

**P**  
*is for Potato*

- Potatoes have white, brown, purple or red skin and white or golden flesh.
- Potatoes grow underground in gardens or farms.
- Potatoes are baked, dehydrated, fried and processed as potato chips.
- Potatoes are a good source of Vitamin C.

## Herb Roasted Potatoes

Makes 25 tastes at ¼ cup each

### INGREDIENTS:

- 2 pounds potatoes (about 4-5 medium)
- 2 tablespoons olive oil
- 1 tablespoon fresh rosemary or thyme

### SUPPLIES:

- Microwaveable baking dish, small scoops, and small plates, napkins, and small child-friendly knives

### PREPARATION:

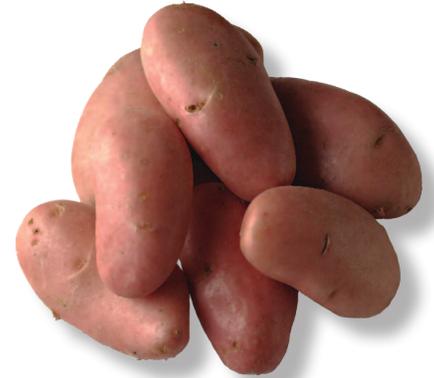
1. Scrub and rinse potatoes well, cut into ¼ inch cubes.
2. Remove the leaves from the herbs.
3. Place potatoes in a large bowl and mix the herbs and oil.
4. Cover dish with plastic wrap before microwaving on high power for 10-12 minutes.
5. Remove when they are tender. Let it cool before serving.

### Nutrition Information per Serving:

Calories 34, Carbohydrate 6 gm, Protein 1 gm, Fat 1 gm, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 2 mg, Fiber 1 gm.

### Adapted from:

[www.harvestofthemonth.com](http://www.harvestofthemonth.com)



## Book Recommendations:

### *Growing Vegetable Soup*

by Lois Ehlert

### For more information, visit:

[www.harvestofthemonth.com](http://www.harvestofthemonth.com)

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

## Cooking in the Preschool Classroom

provides many benefits to children

- Children develop positive attitudes towards eating and being active.
- Children can make potato balls with scoop when potatoes are cooked.
- Others can cut the potatoes into squares or remove leaves from the herbs.
- Children can help clean the cooking area.

## Food Safety and Sanitation

- Scrub and wash potatoes well before peeling.
- Wash hands before preparing and tasting the herb roasted potatoes.

## Create a child-friendly environment

Use child-friendly kitchen tools, with broad bases, easy- to- hold handles, and non- breakable materials.

## Activity:

# One Potato, Two Potatoes, Hot Potato, and More...

Children will explore with new math concepts while learning about many types of potatoes and their nutrient value. They will also learn the value of being active.



### MATERIALS

- One round or oval potato for each child. (Use the same variety included in the recipe on front page.)
- Small plates, plastic spoons, forks and knives.
- Pictures of different varieties of potatoes (red, white, yellow, purple.)

### WHAT TO DO NEXT?

1. **Before children arrive:** Display the pictures of the different varieties of potatoes you will be using in the activity and have all supplies ready for the children to do the activity.
2. **Circle Time:** Teacher will explain the nutritional value of potatoes listed on the front page. Ask how many children eat potatoes and how they are prepared.
3. **Explain the activity:** It is like a puzzle. We will have many pieces of potatoes and we will try to put it back together. Give each child a cooked potato and the supplies to conduct the activity.
4. **Teacher Instructions:** Ask children to follow your instructions. Cut potatoes into two. How many pieces of potatoes do we have now? Continue cutting the potatoes into four pieces. Ask the children to try and put the four pieces back together. How many potatoes do you have now? Is it one potato?

5. **Show:** Display the other smaller potatoes. Ask if you cut the potatoes, will the number of potatoes change? Explain why the number will be the same and that the pieces of the potatoes add up to one potato.
6. **Circle Time:** 1) Each child should have one potato in their hands. Rehearse lyrics of “One Potato, Two potatoes,” and continue until they have finished one round of the song. Children will form a circle pass the potato to the right. Teacher says, “Let’s eat a potato.” Children will then return the potato to the table, pick up a piece of a potato and taste it. 2. Then when back in the circle give one “hot” potato to a child. Now the children will pass the “hot” potato, as fast as they can, to the right. Then switch to the left singing hot potato, hot potato, I eat.

#### “One Potato, Two Potatoes...” lyric:

One potato, two potatoes,  
three potatoes, four!

Five potatoes, six potatoes,  
seven potatoes, more!

After two rounds of the song, end the activity.

7. **Cooking:** Have the children wash hands and help prepare the recipe on the front page.



### Education

**Child Desired Results: 3 Years to Pre-K**

**Activity:** DRDP-PS: SSD:5,8; LLD:1,2; ELD:1; COG:1,2,4; MATH:1;PD:1; HLTD: 2,3

**Cooking in the Classroom:** SSD:5,8,12; COG:5; PD:3; HLTD:3

For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net). For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.