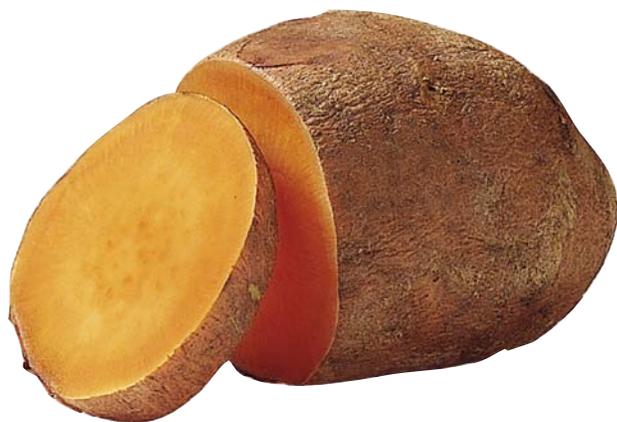




A Garden-Based Learning Program for Preschoolers

SWEET POTATOES



Sweet potatoes are not just called “sweet.” Sweet potatoes actually have a naturally sweet taste. Sweet potatoes are packed with essential nutrients needed for healthy bodies. Some of those key nutrients are vitamin A and beta carotene, which promotes eye and skin health as well as protection against infections. Beta carotene can help in the prevention of specific types of cancer. Sweet potatoes contain other important nutrients, such as vitamin C, potassium, and fiber. Sweet potatoes are sold fresh in grocery stores during all seasons but can also be found canned.

MyPyramid suggest that adults eat 2½ cups of vegetables a day. Children ages 3 to 5 years should eat 1½ cups of vegetables a day. Sweet Potato can be baked and eaten as a side dish. Sweet potatoes can also be added into soups, stews, breads, biscuits, cakes and pies. When selecting sweet potatoes, make sure the potatoes are firm and not discolored. Select sweet potatoes that are deep orange. Sweet potatoes should be stored in a cool, dry, well-ventilated place.

IN THE GARDEN

Thinking about growing sweet potatoes? Use the following tips to help you grow sweet potatoes for your family.

- Plant in early spring.
- Use transplanted potatoes.
- Plant 4 inches deep, 18 inches apart.
- Water frequently.
- Harvest when vine begins to die or 60-100 days after planting.

Garden Tabloid #1091, Mississippi State University Extension Service

MEALTIME IDEAS

Baked Sweet Potato

1 sweet potato



Directions

Wash and dry the sweet potato. Bake at 400 °F for 15 minutes. Reduce heat to 375 °F and continue baking until potato is soft, about 1 hour for a medium potato and 1½ hours for a large.

Calories 100; Total fat 0g; Saturated fat 0g; Cholesterol 0mg; Sodium 40mg; Total Carbohydrates 24g; Dietary fiber 4g; Sugar 7g; Protein 2g

Mashed Sweet Potatoes (serves 8)

4 cups mashed sweet potatoes (3 pounds) or 2 (32 oz) cans sweet potatoes, drained and mashed
2 tablespoons brown sugar
2 tablespoons margarine, melted
¼ cup evaporated skim milk



Directions

In a mixing bowl, beat together sweet potatoes, brown sugar, margarine, and milk until creamy. Transfer to a baking dish and bake for 15 minutes or until thoroughly heated.

Calories 200; Total fat 3g; Saturated fat 0.5g; Cholesterol 0mg; Sodium 100mg; Total Carbohydrates 40g; Dietary fiber 6g; Sugar 15g; Protein 4g

FOOD SAFETY TIP

Remember, sweet potatoes should be scrubbed before use. Sweet potatoes do not have to be stored in a refrigerator, but they should be kept in a dark and dry place.



I CAN HELP BY

- Washing and scrubbing potatoes.
- Assisting with time keeping to let an adult know when potatoes are ready.
- Getting ingredients.

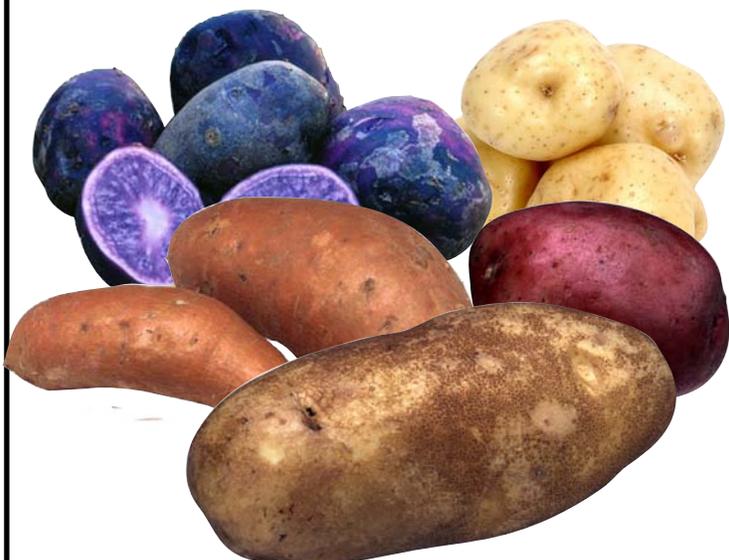
BUDGET TIP FOR BUYING MORE FRUITS AND VEGETABLES



Don't shop hungry. Eat a healthy snack, such as an apple, before going to the grocery store so that you stick to your budget and avoid spending money set aside for fruit and vegetables on less healthy temptations.

POTATOES - WHAT IS THE DIFFERENCE?

There are different types of potatoes. This is a good way to help teach identification skills to preschoolers by learning the difference in potatoes. While in the grocery store, show your preschooler a sweet potato and other potatoes such as russet, red, white or yellow. Teach your preschoolers know which foods are prepared at home with specific types of potatoes. After choosing the potatoes you want for the home, make sure to let your preschooler help prepare the food.



LET'S GET MOVING

Try this fun game with your preschoolers:

LET'S JUMP ROPE

Materials: jump rope

Have a person at each end turn the jump rope. A person can jump in the center of the rope. Rules can be the decision of the group. Everyone can take turns. Jumping rope can be fun for all.



FUN FACTS

DID YOU KNOW?

Mississippi is the second-largest producer of sweet potatoes in the nation.

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