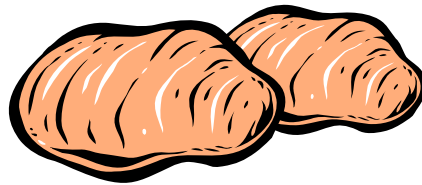


# MCS D PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET Sweet Potatoes



## DECEMBER 2007 READ ALOUD BOOKS

**Week 1:** Dr. Strong and Sweet Potatoes by Yori Takeda

**Week 2:** Potatoes by Melanie Mitchell

**Additional books from 2005-2006:**

**What's For Lunch? Potatoes** by Children's Press

**One Potato** by Diana Pemeroy

**Potatoes On Tuesdays/Papas El Martes** by Dee Lillegard

**The Enormous Potato** by Aubrey Davis



Materials provided by:

*Network for a Healthy California-Merced County Office of Education*

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This material is adapted from the California Department of Public Health **Harvest of the Month** tool kit. Principal funding is from the USDA Food Stamp Program through the *Network for a Healthy California*, which is an initiative of the California Department of Public Health. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with limited incomes that can help them buy nutritious foods for a better diet. For information, call 1.888.328.3483.

# HARVEST OF THE MONTH ACTIVITIES

## Sweet Potatoes

HM Theme: 7 Community, City and Country

Week 1

### Stayin' Strong

**Book:** Dr. Strong and Sweet Potatoes by Yori Takeda

#### **Objectives:**

- Students will identify fruits and vegetables as food that can help you stay strong and be healthy.
- Students will identify sweet potatoes as a vegetable and a healthy food.
- Students will describe ways they can stay strong and be healthy.
- Students will create a poster to show one way they can be healthy.

#### **Materials:**

Chart paper and markers

Drawing paper and crayons

#### **Directions:**

1. Read Dr. Strong and Sweet Potatoes.
2. Discuss the story. What vegetable did Dr. Strong suggest the children eat so they will have extra energy to play and learn? Have the students find the sweet potato picture and place it in the vegetable pocket of the MyPyramid Pocket Chart.
3. Ask the children to identify other fruits and vegetables they can eat to help them stay strong and be healthy. List them on chart paper.
4. Ask the children to name some ways they can stay strong and be healthy. List them on chart paper.
5. Show children page one from the story and point out the poster of the skeleton that states "Eat Healthy." Explain that people put up posters to remind them to do things. Explain that they will create a poster that will help remind them of ways to eat healthy and be active. Take dictation as students explain their picture.

# HARVEST OF THE MONTH ACTIVITIES

## Sweet Potatoes

HM Theme: 7 Community, City and Country  
Week 2

### Potato Pass

**Book:** Give Me My Yam! By Jan Blake and Peter Melnyczuk  
Potatoes by Melanie Mitchell

#### **Objectives:**

- Students will describe how sweet potatoes are grown.
- Students will identify different ways we eat sweet potatoes and potatoes.
- Students will identify healthy ways to eat sweet potatoes and potatoes.
- Students will play pass a sweet potato.

#### **Materials:**

Color Me Healthy picture card of sweet potatoes

5 Sweet Potatoes

Greg and Steve CD: We All Live Together Volume 5 "I like Potatoes"

CD player

#### **Directions:**

1. Read and discuss Give Me My Yam! Encourage children to say repetitive parts. Why does the boy call the sweet potato a yam? Explain that sweet potatoes and yams are often used interchangeably, but they are not the same (they were called yams in Africa, but here in Merced we grow sweet potatoes).
2. Read Potatoes. Show the children the Color Me Healthy picture card of sweet potatoes. Discuss how sweet potatoes grow underground. Cut a sweet potato in half and discuss the color inside. Pass the sweet potatoes around the room for students to examine. Ask the students if they have ever eaten sweet potatoes. How were they prepared? Was it a Holiday? Did they like them?
3. Show the children page 16 of Potatoes and discuss the different ways that people eat potatoes and sweet potatoes: French fries, sweet potato pie, potato chips, tater tots, baked, mashed, hash browns, potato pancakes, etc.

