**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 & Objectives This 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 Creech  Family & Consumer Sciences Teacher  Zebulon GT Magnet Middle School  Wake 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>   |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | 8.2.5 | Practice standard personal hygiene and wellness procedures.   |  |  | | --- | --- | | 9.2.5 | Demonstrate practices and procedures that assure personal and workplace health and hygiene. |  |  |  |  |  | | --- | --- | --- | --- | | 8.3.1 | Operate tools and equipment following safety procedures and OSHA requirements.   |  |  | | --- | --- | | 9.5.3 | Prepare food for presentation and assessment. | | | | | | | |
| 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 1 5 Minutes  Whole 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 2 30 Minutes  Groups 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 host  Today students will wash and prep the sweetpotato by doing the following….  Each student gets a potato to wash and prep following their recipe  Choice any of the 2 pairs  8th 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 mandolin  Additional 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 recipe  Saluted sweetpotatoes  <https://www.ourpaleolife.com/skillet-sweet-potatoes/> | Handout of duties for the job- Appendix A&B  Recipes – see links  Food items for recipe (waffles/pancakes & muffins)  Sink  Kitchen & measuring tools  Microwave  Zip lock bags  Containers for wets and microwaved sweetpotatoes |
| Activity 35 Minutes Groups 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 cover  Plate  Fork  Knife  Spoon  Napkin  Cup |
| Summary/Evaluation 3 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/> | |