**Yummy! Sweetpotato Snacks**

**Sweetpotato Lesson - MS**

**Day 1**

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| Grade Level(s):  6th – 8th grade | Lesson Description:Students learn how to prepare sweetpotatoes in a food lab | Timeframe: Minutes: 45 min (food lab prep – day 1)Suggested days: 3 days  |
| Goals & ObjectivesThis middle school lesson will provide some hands-on lab experiences for students to prepare healthy sweetpotato snacks. Students will be able to:* **Properly wash a sweetpotato**
* **Follow a recipe using a sweetpotato as a main ingredient**
* **Prepare food following safe and sanitary practices in the kitchen**
* **Work with a team to prepare food**
* **Set the table properly (optional)**
* **Perform proper table etiquette while enjoying sweetpotato snack (optional)**
 | Prepared By: Barnanne CreechFamily & Consumer Sciences TeacherZebulon GT Magnet Middle SchoolWake County Public Schools |
| **North Carolina Family & Consumer Sciences Education Standards:** |
| 3.02 Understand kitchen basics.1. How to be safe and sanitary in the kitchen? 3. How to follow a recipe? 3.03 Understand nutritious meal planning and preparation.1. How do you measure, cut, mix and cook in preparing food? 3. How do you work with a team and prepare food in a foods lab? | .4.01 Understand the basics of food safety and sanitation.5. What are food safety defenses? 4.02 Understand culinary and hospitality basics 2. How to set a table? 3. What is proper table etiquette? |
| Family & Consumer Sciences National Standards <http://www.nasafacs.org/national-standards-and-competencies.html>

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| 8.2.5 | Practice standard personal hygiene and wellness procedures.

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| 9.2.5 | Demonstrate practices and procedures that assure personal and workplace health and hygiene. |

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| 8.3.1 | Operate tools and equipment following safety procedures and OSHA requirements.

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| 9.5.3 | Prepare food for presentation and assessment. |

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| Materials Needed | \*laptop\*LCD\*Student handouts\*Items for recipe\*Items for cleaning and sanitizing\*Items to set a table  |

