

Tips for Busy Early Childhood Professionals

*is for
Sweet Potatoes*

- Sweet potatoes are root vegetables that grow under the ground.
- They have a smooth skin that is red and purple. The inside of a sweet potato can be yellow, orange, and purple.
- Sweet potatoes are an excellent source of vitamin A. They are also a good source of fiber.

Photos: Network for a Healthy California

Sweet Potato Snack

Makes 25 taste at ¼ cup each.

INGREDIENTS

- 3 pounds sweet potatoes (about 3 large)
- 1 tablespoon butter
- 2 tablespoons brown sugar
- ¾ cup unsweetened 100% apple juice
- ¼ teaspoon ground cinnamon

SUPPLIES:

- Microwave oven, microwave safe bowl, plastic wrap
- Vegetable peeler and paring knife (for teacher)
- ½ cup measure, ¼ teaspoon, 1 tablespoon
- Colander, cutting board, mixing spoon
- Plastic forks, paper plates

PREPARATION:

1. Wash sweet potatoes, scrubbing well. Peel.
2. Chop sweet potatoes into small cubes. Place in microwave safe bowl with about 1 tablespoon of water. Cover loosely with plastic wrap.
3. Cook on high for 3 minutes. Stir potatoes. Add butter, brown sugar, apple juice, and cinnamon.
4. Continue cooking for 3-4 minutes, or until soft.
5. Remove from microwave. Let stand for a few minutes to cool slightly. Serve.

Nutrition information per serving:

Calories 40, Carbohydrate 8 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 1 mg, Sodium 14 mg, Dietary Fiber 1 g

Source:

NETA, University of California Cooperative Extension – Alameda County. Cooking with Children



For more information, visit:

www.harvestofthemonth.com
www.fruitsandveggiesmatter.gov

Cooking in the Preschool Classroom

provides many benefits to children

- Children can help wash sweet potatoes.
- They can help measure butter and brown sugar.
- They can help cover bowl with plastic wrap.
- Children can help clean up.

Food Safety and Sanitation

- Wash and scrub sweet potatoes well.
- Wash hands before preparing and tasting.
- Keep children away from microwave and hot bowl.

Create a Child-Friendly Environment

- Teach children how to ask for and pass food.

Activity:

Yummy Sweet Potatoes



Children will make connections between plants and food. They will learn about the benefits of eating sweet potatoes and yams while strengthening their language skills.

MATERIALS

- Variety of sweet potatoes for display
- A sweet potato plant that you will grow in the classroom
- Make a yummy yam song poster (see #4) with large letters and post some place visible for children to follow.

WHAT TO DO NEXT?

1. **Circle Time:** Teacher explains the benefits of eating sweet potatoes. Information is available on the front page. Ask children to sound the letter “Y” for yams and “S” for sweet potato. Yams and sweet potatoes are yummy.
2. **Ask:** the children what other fruits and vegetables start with the letters “S” and “Y” (strawberries, yellow squash).
3. **Go to Display:** Point at the different varieties of sweet potatoes and ask children to name the colors (orange, yellow, purple).
4. **Gardening:** “A sweet potato plant can be grown using one of the sweet potatoes we have. Let’s look at the sweet potato plant I grew.” Look at the information included in the “Methods” and “Results.”
5. **Body Movement:** To the tune of B-I-N-G-O sing the yummy yam song

Materials: Sweet potato, toothpicks, quart-size jar or glass with wide mouth, water (non-chlorinated).

Methods: Wash sweet potato thoroughly. Insert the toothpicks into the sides of the sweet potato about one-third of the way down. Place the sweet potato into the jar. Fill the jar with water.

Results: In about 10 to 15 days, the sweet potato will begin to bud. For the next three to six months, vines will grow from the sweet potato. Train the vines to climb up or around classroom objects.

Following the words written on the poster you have prepared.

There was a yam on my plate (SMILE)

It was ready for me to eat (PRETEND YOU ARE EATING THE YAM)

Y-A-M-M-Y, Y-A-M-M-Y, Y-A-M-M-Y (MOVE JAW UP AND DOWN)

YAMMY was its name (MAKE CIRCLE IN THE BELLY 2-3 times)

Y-A-M-M-Y, Y-A-M-M-Y, SWEET (LICK LIPS WITH TONGUE)

Cooking: Children wash their hands before cooking. Prepare recipe from the front page.



Connections to California Department of Education

Child Desired Results: 3 Years to Pre-K

Activity: CDR 1: Self-Regulation 9, 10, 11; Language 12, 13, 14, 15; CDR 2: Learning 16, 17; Cognitive 18, 21; Literacy 30, 33; Motor Skills 35

Cooking in the Classroom: CDR 1: Self-regulation 9, 10, 11; CDR 4: Safety and Health 39

For important nutrition information, visit www.oachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.