

kick start!
eat smart!

**FAVORITE
SPORT:**

Basketball

**FAVORITE
POSITION:**

Center

**FAVORITE
COLOR:**

Red

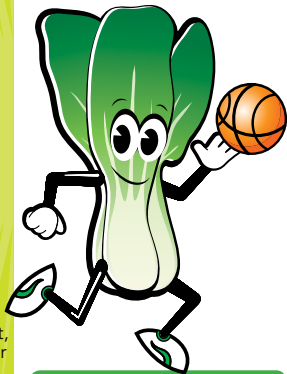
**FAVORITE CDM
EXHIBIT:**

WaterWays

**CAREER
ASPIRATIONS:**

Physical Therapist,
Robotics Engineer

BEST FRIENDS:
Soy, Ginger and
Pepper



Le Bok Choy

A MEMBER OF THE CABBAGE FAMILY



Children's Discovery
Museum of San Jose

KAISER PERMANENTE
KP SAN JOSE MEDICAL CENTER


thrive

RECIPE:

Bok Choy/Lettuce Boats

Bok choy and other greens are filled with healthy nutrients. Mix them with other vegetables and feel the vitamins coursing through your body. These wraps are like mini roll-ups or burritos and they'll help you to eat more green foods!

- Bok choy or large lettuce leaf
- Other chopped vegetables, like carrots, cucumbers, tomatoes, peppers
- Salad dressing
- Croutons or dried Ramen noodles

Directions:

Chop up your vegetables and mix with a little bit of salad dressing. Spoon the veggie mixture onto a large bok choy or lettuce leaf. Add some croutons or crumbled Ramen noodles on top. Gently fold over the sides of the bok choy or lettuce leaf and eat like a burrito. Enjoy!

