



Sweetpotatoes for Tots: Exploring Child Nutrition



<p>Grade Level(s): Grades 9-12</p>	<p>Lesson Description: Make learning about child nutrition “sweet!” In this lesson for Child Development or Food and Nutrition II, students will explore and review child nutrition from infancy to age five. Students will focus on sweetpotatoes as a nutrient-dense food for children and will participate in a cooking lab experience preparing appropriate sweetpotato recipes for the different age groups.</p>	<p>Timeframe: Minutes: 270 minutes Suggested days: 2-3</p>
<p>Goals & Objectives</p> <ul style="list-style-type: none"> • Students will analyze challenges to feeding children. • Students will summarize the nutrient needs from birth to age five. • Students will analyze recipes designed to meet children’s nutritional needs for developmental appropriateness. 		<p>Prepared By: Rebecca O’Brien Family & Consumer Sciences Teacher Apex High School Wake County Public School System</p>
<p>North Carolina Family & Consumer Sciences Education Standards:</p> <p>Child Development 4.00 Understand development and care of the infant from birth through twelve months. 4.01 Understand physical development and care of the infant. 5.00 Understand development and care of the toddler. 5.01 Understand physical and cognitive development and recommended care of the toddler. 6.00 Understand development and care of children from ages three through six. 6.01 Understand physical, emotional, and social development and care of children ages three through six.</p> <p>Food and Nutrition II 2.00 Understand nutrition principles and applications. 2.02 Understand meal planning and food preparation for different stages of the life cycle.</p>		



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Family & Consumer Sciences National Standards 3.0

12.1.1 Analyze physical, emotional, social, moral, and cognitive development.

14.2.2 Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.

9.3.1 Analyze nutrient requirements across the life span addressing the diversity of people, culture, and religions.

14.3.2 Design strategies that address the health and nutritional recommendations for individuals and families, including those with special needs.

14.3.3 Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product.

Materials Needed

- Paper
- Writing Utensil
- Large Poster Paper
- Markers
- Child Nutrition Graphic Organizer
- Recipes
- Ingredients
- Kitchen equipment and/or lab space as needed by recipes
- Paper plates/napkins
- SweetPotato Child Nutrition Lab Reflection

<p>Anticipatory Set 30 Minutes</p> <p>Students will journal about their eating patterns as a child, and then participate in a class discussion about challenges families face when feeding their children.</p>	<p>Have students complete the following bell ringer or class starter as they come in for the day: “In one paragraph, describe your eating patterns as a child. What foods did you eat regularly? What foods did you dislike or refused? Did you eat the same foods as your family typically? Did you eat with your family for mealtimes or separately?”</p> <p>After giving students time to record their thoughts, have students volunteer to share out their experiences. Then ask students “after listening to one another’s experiences, what challenges do parents and caregivers face when feeding their children?” Facilitate a class discussion about the challenges of feeding children. Possible answers include: handling picky eaters, encouraging children to eat a variety of foods, incorporating fruits and vegetables, sensory issues, having knowledge of motor skill development, price and access to food, knowledge of food preparation, knowledge of nutrition, and lack of time or resources.</p>	<p>Paper Writing utensil</p>
<p>Activity 1 50 Minutes</p> <p>Students will be grouped and assigned age groups. They will discuss, research, and record answer for four review questions. Class will review feeding and nutrition needs of each age group through a class discussion.</p>	<p>Divide students into 6 groups, and assign each group an age: Infancy, 1’s, 2’s, 3’s, 4’s, and 5’s. Give each group a large sheet of paper. Have students label their assigned age group on the top of the paper. Ask students to divide the paper into four quadrants, labeling the following questions in each quadrant:</p> <ol style="list-style-type: none"> 1. What are the specific feeding and nutrients needs for this age group? 2. What are challenges in feeding this age group? 3. What foods are appropriate for this age group? 4. What food are not appropriate for this age group? <p>Provide students groups with 20 minutes to discuss and answer the questions on their paper. Encourage students to use their notes from the semester or textbook if available to help them in answering the questions. Facilitate a class discussion where each group shares out their findings to review the various age groups’ feeding needs. Teacher may have students record notes on the Child Nutrition Graphic Organizer.</p>	<p>Large poster paper Markers APPENDIX A: Child Nutrition Graphic Organizer</p>
<p>Activity 2 10 Minutes</p> <p>Students will review feeding and nutrition needs of each age group through a class discussion.</p>	<p>Explain to students that many parents and caregivers find it challenging to incorporate nutrient-dense foods into their child’s diet. Ask students to brainstorm potential foods that caretakers could include in their child’s diet that children would enjoy eating. Introduce to students that sweetpotatoes are an easy, affordable, and healthy vegetable that most children love to eat. Provide students with nutrition information about sweetpotatoes, such as their high amount of Vitamin A, Vitamin C, and antioxidants, and low amount of sodium and calories. Explain their benefits including stabilizing blood sugar, boosting brain function, enhancing immunity, and promoting vision health.</p> <p>Tell students that they are going to prepare snacks for their assigned age groups that feature sweetpotatoes.</p>	

