Theme: Nutrition and Cooking
Grade Level: 2nd - 5th
Time Required: 45 minutes
Number of Students: 15-25

Sweet Potato Fries

Description
Students learn about the nutrients found in sweet potatoes and learn how fries are processed.

Guiding Question
How can we eat local food through the winter in Maine?

Big Idea
The food we eat gives our body the nutrients it needs to stay healthy.

Learning Objectives:

→ Students will be able to list the two nutrients found in sweet potatoes and how they help our bodies.
→ Students will identify sweet potatoes as a food that stores well through the winter.

Materials:

□ Recipe Appendix A
□ Sweet Potatoes
□ Olive Oil
□ Salt & Pepper
□ Measuring cups
□ Cutting boards
□ Safety knives
□ Baking sheet
□ Oven
□ Plates
□ Raw vs. processed food cards (make these by cutting out pictures from magazines)

Vocabulary:

Raw – Food unchanged from its natural state at harvest
Process – To change a food from its raw state
Harvest – The act of picking produce off the plant it grows from
Bake - To cook in an oven
Introduction to Lesson (10 mins)
Review the previous lesson: What did we learn about last week? Today we will cook sweet potato fries.
Connect to previous lessons:
- Taste the Rainbow: Orange
- Local food & stores well through the winter
- Nutrients: Vitamin A (*make glasses with hands*)
  Fiber (*rub stomach*)

Does anyone know what processing means? We have a whole sweet potato and we will *process* it into sweet potato fries. Define *raw* vs. *processed*. Ask if anyone has ever had a fry. Brainstorm ideas of words that describe how it was processed (harvest, wash, cut, fry).

Engage: Stations (30 mins)

Cook (10 mins)
Have students practice knife skills by cutting sweet potatoes into wedges. Have one example for them to copy. After each student has some time practicing cutting, involve students in seasoning cut fries with olive oil, salt, and pepper.

Taste (10 mins)
Have students tell you the nutrients found in sweet potato fries. Then, have them taste finished sweet potato fries. Discuss their observations about taste and texture and comparison for other fries and potato chips.

Raw vs. Processed (10 mins)
Have students match raw food to processed product. If extra time have them match words of what the process was (i.e. chop, mash, bake, fry, etc.)

Evaluation
What part of the plant is a potato?

Extensions for older students (4th-6th)
- Discuss how more ingredients = more processed. Read food labels.
- Count ingredients in our sweet potato fries vs. ingredients in McDonalds fries

Common Core Standards
- CCSS.ELA-LITERACY.L.2.4 Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grade 2 reading and content, choosing flexibly from an array of strategies.
- CCSS.ELA-LITERACY.L.2.4.A Use sentence-level context as a clue to the meaning of a word or phrase.
- CCSS.ELA-LITERACY.L.2.5.A Identify real-life connections between words and their use (e.g., *describe foods that are spicy or juicy*).

Next Gen Science Standards
- 2-PS1-1. Plan and conduct an investigation to describe and classify different kinds of materials by their observable properties.
- 2-PS1-4. Construct an argument with evidence that some changes caused by heating or cooling can be reversed and some cannot.
Appendix A

Sweet Potato Fry Recipe

Ingredients
- 1 large Sweet Potatoes
- 4 tbsp Olive Oil
- ¼ tsp Salt
- ¼ tsp Pepper

Materials
- Cutting board
- Knife
- Baking sheet
- Oven

Direction
1. Pre-heat oven to 375 degrees Fahrenheit
2. Cut the sweet potatoes in half, and then into ¼ inch thick wedges
3. Mix the olive oil and salt and pepper
4. Coat the wedges with Olive Oil mixture on the baking sheet
5. Bake for 20 minutes, checking to see if they are soft all the way through and a little brown on the outside
**Sweet Potato Fries**

**Ingredients**

- ~ 1 large Sweet Potatoes
- ~ 4 tablespoons Olive Oil
- ~ ¼ teaspoon Salt
- ~ ¼ teaspoon Pepper

Pre-heat the oven to 375 degrees Fahrenheit. Cut the sweet potatoes in half, and then into ¼ inch thick wedges. Coat the wedges with Olive Oil and salt and pepper. Bake for 20 minutes, checking to see they are soft all the way through. Enjoy!