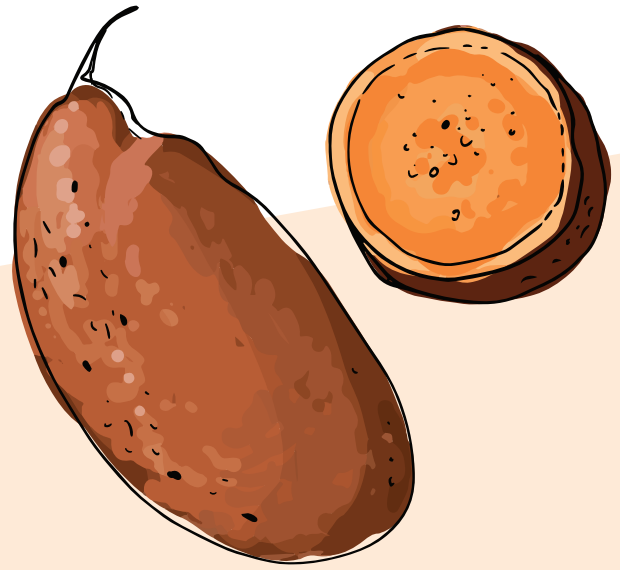


Sweet Potatoes



Did you know?

This root vegetable has a skin that may vary from dark yellow to dark red with an orange flesh which, as its name suggests, has a natural, sweet flavor. Although sometimes called yams, true yams are starchy edible roots that are white in color with tough skin. Unlike sweet potatoes, yams are native to Africa and are not commercially grown in the United States.

SWEET POTATO

Nutrition Facts

Serving size 1 small, baked

Amount Per Serving

Calories 60

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Polysaturated Fat 0g

Monosaturated Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 12g 4%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 22.8mg 2%

Iron 0mg 0%

Potassium 285mg 6%

*The Daily Value (DV) tells you how much a nutrient a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CLASSROOM RECIPE

Maple Sweet Potatoes

Ingredients

- 2 sweet potatoes (large)
- 2 tablespoons yogurt, plain or vanilla
- 1 tablespoon maple syrup
- 1 tablespoon orange juice

Directions

1. Prick potato skins with a fork. Microwave on high for 3 to 4 minutes until soft and easily pierced with a knife.
2. Scoop out the pulp into a medium bowl. Mash the pulp and stir in the yogurt, maple syrup, and orange juice. Transfer to a microwave-safe serving bowl and microwave for 1 to 2 minutes to heat through.

NUTRITION INFORMATION

HOW MUCH DO I NEED?

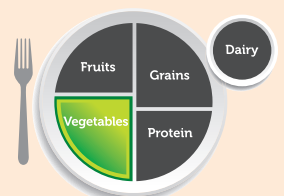
A 1/2 cup of sweet potatoes is about one cupped handful. The amount of fruits and vegetables each person needs depends on age, sex and physical activity level.

Recommended Daily Amounts of Vegetables

	5 – 8 yrs	9 – 13 yrs	13 – 18 yrs
Male	1½ – 2½ cups	2 – 3½ cups	2½ – 4 cups
Female	1½ – 2½ cups	1½ – 3 cups	2½ – 3 cups

Featured Resource

At choosemyplate.gov, kids and adults can take a short quiz to learn more about their current daily nutrition habits and find resources for adjusting those habits to prioritize nutritious food based on federal dietary guidelines.



Explore Pennsylvania's Sweet Potatoes

What You Need

2 raw sweet potatoes (one each of "dry flesh" and "moist flesh"), cubed

2 baked sweet potatoes (one each of dry flesh and moist flesh)

1 can of sweet potatoes

Nutrition Facts label

Pencils and paper

Steps

1. Taste raw, dry flesh sweet potato and describe the texture, smell, color and taste.
2. Repeat step 1 with raw, moist flesh sweet potato; then baked and canned sweet potatoes.
3. Compare the Nutrition Facts labels for the different varieties. Which nutrient values are similar and different? Why?
4. Note the the difference in taste between raw, baked and canned sweet potatoes. Which is the students' favorite?

CLASSROOM ACTIVITY CORNER

History Exploration

Ask students to research and write a report on the many medical and industrial uses of sweet potatoes throughout history.

Problem Solving

Use the nutrient content of sweet potatoes in math problems.

Example: In order to get the same amount of vitamin A that is contained in one medium sweet potato, a person would have to consume 23 cups of broccoli. How many sweet potatoes would it take to fulfill the same requirements as 100 cups of broccoli? How much vitamin A, vitamin C, and fiber would there be?

CAFETERIA CONNECTION

Suggest that students design sweet potato placemats with holiday designs and games to distribute to nursing homes, families, and friends for holiday meals. Students may also want to include sweet potato nutrition facts, growing information, and recipes on the placemats. Encourage students to hold a placemat contest between classrooms.

Use categories to help create interest, such as Most Creative, Most Festive, and Most Informational. Ask staff and older students to help judge the entries. Have student judges create a cafeteria bulletin board to display the placemats for a week. Consider awarding prizes in each category by grade level.



READING NOOK

Expand your lesson with these selected books about sweet potatoes and other root vegetables!



In the Garden with Dr. Carver

BY SUSAN GRIGSBY

AGES 4-8



Dr. Strong and Sweet Potatoes

BY YORI TAKEDA

AGES 9-12



Oliver's Vegetables

BY VIVIAN FRENCH

AGES 3-8

Just the Facts

- You can find sweet potatoes in season in Pennsylvania from August through November.
- Sweet potatoes are an excellent source of vitamin A and C.
- Sweet potatoes are good source of fiber, vitamin B6 (pyridoxine) and potassium.

paharvestofthemonth.org

Sources:
Adapted from the CalFresh Healthy Living program
<https://extension.psu.edu/forage-and-food-crops/vegetables>
<https://www.myplate.gov/eat-healthy/what-is-myplate>
<https://www.paharvestofthemonth.org/index.php/downloads>



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