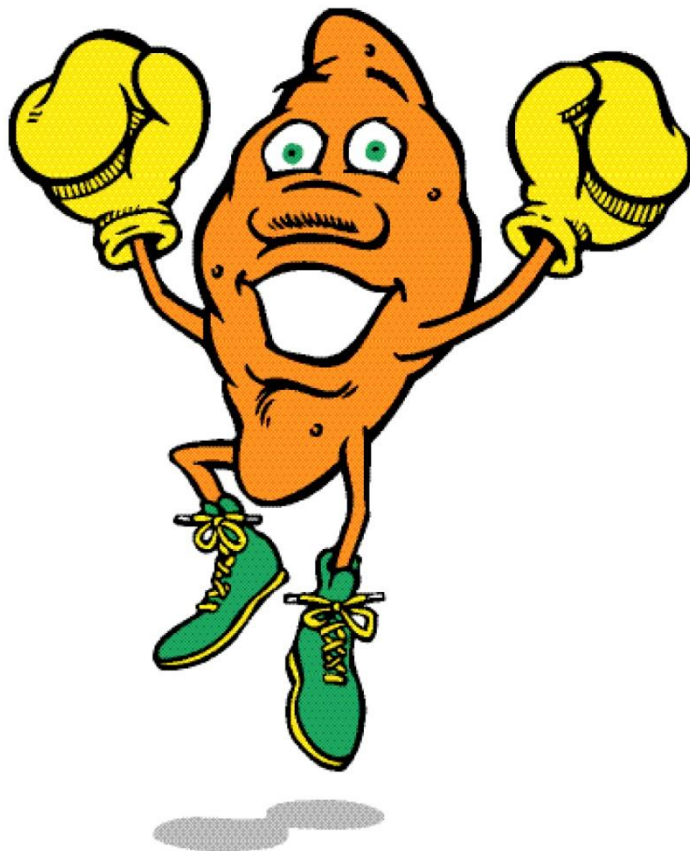


Sweet Potatoes

Math Lesson Plan

- Objectives:** To utilize a variety of strategies and skills to solve various mathematical problems.
- Materials Provided:** Lesson plan activity
Sweet potato math assignment
- Materials Needed:** None
- Activity:** Solve the problems on the sweet potato math assignment sheet. Have students show all work.



Sweet Potatoes

Math Assignments

1. In order to get the same amount of beta-carotene as is contained in one medium sweet potato, a person would have to consume 23 cups of broccoli. How many sweet potatoes would it take to fulfill the same requirements as 100 cups of broccoli? _____
2. $\frac{2}{3}$ of a cup of sweet potatoes give you 100% of the Recommended Daily Allowance for vitamin E. How many cups of sweet potatoes would be needed to meet the RDA of vitamin E for five football players? _____
3. What is the different in the temperature required to cure sweet potatoes (85°F) and the temperature needed to store sweet potatoes (55°F)?
4. If sweet potato slips are transplanted in April & May and there are 4 weeks in each month, how many weeks do farmers transplant slips? _____
5. If harvesting sweet potatoes begins in August and ends in November, how many months are included in the harvest time for sweet potatoes? _____
6. If a sweet potato houseplant will begin to bud in 14 days, how many weeks will pass during this time? _____
7. How much time can you save by microwaving a sweet potato rather than baking it? By boiling rather than steaming?

Cooking sweet potatoes:

Bake: 50 minutes

Boil: 40 minutes

Steam: 45 minutes

Microwave: 5 minutes

Sweet Potatoes

Math Assignments Answer Key

1. In order to get the same amount of beta-carotene as is contained in one medium sweet potato, a person would have to consume 23 cups of broccoli. How many sweet potatoes would it take to fulfill the same requirements as 100 cups of broccoli? 4.34
2. $\frac{2}{3}$ of a cup of sweet potatoes give you 100% of the Recommended Daily Allowance for vitamin E. How many cups of sweet potatoes would be needed to meet the RDA of vitamin E for five football players? $3\frac{1}{3}$
3. What is the different in the temperature required to cure sweet potatoes (85°F) and the temperature needed to store sweet potatoes (55°F)? 30°
4. If sweet potato slips are transplanted in April & May and there are 4 weeks in each month, how many weeks do farmers transplant slips? 8
5. If harvesting sweet potatoes begins in August and ends in November, how many months are included in the harvest time for sweet potatoes? 4
6. If a sweet potato houseplant will begin to bud in 14 days, how many weeks will pass during this time? 2
7. How much time can you save by microwaving a sweet potato rather than baking it? By boiling rather than steaming? Microwaving vs baking saves you 45 minutes. Boiling vs steaming saves you 5 minutes.