

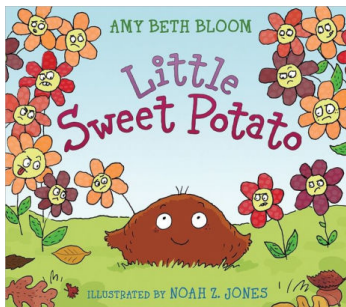
# Sweet Potato

## ROOTING FOR SWEET POTATOES

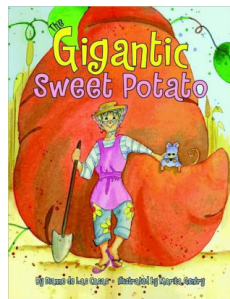
### English Language Arts

**TUBER**, or not **TUBER**, that is the question

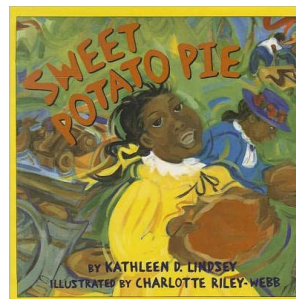
Consider exploring sweet potato-themed books\*:



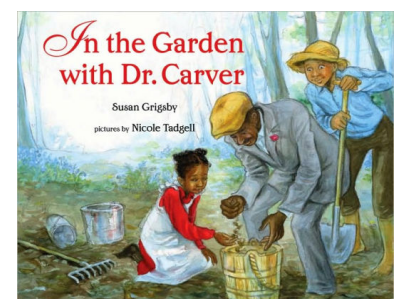
'Little Sweet Potato'  
by Amy Beth Bloom



'The Gigantic Sweet Potato'  
by Dianne de Las Casas



'Sweet Potato Pie'  
by Kathleen D. Lindsey



'In the Garden by Dr. Carver'  
by Susan Grigsby

\*The Georgia Department of Education (GaDOE) cannot and does not endorse or promote any commercial products, including books. Teachers and school leaders should check with their local district policy when selecting books to support instruction in determining age and content appropriateness for their students.

Georgia Standard ELAGSE1RL4: **1<sup>st</sup> Grade**

Georgia Standard ELAGSE2RL4: **2<sup>nd</sup> Grade**

Discuss syllables and the structure of poems such as haikus. Have students write poems about sweet potatoes.

### Math

One **POTATO**, two **POTATO**

Georgia Standard MGSE3.OA.8: **3<sup>rd</sup> Grade**

Have students complete sweet potato-themed math problems from the North Carolina Sweet Potato Commission:

<https://ncsweetpotatoes.com/curriculum/>

# Sweet Potato

## Health and Physical Education

### Don't be a couch **POTATO**

Sweet and super – note the benefits of sweet potatoes:

- **Vitamin A:** A medium sweet potato has over four times the recommended daily amount of vitamin A which plays a vital role in vision, bone development and immune function. Vitamin A is a fat-soluble vitamin, so be sure to eat your sweet potato with a little bit of fat, such as a drizzle of olive oil, to maximize vitamin absorption.
- **Vitamin C:** Sweet potatoes are a good source of vitamin C, which helps fight infections, heal wounds and absorb iron. A medium sweet potato provides 37 percent of your daily recommended amount of vitamin C.
- **Manganese:** Sweet potatoes are a good source of manganese, which helps maintain normal blood sugar levels.
- **Fiber:** Sweet potatoes are rich in fiber, which helps keep you feeling full longer. Fiber also aids in digestions. A medium sweet potato baked in its skin has 4 grams of fiber.

Use sweet potatoes to play a game of Hot Sweet Potato in which students stand in a circle and pass the sweet potato around while a song plays. When the music stops, the student holding the sweet potato is eliminated. Play continues until one student remains.

## Social Studies

### **SWEET** Creations from Carver

#### Georgia Standard SS1H1 and SS1E1: **1<sup>st</sup> Grade**

Have students read about and discuss George Washington Carver. Carver revolutionized Southern agriculture with the development of a crop rotation method. Carver also created new uses for sweet potatoes. He made about 100 new applications from sweet potatoes including flour, ink, starch, synthetic rubber, tapioca, vinegar, a type of glue for postage stamps, and textile dyes. Ask students to research some other products that George Washington Carver made using sweet potatoes. Ask students to research and write a report on the many medical and industrial uses that sweet potatoes have provided throughout history.

#### **Guiding questions:**

- Who was George Washington Carver?
- What are some of his inventions?
- How have those products affected or revolutionized everyday life?
- What might you invent from something found in the garden?
- **BONUS:** Which former U.S. President was a sweet potato farmer before taking office?

# Sweet Potato

## Science

Science is **SWEET**

Georgia Standard S1L1: **1<sup>st</sup> Grade**

Georgia Standard S2L1: **2<sup>nd</sup> Grade**



Students learn how to sprout a sweet potato.

Supplies needed:

- Sweet potato (unwashed with eyes)
- Toothpicks or wooden craft sticks
- Clear quart-size jar or glass container with wide mouth (i.e. mason jar, empty nut butter jar, etc.)
- Water (non-chlorinated)
- Sunlight

### **Directions:**

Insert about 4 toothpicks into the sides of the sweet potato about one-third of the way down. The toothpicks will hold the sweet potato upright in the container and allow water to circulate. Place the sweet potato into the jar. Fill the jar with water leaving about 1-inch space between the water and the top of the jar. Keep the sweet potato plant in moderate to full sunlight at room temperature or above 65 F. Note that placing the jar on top of a water heater may speed up the growing process. Check the water levels and add more water when needed.

### **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.

### **Observations:**

Encourage students to record their observations about the changes taking place. Ask them to identify the roots, stems, and leaves.

## **Are you hungry for more food based learning opportunities?**

Resources found here provide additional examples of ways to connect the classroom and cafeteria food based learning experiences:

<https://snp.gadoe.org/SCE/Pages/FBL-Lessons.aspx>