

NUTRITION EDUCATION LESSON PLAN

LESSON NAME

Sweet Potato Nutrition

GRADE LEVEL

Pre-K - 8

TIME

5-30 minutes

CONTENT AREA

Health, Science,
Engineering, English
Language Arts

MATERIALS & PREPARATION

Review the **Sweet Potato Handout** to familiarize yourself with the content and select one or more activities for your lesson.

Review and modify the **Sweet Potato Slides** as needed and project on screen (optional).

Print 1 copy of the **Sweet Potato Handout** for each student (optional).

Prepare **sweet potato** to serve to the students during the lesson.

OBJECTIVES

Pre-K - Grade 8

Identify sweet potatoes as member of the vegetable food group.

Grade 3 - Grade 8

Describe the role of nutrients found in sweet potatoes.
Understand where/how sweet potatoes are grown.

Grade 6 - Grade 8

Assess personal need for nutrients found in sweet potatoes.
Plan healthy meals and snacks that incorporate sweet potato.

LESSON OUTLINE

#1 Serve: Provide each student with a serving of sweet potato to consume during the lesson.

#2 Teach: Use the first page of the Sweet Potato Handout to teach the students about sweet potato.

#3 Explore: Select one or more activities from the second page of the Sweet Potato Handout for the students to complete.

#4 Discuss: Use one or more of the questions below, or create your own, to assess your students' understanding of the material covered:

- What are examples of other root vegetables?
Examples: potatoes, carrots, radishes, yams, jicama, etc
- When should you plant a sweet potato? When are they in season?
Example: Sweet potatoes are planted in February-June and are in season December-March
- Why is eating sweet potato good for your health?
Examples: provides essential vitamins and minerals, good source of fiber, etc.
- What should you look for when selecting sweet potato at the store?
Example: Look for small or medium-sized for creamier potatoes, no soft spots, etc.
- What is your favorite way to eat sweet potato?
Examples: mashed, diced and roasted, baked sweet potato, etc

