



Yummy! Sweetpotato Snacks

Sweetpotato Lesson - MS

Day 1



Grade Level(s): 6 th – 8 th 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: <ul style="list-style-type: none"> • 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. <ol style="list-style-type: none"> 1. How to be safe and sanitary in the kitchen? 3. How to follow a recipe? 3.03 Understand nutritious meal planning and preparation. <ol style="list-style-type: none"> 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. <ol style="list-style-type: none"> 5. What are food safety defenses? 4.02 Understand culinary and hospitality basics <ol style="list-style-type: none"> 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

<p>Anticipatory Set 5 Minutes</p>	<p>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/</p>	<p>*Laptop *LCD Player *sweetpotato</p>
<p>Activity 1 5 Minutes Whole class</p>	<p>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=IMhW4nz_ljY</p>	<p>*Laptop *LCD Player</p>

<p>Activity 2 30 Minutes Groups of 2</p>	<p>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</p> <p>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</p> <p>Today students will wash and prep the sweetpotato by doing the following....</p> <p>Each student gets a potato to wash and prep following their recipe</p> <p>Choice any of the 2 pairs</p> <p>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/</p> <p>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/</p> <p>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/</p>	<p>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</p>
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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/>

<p>Activity 3 5 Minutes Groups of 2</p>	<p>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</p> <p>Read over table etiquette by reviewing with their teammate. https://www.txcte.org/sites/default/files/resources/documents/Table-Etiquette.pdf</p>	<p>Items for setting a basic cover</p> <p>Plate Fork Knife Spoon Napkin Cup</p>
<p>Summary/Evaluation 3 min</p>	<p>Review basic cover and table etiquette</p>	
<p>Source/Other Resources</p>	<p>Benson, K. (2019, January 23). Skillet Sweetpotatoes Recipe Prep: 3m & Cook: 20m. Retrieved from https://www.ourpaleolife.com/skillet-sweet-potatoes/</p> <p>Berry Sweetpotato Smoothie. (n.d.). Retrieved from https://ncsweetpotatoes.com/recipe/sweet-potato-berry-smoothie/</p> <p>Delicious, C. &. (2011, April 05). Sweetpotato 101. Retrieved from https://www.youtube.com/watch?v=IMhW4nz_ljY</p> <p>Hatch, C. (2017, December 19). 2-minute Sweetpotato Chips Recipe by Tasty. Retrieved from https://tasty.co/recipe/2-minute-sweet-potato-chips</p> <p>Healthy Sweetpotato Pancakes. (2019, January 11). Retrieved from https://fitfoodiefinds.com/video-sweet-potato-power-pancakes/</p> <p>How to Cook Sweetpotatoes. (n.d.). Retrieved from https://ncsweetpotatoes.com/how-to-cook-sweet-potatoes/</p> <p>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</p> <p>POST RUN ANTIOXIDANT RECOVERY SMOOTHIE. (n.d.). Retrieved from https://ncsweetpotatoes.com/recipe/post-run-antioxidant-recovery-smoothie/</p> <p>Sonjagrosset, 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/</p> <p>Spicy Sweetpotato Hummus. (n.d.). Retrieved from https://ncsweetpotatoes.com/recipe/spicy-sweet-potato-hummus/</p> <p>Sweetpotato Breakfast Muffins. (n.d.). Retrieved from https://ncsweetpotatoes.com/recipe/sweet-potato-breakfast-muffins/</p> <p>Sweetpotato Guacamole. (n.d.). Retrieved from https://ncsweetpotatoes.com/recipe/sweet-potato-guacamole/</p> <p>Sweetpotato Hummus. (n.d.). Retrieved from https://ncsweetpotatoes.com/recipe/sweet-potato-hummus/</p> <p>Sweetpotato Waffles. (n.d.). Retrieved from https://ncsweetpotatoes.com/recipe/sweet-potato-waffles/</p>	