

FOOD\$ENSE kids

Veggie Vibes

Potato Objectives

Participant will:

1. Children will explain one reason potatoes are healthy for them.
2. Children will explain that potatoes come from a plant that grows in the ground.
3. Children will experience potatoes using their senses of feel, sound, smell, and sight.
4. Children will make and eat a simple, nutritious recipe using potatoes.

Total Time: 30-40 minutes

Required Materials:

- Parts of a Plant Chart
- Veggie Taster Award – one for each child
- Several varieties of potatoes, such as russet, red, fingerling, etc.
- If possible, a potato with an eye that is beginning to sprout.
- Vegetables needed to play 5 Senses Game. See Objective #3 in lesson for details
- Ingredients for recipes and materials for the food demonstration
- Utah Food \$ense required paperwork for the program

Preparation Required:

- Review lesson plan
- Gather ingredients and materials needed to demonstrate the recipes
- Make copies of recipes and anything else you want children to take home
- Make copies of all the required paperwork for the lesson

LESSON PLAN

Introduction

Time: 2-4 minutes

- Welcome the children to the class
 - Give the class hints of what vegetable they will be learning about to see if they can guess
 - I am roundish
 - I grow underground
 - I have “eyes”
 - I am a vegetable
 - My other name is tuber
 - Once the students have guessed correctly inform them that they will be learning all about potatoes today!
-

Objective 1: Children will explain one reason potatoes are healthy for them.

Time: 5 minutes

- Show different varieties of potatoes to class.
 - Ask the class what are different ways they like to eat their potatoes?
 - Mashed, baked, fries, salad, soups, stew, hash browns, potato pancakes, etc.
 - Potatoes are the most popular vegetable and are very good for us. They are full of vitamins and minerals that make us healthy and strong. One important nutrient they have is potassium.
 - Potassium is like a repairman. It works all over our body by making “repairs” to our body to keep it working like it should. It does things like:
 - Keep our heart pumping, keep our nervous system working, give us energy, and help build muscle.
-

Objective 2: Children will explain that potatoes come from plants that grow in the ground.

Time: 5 minutes

- Show children the ‘Parts of a Plant’ chart. Explain that vegetables are plants that usually grow from seeds. If we put the seeds in the ground and give them plenty of sunlight and water, they will grow into more plants. Potatoes are a little different because we grow new potatoes from sprouts instead of seeds. When we plant the sprout, a new potato plant grows. *If possible show class a potato with an ‘eye’ that has started to sprout.*
 - We don’t always eat the entire vegetable plant. We usually eat just a part of the plant.
 - Describe each of the six parts of the plant.
 - Ask the children which part of the plant they think potatoes are.
 - Potatoes are the root part of the plant.
-

Objective 3: Children will experience potatoes using their senses of feel, sound, smell, and sight.

Time: 10-15 minutes

- Tell the children you are going to play the “5 Senses Game”. Begin the game by asking the class who can name one of our five senses. (If a child states taste, tell him/her that is correct, but we will be covering the taste when we try the potatoes later.)
 - As the child names one of the senses have him/her come to the front of the class to volunteer for an experiment. The child will participate in the experiment relating to the sense he/she stated. For example, if the child says touch, he will guess the feel

- of potatoes.
- **Touch:** Explain that the child will be feeling three different vegetables and guessing which one he/she thinks is the potato.
- There will be two other vegetables (green beans, sliced carrots, etc.) and a potato. The potato can be mashed, sliced, baked, raw, etc. The child must guess without using any senses other than touch which one is the potato.
- Ask the class: Who can tell me what another one of our five senses is?
 - **Sound:** Explain that the child will have to guess which vegetable is the potato by listening to the sound three different vegetables make.
 - Place a blindfold over the child's eyes and make a sound with each vegetable. Some examples are tearing lettuce, snapping broccoli spears, biting carrots, or peeling a potato.
- Ask the class: What is another one of our five senses?
 - **Smell:** The child will determine which vegetable is the potato by smell.
 - Place a blindfold over the child's eyes and allow him/her to smell three different vegetables (radishes, onions, etc.).
- Ask the class: What is the last of our five senses?
 - **Sight:** The child will come to the front of the class to determine which vegetable is a potato by sight.
 - There will be three vegetables, preferably those that look similar to potatoes, which the child must examine to determine which is the potato. Some examples are other root vegetables such as turnips or yams.

Objective 4: Children will make and eat a simple, nutritious recipe using potatoes.

Time: 10-15 minutes

- Tell the class now that we have learned all about potatoes, we are going to taste them.
- Pick a recipe or two from the handout to share with the class.
- Demonstrate the recipe(s) in front of the class using as many students as you can. If you are short on time prepare some or all of recipe ahead of time.
- Serve the samples.
- Commend the children for trying the vegetable.

