the cabbage is one of the few vegetables that contains Vitamin K. Vitamin K is the clotmaster! Remember the last time you got a cut? Your blood did something special called clotting. This is when your blood acts like glue and sticks together over the cut.

Where else can I find Vitamin K?

Asparagus  
Spinach

Colour In  
Clorry the  
cabbage