# HARVEST OF THE MONTH ACTIVITIES

## Sweet Potatoes

### HM Theme: 7 Community, City and Country Week 2

#### Potato Pass Continued

4. Have children identify which ways are the healthiest ways to eat potatoes. Have them recall how the bunny ate the sweet potato in the book Dr. Strong and Sweet Potatoes.
5. Tell the children they are going to use the sweet potatoes to play a game called "Pass the Sweet Potato."
  - a. Have the children sit in a circle.
  - b. Give every fourth child a sweet potato.
  - c. When the music starts they are to pass the potato to the person on their right.
  - d. When the music stops the teacher gives special directions. Such as:
    - i. Children with sweet potatoes must jump up and down or hop on one foot
    - ii. Children without sweet potatoes must march in place or switch seats, etc.
  - e. The game continues.

# Food Experience Calendar

## December 2007

Friday	12/7	<b>Sweet Potato Dip</b>
Friday	12/14	<b>Sweet Potato Sticks</b>
Friday	12/21	<b>Apple Glazed Sweet Potatoes</b>

# FOOD EXPERIENCE RECIPES

## December 2007

**Fri 12/7/07**

### **Sweet Potato Dip**

- 2 cups boiled or canned sweet potatoes
- 2 Tablespoons cinnamon
- 2 teaspoons nutmeg
- 1 cup non-fat plain yogurt
- 10 full Graham crackers broken in half (20 squares total)

#### **Directions:**

1. Mix sweet potatoes and yogurt together in a mixing bowl.
2. Add spices and serve with crackers or flat bread.

Makes 20 Taste Tests

Adapted from Cycle 1 November Harvest of the Month Newsletter

**Fri 12/14/07**

### **Sweet Potato Sticks**

- 3 sweet potatoes, peeled and sliced into sticks (like carrot sticks)
- 4 large carrots, peeled and sliced into sticks
- 1 cup of low-fat Ranch dressing (1/2 TBSP per student)

#### **Directions:**

1. Wash and peel sweet potatoes and carrots.
2. Slice the sweet potatoes and carrots into small sticks and set aside (keep separated).
3. Place 4 sweet potato sticks and 4 carrot sticks on each student's plate.
4. Ask the students to taste the sweet potatoes and carrots. Ask them to tell you which one is the sweet potato.

Makes 20 Taste Tests

Developed by *Network for a Healthy California-Merced County Office of Education*

# FOOD EXPERIENCE RECIPES

## December 2007

Fri 12/21/07

### Apple Glazed Sweet Potatoes

7 ½ cups unsweetened 100% apple juice  
1 ½ teaspoon cinnamon  
¾ teaspoon salt  
3 sweet potatoes, peeled and thinly sliced

#### Directions:

1. Combine apple juice, cinnamon and salt in a large skillet.
2. Add sliced sweet potatoes and bring to a boil over high heat.
3. Reduce heat slightly and simmer.
4. Stir occasionally for 20-25 minutes or until potatoes are tender and juice has been reduced to a glaze.
5. Serve warm.

**\*\*No stovetop cooking option\*\***

**Substitute canned sweet potatoes (drained) and combine all ingredients in a microwave safe bowl.**

**Microwave to warm the mixture, stirring occasionally.**

Makes 20 Taste Tests

Adapted from Cycle 1 November Harvest of the Month Newsletter

# Preschool Activities Shopping List

December 2007

Each shopping list is for one class session (unless otherwise noted).

## Preschool Activities Shopping Directions:

1. You must use the Save Mart card and shop at Save Mart or Food Maxx.
2. Purchase only the items that are on the shopping list.
3. If a specified item is not available, you may make an appropriate substitution. *Please include a written explanation with your receipt.*
4. Comparison shop for the best price.
5. Turn in your receipts promptly.

### Fri 12/7/07: Sweet Potato Dip

- 1 (29 oz) can of sweet potatoes in light syrup
- 1 small container of cinnamon (should still have cinnamon from September recipes)
- 1 small container of nutmeg
- 2 (6 oz) containers of non-fat plain yogurt
- 1 small box of graham crackers

### Fri 12/14/07: Apple Glazed Sweet Potatoes

- 1 (64 oz) bottle of unsweetened 100% apple juice
- 1 small container of salt
- 3 sweet potatoes **OR** 1 (29 oz) can of sweet potatoes in light syrup

### Fri 12/21/07: Sweet Potato Sticks

- 3 sweet potatoes
- 4 large carrots
- 1 small bottle of low-fat Ranch dressing

## Other Materials to Purchase:

- 5 sweet potatoes for the game
- Plastic Spoons X 1 recipes = 20 spoons per class session for the month.
- Paper Plates x 3 recipes = 60 plates per class session for the month.

**PLEASE PURCHASE ONLY PAPER PLATES—NOT STYROFOAM!**