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| Anticipatory Set5 Minutes | Teacher holds a sweetpotato and asks students “How many have eaten a sweetpotato?”Please write down all the ways you have eaten a sweetpotato (baked, roasted, in a casserole, ect)Teacher shows website for the ways sweetpotatoes can be cooked<https://ncsweetpotatoes.com/how-to-cook-sweet-potatoes/> | \*Laptop\*LCD Player\*sweetpotato |
| Activity 15 MinutesWhole class | How do you properly wash a sweetpotato?How to properly cut a sweetpotato?Students watch video clip “Sweetpotato 101”<https://www.youtube.com/watch?v=lMhW4nz_ljY> | \*Laptop\*LCD Player |
| Activity 230 MinutesGroups of 2 | Student are placed in kitchen teams of 4 – all 4 will share same kitchen and prepare food for their 4-person team and set a table on day 2 for their 4-person team and share they prepared food prepared with all 4 team members Students are then put in teams of 2 with each team of 2 getting a recipe.\*1 student is a head chef & kitchen manager\*1 student is a sous chef & class hostToday students will wash and prep the sweetpotato by doing the following….Each student gets a potato to wash and prep following their recipeChoice any of the 2 pairs8th grade\*Sweetpotato pancakes or waffles (day 1 - cook potato 4-5 min in microwave and measure out wets and dry’s) and place drys in ziplock bag and wets in container to be refrigerated)<https://fitfoodiefinds.com/video-sweet-potato-power-pancakes/><https://ncsweetpotatoes.com/recipe/sweet-potato-waffles/>\*Sweetpotato muffins (day 1 - cook potato in microwave and measure out wets and dry’s) and place drys in ziplock bag and wets in container to be refrigerated)<https://ncsweetpotatoes.com/recipe/sweet-potato-breakfast-muffins/>7th grade\*Sweetpotato Hummus (day 1 – cook potato 4-5 min in microwave and place in container to be refrigerated )<https://ncsweetpotatoes.com/recipe/spicy-sweet-potato-hummus/><https://ncsweetpotatoes.com/recipe/sweet-potato-hummus/>\*Sweetpotato Guacamole ( day 1 - cook potato 4-5 min in microwave and place in container to be refrigerated)<https://ncsweetpotatoes.com/recipe/sweet-potato-guacamole/>6th grade\*Sweetpotato after run smoothie (day 1 – cook potato 4-5 min in microwave and place in container to be refrigerated)<https://ncsweetpotatoes.com/recipe/post-run-antioxidant-recovery-smoothie/>\*Berry Sweet Sweetpotato Smoothie (day 1 – cook potato 4-5 min in microwave and place in container to be refrigerated)<https://ncsweetpotatoes.com/recipe/sweet-potato-berry-smoothie/>If teacher would like students to experience cutting raw sweetpotatoes using a mandolinAdditional recipes Microwaved sweetpotato chips<https://www.allrecipes.com/recipe/241114/microwave-sweet-potato-chips/><https://tasty.co/recipe/2-minute-sweet-potato-chips>tools for microwaved sweetpotato chips microwave plate & mandolin<https://www.walmart.com/ip/Journeys-Edge-HCM-12-5929-Healthy-Chips-Maker/40675125>If teacher would like students to experience cutting raw potatoes using a knife into to cubes, wedges or sticks – additional recipeSaluted sweetpotatoes <https://www.ourpaleolife.com/skillet-sweet-potatoes/> | Handout of duties for the job- Appendix A&BRecipes – see linksFood items for recipe (waffles/pancakes & muffins)SinkKitchen & measuring toolsMicrowaveZip lock bagsContainers for wets and microwaved sweetpotatoes |
|  Activity 35 MinutesGroups of 2 | As students finish up their recipe prep, they are to go back to their seats Set a basic cover (Have posted on the screen for students to see )<https://www.realsimple.com/holidays-entertaining/entertaining/how-to-set-a-table> Read over table etiquette by reviewing with their teammate.<https://www.txcte.org/sites/default/files/resources/documents/Table-Etiquette.pdf> | Items for setting a basic coverPlateForkKnife SpoonNapkin Cup |
| Summary/Evaluation3 min | Review basic cover and table etiquette  |  |
| Source/Other Resources | Benson, K. (2019, January 23). Skillet Sweetpotatoes Recipe | Prep: 3m & Cook: 20m. Retrieved from <https://www.ourpaleolife.com/skillet-sweet-potatoes/> Berry Sweetpotato Smoothie. (n.d.). Retrieved from <https://ncsweetpotatoes.com/recipe/sweet-potato-berry-smoothie/> Delicious, C. &. (2011, April 05). Sweetpotato 101. Retrieved from <https://www.youtube.com/watch?v=lMhW4nz_ljY>Hatch, C. (2017, December 19). 2-minute Sweetpotato Chips Recipe by Tasty. Retrieved from <https://tasty.co/recipe/2-minute-sweet-potato-chips> Healthy Sweetpotato Pancakes. (2019, January 11). Retrieved from <https://fitfoodiefinds.com/video-sweet-potato-power-pancakes/> How to Cook Sweetpotatoes. (n.d.). Retrieved from <https://ncsweetpotatoes.com/how-to-cook-sweet-potatoes/> How to Set a Table: Basic, Casual, and Formal Table Settings. (n.d.). Retrieved from <https://www.realsimple.com/holidays-entertaining/entertaining/how-to-set-a-table> POST RUN ANTIOXIDANT RECOVERY SMOOTHIE. (n.d.). Retrieved from <https://ncsweetpotatoes.com/recipe/post-run-antioxidant-recovery-smoothie/> Sonjagroset, Hegemanfamily, Richardson, H. B., C., F., Skeet, Lola240, . . . Ethos. (2015, August 28). Microwave Sweetpotato Chips Recipe. Retrieved from <https://www.allrecipes.com/recipe/241114/microwave-sweet-potato-chips/> Spicy Sweetpotato Hummus. (n.d.). Retrieved from <https://ncsweetpotatoes.com/recipe/spicy-sweet-potato-hummus/> Sweetpotato Breakfast Muffins. (n.d.). Retrieved from <https://ncsweetpotatoes.com/recipe/sweet-potato-breakfast-muffins/> Sweetpotato Guacamole. (n.d.). Retrieved from <https://ncsweetpotatoes.com/recipe/sweet-potato-guacamole/> Sweetpotato Hummus. (n.d.). Retrieved from <https://ncsweetpotatoes.com/recipe/sweet-potato-hummus/> Sweetpotato Waffles. (n.d.). Retrieved from <https://ncsweetpotatoes.com/recipe/sweet-potato-waffles/>  |