

Sweet Potatoes

Healthful Living Lesson Plan

Objectives: To describe, analyze, and compare nutrition facts and benefits of two foods.

Materials Provided: Lesson plan activity
Sweet potato USRDA/math problems sheet
Sweet potato nutrients graph paper

Materials Needed: None

Activity: From the figures given on the USRDA sheet, determine the percentage of the recommended daily allowance that is met by consuming one sweet potato. Once these figures are determined, have students graph the numbers on the sweet potato nutrients worksheet.



Sweet Potatoes and the USRDA

The recommended daily allowances (RDA) for children ages 7-10 are as follows:

Calories	Protein	Vitamin E	Vitamin A	Ascorbic Acid	Thiamin	Riboflavin	Niacin	Calcium	Phosphorus	Iron
2400	34g	7mg	300IU	45mg	1.2mg	1.4mg	1.6mg	800mg	8800mg	10mg

One large sweet potato has the following:

Calories	Protein	Vitamin E	Vitamin A	Ascorbic Acid	Thiamin	Riboflavin	Niacin	Calcium	Phosphorus	Iron
136	2.14g	5.93mg	26,082IU	29.6mg	0.096mg	0.16mg	0.83mg	29mg	37mg	.76mg

Using the above information, complete the following exercises:

1. Determine the percentage of USRDA that is met by one large sweet potato and fill in the chart below:

Calories	Protein	Vitamin E	Vitamin A	Ascorbic Acid	Thiamin	Riboflavin	Niacin	Calcium	Phosphorus	Iron
%	%	%	%	%	%	%	%	%	%	%

2. Graph your results in the sweet potato nutrients sheet.

Sweet Potatoes and the USRDA Answer Key

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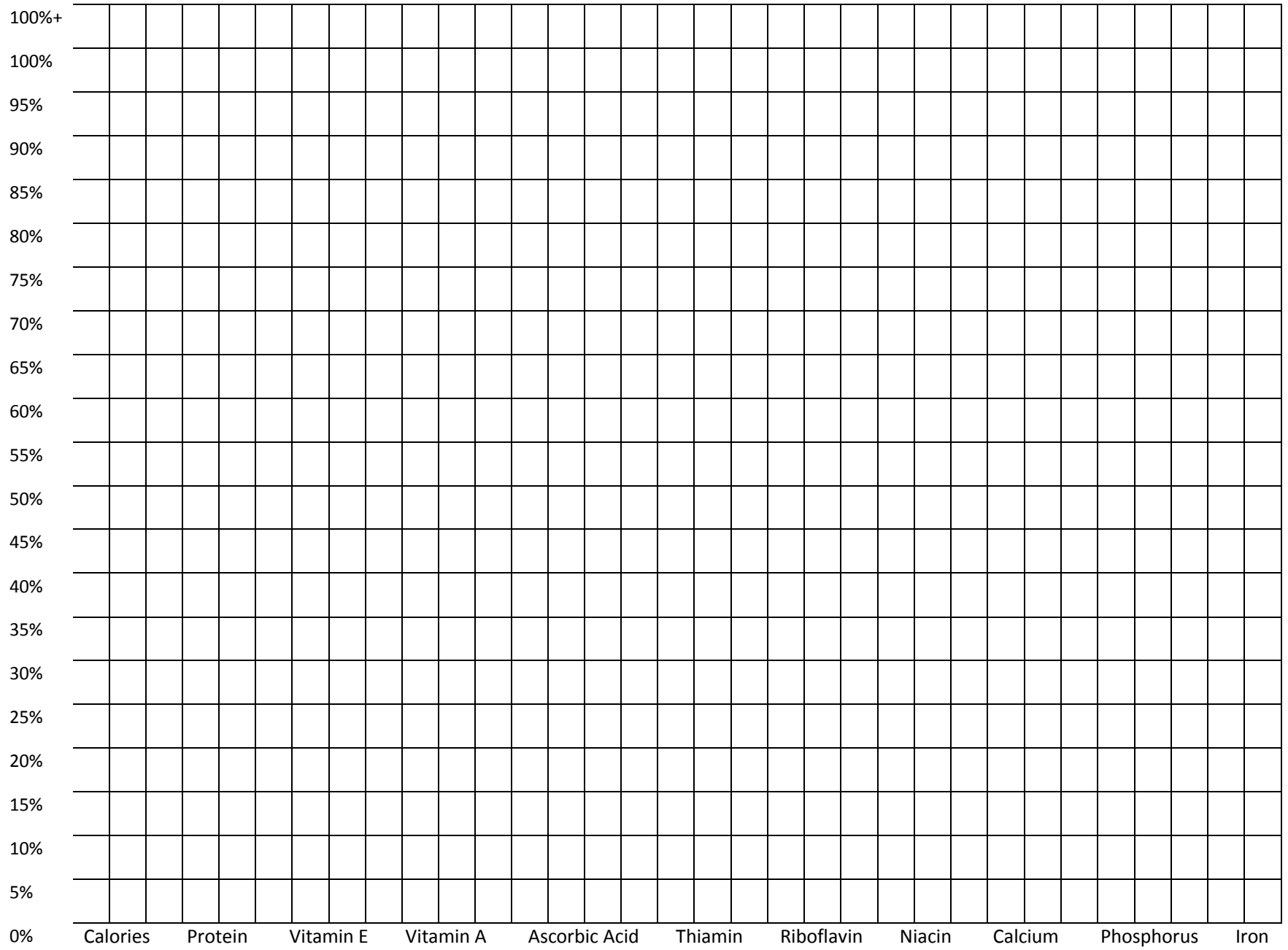
- Determine the percentage of USRDA that is met by one large sweet potato and fill in the chart below:

Calories	Protein	Vitamin E	Vitamin A	Ascorbic Acid	Thiamin	Riboflavin	Niacin	Calcium	Phosphorus	Iron
6%	6%	85%	790%	66%	8%	11%	52%	4%	0%	8%

- Graph your results in the sweet potato nutrients sheet.

Sweet Potato Nutrients

This graph shows _____



Sweet Potato Nutrients

Answer Key

