



# Sweet Poster!

## Sweetpotato Lesson - MS

### Day 2



<b>Grade Level(s):</b> 6 <sup>th</sup> – 8 <sup>th</sup> grade	<b>Lesson Description:</b> Students learn about the nutritional benefits of sweetpotatoes	<b>Timeframe:</b> Minutes: 45 min (DAY 2) Suggested days: 3 days to implement full PBL project
<b>Goals &amp; Objectives</b> This middle school lesson will introduce students the nutrition of sweetpotatoes. <ul style="list-style-type: none"> <li>• Students will be able to</li> <li>• <b>Identify the differences between potatoes &amp; sweetpotatoes</b></li> <li>• <b>Explain the different between a yam and sweetpotato</b></li> <li>• <b>List the 3 types of sweetpotatoes</b></li> <li>• <b>Explain the 5 nutritional benefits of sweetpotatoes</b></li> <li>• <b>Explain why sweetpotatoes are a healthy choice for a diabetic</b></li> <li>• <b>Explain why sweetpotatoes part everyone’s diet should be especially those seeking to be healthier and fitter</b></li> <li>• </li> </ul>		<b>Prepared By:</b> Barnanne Creech Family & Consumer Sciences Teacher Zebulon GT Magnet Middle School Wake County Public Schools
<b>North Carolina Family &amp; Consumer Sciences Education Standards:</b>		
3.01 Understand the impact of choices on wellness 1. What is the current USDA issued food guide and dietary guidelines? 2. What are the 6 essential nutrients? 3. What is a food label and how can you read and understand a food label/ingredient lists?	Day 2 Essential questions 1. Which of the 6 essential nutrients does a sweetpotato provide? 2. In reading a nutritional label for a sweetpotato which essential nutrients provided in a sweetpotato?	

**Family & Consumer Sciences National Standards 3.0**

<http://www.nasafacs.org/national-standards-and-competencies.html>

9.4 Apply basic concepts of nutrition and nutrition therapy in a variety of settings, considering social, geographical, cultural and global influences.

9.4.5 Design instruction on nutrition to promote wellness and disease prevention

**Materials Needed**

- \*laptop
- \*LCD
- \*sweetpotato
- \*lap top (1 per student) or printed information for each student
- \*5, 4, 3, 2, 1 Reading Reflection (Appendix C)
- \*PBL Rubric (Appendix D)

<p><b>Anticipatory Set</b> 5 Minutes</p>	<p>Teacher asks, “Remember our study of the 6 essential nutrients” “What are the 6 essential nutrients?”</p> <p>Carbs, Fats, Proteins, Vitamins, Minerals and Water</p> <p>Teacher holds up a sweetpotato and asks “how many of the 6 essential nutrients are in a sweetpotato?” “what are the essential nutrients in a sweetpotato?” Carbs, Proteins Vitamins, Minerals and Water Teacher shows Nutritional Facts Label <a href="https://ndb.nal.usda.gov/ndb/foods/show/11507">https://ndb.nal.usda.gov/ndb/foods/show/11507</a> Reviews how to read the information on the nutritional facts label</p>	<p>*Laptop *LCD Player</p>
<p><b>Activity 1</b> 15 Minutes Groups of 2</p>	<p><b>Sweetpotato Jigsaw Activity</b></p> <p><b>Scenario for PBL Activity</b> “You and your partner work for a marketing firm called “Go Big or Go Home Marketing Company” and have been hired by the NC Sweetpotato Commission to create a marketing poster/flyer that can posted on Snap Chat, Instagram and Facebook informing others about the nutritional importance of incorporating sweetpotatoes into ones daily diet.</p> <p>The poster is to highlight the nutritional benefits of sweetpotatoes</p> <p>To gain the information needed for this project; One student will become an expert in the “Benefits of Sweetpotatoes” <a href="https://ncsweetpotatoes.com/usda-sweet-potato-nutritional-analysis/benefits-of-sweet-potato/">https://ncsweetpotatoes.com/usda-sweet-potato-nutritional-analysis/benefits-of-sweet-potato/</a> and the other student will become the expert in “Sweetpotatoes and Fitness” <a href="https://ncsweetpotatoes.com/sweet-potatoes-and-fitness/">https://ncsweetpotatoes.com/sweet-potatoes-and-fitness/</a> To begin, you will read and record your learnings on the 5, 4, 3, 2, 1 reading reflection handout Appendix C) as you become an expert in your specific area.</p>	<p>*Laptops 1 per student *5, 4, 3, 2, 1 Reading Reflection (Appendix C) *PBL Rubric (Appendix D)</p> <p>Classrooms with no computers for students to use to research print off the online page and give to students.</p>
<p><b>Activity 2</b> 10 Minutes</p>	<p><b>Sweetpotato Expert Roundtable</b> Group all the ““Benefits of Sweetpotatoes” experts Group all the “Sweetpotatoes and Fitness” Students are to share their 5,4,3,2,1 reflection</p>	<p>*5, 4, 3, 2, 1 Reading Reflection (Appendix C) with Expert round table thoughts</p>

<p><b>Activity 3</b> 10 Minutes</p>	<p><b>Sweet Poster Activity – Day 1</b> Students get back into original expert pairs verbally share their expert knowledge with their teammate. Using the new knowledge student teams are to create</p> <ol style="list-style-type: none"> <li>1. poster informing the viewer of nutritional benefits of sweetpotato</li> </ol> <p>The poster must explain the following</p> <ul style="list-style-type: none"> <li>• <b>Explain the 5 nutritional benefits of sweetpotatoes</b></li> <li>• <b>Explain why sweetpotatoes are a healthy choice for a diabetic</b></li> <li>• <b>Explain why sweetpotatoes part everyone’s diet should be especially those seeking to be healthier and fitter</b></li> </ul> <p>Review what the 3 points the poster must contain &amp; review the rubric and then give students time to create.</p> <p>As student teams finish have them complete scavenger hunt of the <a href="https://ncsweetpotatoes.com/">https://ncsweetpotatoes.com/</a></p>	<p>Poster paper Markers</p> <p>Optional Sweetpotato Website Scavenger Hunt</p>
<p><b>Summary/Evaluation</b> 5 min</p>	<p>Have student teams share the beginnings of their “Sweet Poster” Have students put the posters in a holding area in the classroom as they will finish on day 3</p>	
<p><b>Source/Other Resources</b></p>	<p>(n.d.). Retrieved from <a href="https://ndb.nal.usda.gov/ndb/foods/show/11507">https://ndb.nal.usda.gov/ndb/foods/show/11507</a></p> <p>Sweetpotato Benefits. (n.d.). Retrieved from <a href="https://ncsweetpotatoes.com/usda-sweet-potato-nutritional-analysis/benefits-of-sweet-potato/">https://ncsweetpotatoes.com/usda-sweet-potato-nutritional-analysis/benefits-of-sweet-potato/</a></p> <p>Sweetpotatoes Keep You Moving. (n.d.). Retrieved from <a href="https://ncsweetpotatoes.com/sweet-potatoes-and-fitness/">https://ncsweetpotatoes.com/sweet-potatoes-and-fitness/</a></p>	