Conclusion:

Time: 2 minutes

Ask the class:

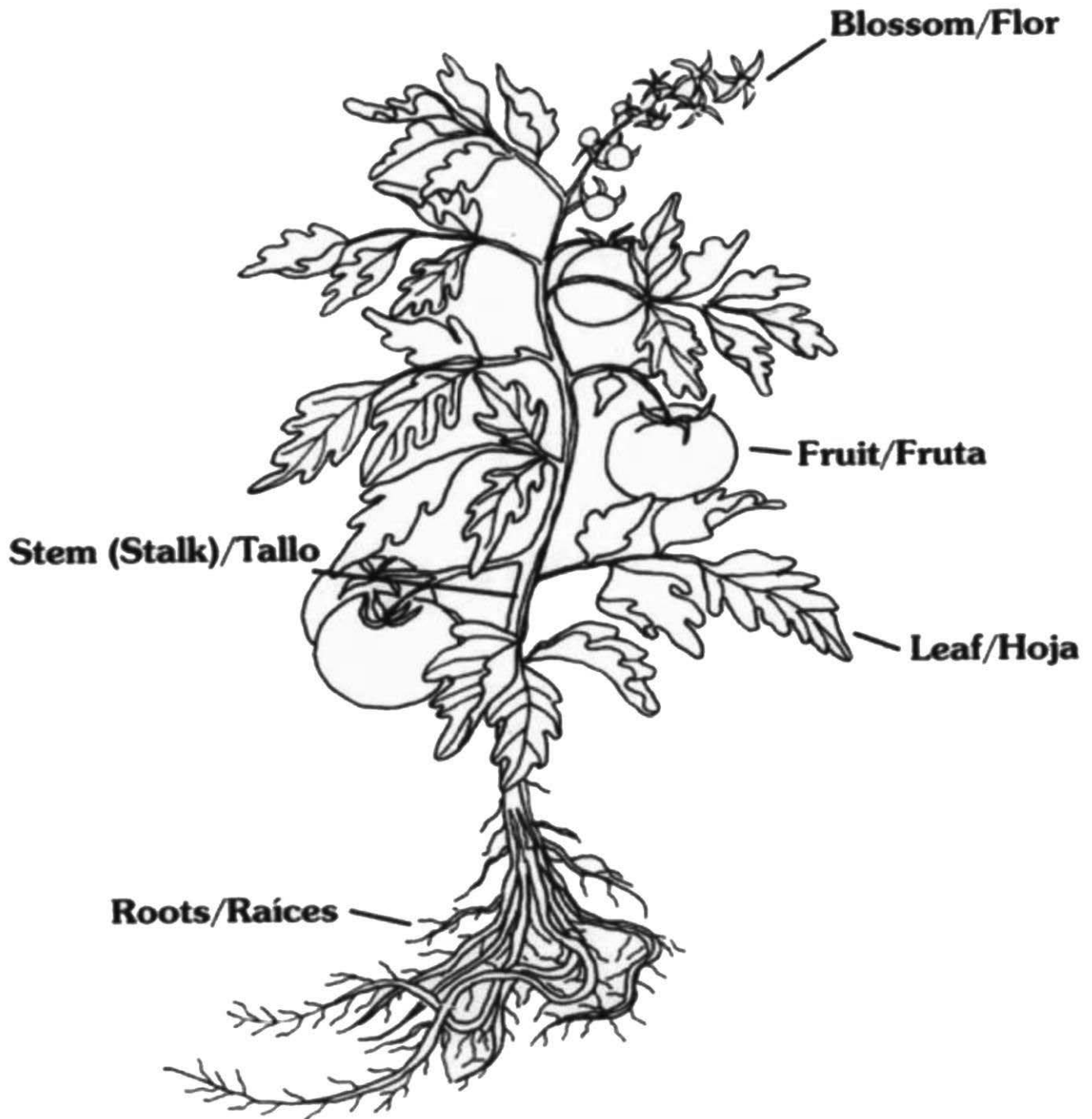
- How do potatoes help our body?
- What part of the plant does a potato come from?
- How did you like the taste of the potatoes?

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at <http://www.fns.usda.gov/snap/>. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3572.

PARTS OF A PLANT

PARTES de una PLANTA

(English/Spanish words are provided.)



VEGGIE TASTERS AWARD

This certificate is awarded to YOU
For tasting and learning about potatoes!



Teacher Signature:

Date:

VEGGIE TASTERS AWARD

This certificate is awarded to YOU
For tasting and learning about potatoes!



Teacher Signature:

Date:

FOOD\$ENSE kids

Veggie Vibes



FUNPOTATOFACTS

- Some people call potatoes tubers
- Potatoes are high in potassium so they keep us healthy
- Potatoes grow from sprouts
- Potatoes taste delicious!

GREAT POTATORECIPES

Oven Potato Wedges

- 2 pounds red potatoes, cut into small wedges
- 1 onion, chopped
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon oregano

Combine all ingredients; stir to coat. Place in ungreased baking pan. Bake at 425° for 30-35 minutes, or until potatoes are tender.

Smashed Potatoes

- 1 teaspoon butter
- 2 cups mashed potatoes
- ½ cup green onions
- ½ cup shredded cheddar cheese

In large bowl, combine butter, mashed potatoes, and green onions. Sprinkle with cheese.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at <http://www.fns.usda.gov/snap/>. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3572