



Out of School Time Learning Plan Sweet Potato

Harvest Out-of- School Objectives

Participants will review which plant part sweet potatoes are from
Participants will review the health benefits of sweet potatoes
Participants will make a sweet potato out-of-school time snack



Harvest Out-of- School Review

- Hold up the sweet potato and ask the participants if they remember, from school:
 - what it is called (sweet potato)
 - what type of plant part does it come from (root)
- Review with them how sweet potatoes grow (at the plant's roots, that are found underground), why we should eat root vegetables (energy for play, healthy digestion, and healthy immune systems—prevents colds), and how to pick a good sweet potato (it should be firm, dry and have smooth skin). Please see the next pages for images to share with them.

Harvest Out-of-School In Action

Rule of 15 "Put a food on the table at least 15 times to see if a child will accept it." Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

Baked Sweet Potato Fries (10 participants)

| | |
|------------------------------------|---------------------------|
| 5 medium sweet potatoes | 2 Mixing bowls and spoons |
| 1 tablespoon oil (olive, or other) | 5 Knives |
| ½ teaspoon paprika (optional) | 5 Cutting boards |
| Salt, to taste | 1-2 Baking sheet(s) |
| Plate (one per participant) | |



General Directions: Preheat oven to 400 degrees F. In a large bowl, mix olive oil and paprika. Add potato sticks, and stir to cover. Place on the prepared baking sheet and bake for 40 minutes.

1. All participants should wash their hands.
 - a. Wet hands with warm water
 - b. Apply hand wash (soap)
 - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
 - d. Rinse both sides of hands with water all the way up to the wrists
 - e. Dry hands and shut off faucet with towel
2. Rinse the sweet potatoes under running water and rub the skin with hands to remove any soil. Demonstrate how to cut the sweet potatoes. Show them how to hold the knife handle correctly and how to roll their fingers under to protect their fingertips. Cut a few pieces about the size of a large French fry.
3. In groups, have 5 participants cut the sweet potatoes, 2 participants measure out the remaining ingredients into a bowl and mix, 1 participant lightly grease a baking sheet, and 1 prepare the eating area.



4. After participants are done cutting, have the participants mix the sweet potatoes with the oil and paprika. Participants can help place the sweet potato fries on the prepared baking sheet. Bake for 40 minutes in oven at 400 degrees F. Let cool and enjoy!

Harvest Out-of-School Wrap-Up

- After trying the sweet potato, have the participants record in their HOM journal in their “Like” “Don’t Like” table where they put sweet potato.
- On their “Why we should eat...” page have the participants record one health benefit of sweet potatoes.
- Ask the participants, what other fruits or vegetables can be baked in the oven to make “chip” besides potatoes? (Kale, apples, turnips, squash, etc.)
- If time permits, participants may share their responses in pairs, or with the group.


How do Sweet Potatoes grow?

Sweet Potatoes like very warm weather. They need 150 frost free days to develop. They grow underground as part of the root of the plant.


Why should we eat Sweet Potatoes?

Vitamin A




Healthy eyes

Vitamin C




Healthy immune system (prevents colds, heals cuts)

Vitamin B6



Healthy brains

Fiber



Healthy digestion, cleans out your system