<p>Activity 3 30-90 Minutes Students will participate in a lab experience where they prepare sweetpotato recipes for their assigned age group.</p>	<p>Have students prepare and share a snack for their assigned age group that features a sweet potato. Either have students choose recipes or use the sample recipes suggested below. Suggestions for foods and nutrition II classes:</p> <ul style="list-style-type: none"> • Infancy: https://www.eatright.org/food/planning-and-prep/recipes/sweet-potato-and-peach-baby-food-recipe or https://ncsweetpotatoes.com/recipe/sweetpotato-peanut-butter-baby-food/ • One's: https://ncsweetpotatoes.com/recipe/sweet-potato-pie-healthy-bites/ • Two's: https://ncsweetpotatoes.com/recipe/sweet-potato-hummus/ • Three's: https://ncsweetpotatoes.com/recipe/sweet-potato-breakfast-muffins/ • Four's: https://ncsweetpotatoes.com/recipe/spinach-sweetpotato-tater-tots/ • Five's: https://www.superhealthykids.com/recipes/sweet-black-bean-quesadilla/ <p>Suggestions for child development classes (teacher may choose to microwave or bake sweet potatoes prior to starting lab for some groups for time concerns or ease of preparation):</p> <ul style="list-style-type: none"> • Infancy: https://www.eatright.org/food/planning-and-prep/recipes/sweet-potato-and-peach-baby-food-recipe or https://ncsweetpotatoes.com/recipe/sweetpotato-peanut-butter-baby-food/ • One's: https://ncsweetpotatoes.com/recipe/sweet-potato-pie-healthy-bites/ • Two's: https://www.superhealthykids.com/recipes/carrots-with-sweet-potato-hummus/ • Three's: https://www.superhealthykids.com/recipes/sweet-potato-smoothie/ • Four's/Five's: https://www.superhealthykids.com/recipes/sweet-potato-toast-toaster/ or https://www.superhealthykids.com/recipes/mashed-sweet-potatoes/ 	<p>Recipes Ingredients Kitchen equipment and/or lab space as needed by recipes Paper plates/napkins</p>
<p>Summary/Evaluation 20 Minutes Students will complete a lab reflection while tasting food prepared in their sweetpotato child nutrition lab.</p>	<p>Once students are finished preparing their recipes and cleaning, have students share their recipes with their classmates. Students will complete Sweetpotato Child Nutrition Lab Reflection sheet while tasting.</p>	<p>APPENDIX B: SweetPotato Child Nutrition Lab Reflection</p>
<p>Extension Activity</p>	<p>Have students create a children's cookbook for toddlers, preschoolers, or school age children that focuses on incorporating sweet potatoes into their diet and healthy eating. Students should research and find appropriate recipes for their age group based on their child nutrition notes and lab experience.</p>	

<p>Source/Other Resources</p>	<p>*, N. (2019, August 26). Sweet Potato Smoothie. Retrieved November 02, 2020, from https://www.superhealthykids.com/recipes/sweet-potato-smoothie/</p> <p>*, N. (2020, April 02). Carrots with Sweet Potato Hummus. Retrieved November 02, 2020, from https://www.superhealthykids.com/recipes/carrots-with-sweet-potato-hummus/</p> <p>*, N. (2020, March 27). Sweet Black Bean Quesadilla. Retrieved November 02, 2020, from https://www.superhealthykids.com/recipes/sweet-black-bean-quesadilla/</p> <p>The breakfast that high in vitamins and minerals, and only takes minutes to make! (2019, August 07). Retrieved November 02, 2020, from https://www.superhealthykids.com/recipes/sweet-potato-toast-toaster/</p> <p>Ginn, A. (n.d.). Sweet Potato & Peach Baby Food Recipe. Retrieved November 02, 2020, from https://www.eatright.org/food/planning-and-prep/recipes/sweet-potato-and-peach-baby-food-recipe</p> <p>Mashed Sweet Potatoes. (2019, August 26). Retrieved November 02, 2020, from https://www.superhealthykids.com/recipes/mashed-sweet-potatoes/</p> <p>No-Bake Sweetpotato Pie Bites. (2020, April 07). Retrieved November 02, 2020, from https://ncsweetpotatoes.com/recipe/sweet-potato-pie-healthy-bites/</p> <p>Spinach Sweetpotato Tater Tots. (2020, September 17). Retrieved November 02, 2020, from https://ncsweetpotatoes.com/recipe/spinach-sweetpotato-tater-tots/</p> <p>Sweetpotato Breakfast Muffins. (2019, December 17). Retrieved November 02, 2020, from https://ncsweetpotatoes.com/recipe/sweet-potato-breakfast-muffins/</p> <p>Sweetpotato Hummus. (2020, September 03). Retrieved November 02, 2020, from https://ncsweetpotatoes.com/recipe/sweet-potato-hummus/</p> <p>Sweetpotato Peanut Butter Baby Food. (n.d.). Retrieved November 02, 2020, from https://ncsweetpotatoes.com/recipe/sweetpotato-peanut-butter-baby-food/</p>
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