Purpose

The purpose of this lesson is to introduce a new food to the children in your classroom. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

Overview

In this lesson, children will describe what a sweet potato looks like with a magnifying glass. Children will also share if they like how a sweet potato feels, smells, and tastes.

Words to Use

- feel
- skin
- smell
- sweet potato
- taste
- orange and brown

Introduction

This activity will work well as a circle time activity and at tables, in small groups, for tasting.

“Today we are going to be detectives. Does anybody know what a detective does? A detective gathers clues by using his or her eyes, hands, nose, and mouth. We are all going to be food detectives today. We are going to use a magnifying glass, something all good detectives carry, to look closely at a food that many of us have not tried before. After we all take a turn looking at the new food, we get to smell and taste the new food.”

An easy way to prepare roasted sweet potatoes:

1. Heat oven to 450 degrees.
2. Cut the sweet potatoes into medallions (thin slices).
3. Toss with 1 TBSP of olive oil and 1 tsp of seasoning.
4. Spread in one layer on a baking sheet and bake for 20 minutes.
Activity Description

1. Gather the children in a circle and explain that everybody is going to be a food detective. Remind children that a good food detective uses his or her eyes, ears, hands, and mouth to collect clues.

2. Pass the whole sweet potato around the circle and encourage each child to touch the sweet potato and look at the sweet potato with his or her own magnifying glass.

3. Ask the children what sweet potato looks like and if they liked the way sweet potato felt on their hands.

4. Ask the children to wash their hands and go to their tables.

5. At the tables, provide each child with a sample of sweet potato. Encourage children to smell the sweet potato before tasting it.

Summary

Today you were a food detective and used your eyes, hands, nose, and mouth to describe a new food. Who liked the way a sweet potato felt on your hands? What did the sweet potato look like with a magnifying glass? Who liked the way the sweet potato smelled? Who liked the way that the sweet potato tasted?

Enrichment

Read One Potato: A Counting Book of Potato Prints by Diana Pomeroy aloud to your classroom. They can learn to count and identify healthy foods at the same time!

Learning Objectives

1. CHILDREN WILL complete the first of four sweet potato tasting experiences.

2. CHILDREN WILL describe what a sweet potato looks like under a magnifying glass.

Teaching Objectives

1. TEACHERS WILL model healthy eating behavior for children.

Teaching Tips

- Young children are more likely to try a new food if the behavior is modeled by an adult.
- Children may not want to try a new food. Encourage each child to take one bite.

ATTENTION: TEACHERS!

Following this activity, please fill out the teacher’s evaluation form for this lesson.
Take a few moments to complete this feedback form. Since this is a new curriculum, your comments are vital to its future success. Thank you for your time and response. We value your input.

### Please Tell Us About You!
List names of Head Start teachers, teacher aides, and other Head Start staff members who led this lesson:

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________________________________________________________
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Purpose
The purpose of this lesson is to introduce a new food to the children in your classroom. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

Overview
In this lesson, children will taste test different types of potatoes.

Words to Use
- sweet potato
- potato
- orange and white
- mash

Introduction
This activity will work well at tables in small groups. Each table should have two plates: one plate with samples of mashed sweet potato and one plate with regular mashed potato.

An easy way to prepare mashed potatoes and sweet mashed potatoes:
1. Place washed and peeled potatoes in a pot and add water, covering all potatoes.
2. Bring water to a boil, reduce heat and simmer. Cover for 15 minutes or until tender.
3. Drain water. Add skim or 1% milk or any herbs if desired. Mash.
**Activity Description**

1. Gather the children in small groups at their tables after they have washed their hands.

2. Ask the children what food is in the middle of the table. Remind the children of when they were food detectives. The children may not recognize sweet potatoes in mashed form. Explain to the children that the other food on the table is regular mashed potato.

3. Instruct one child at each table to take a sample of mashed sweet potato.

4. After every child has a sample, ask the children to smell the mashed sweet potato. Ask the children how the mashed sweet potato smells.

5. Encourage each child to take at least one bite of mashed sweet potato.

6. After everyone has smelled and tasted the sample, ask the children if they liked it.

7. Repeat this for the regular mashed potatoes.

8. Ask the children if the different types of potatoes looked the same or looked different, smelled the same or smelled different, tasted the same or tasted different.

**Summary**

*Today we were taste testers. What did we taste today? Which potato tasted the best to you?*

**Enrichment**

Ask the children in your classroom how many potatoes can fill a small bucket. After every child has suggested a number, fill a bucket with potatoes, counting each one.

**Learning Objectives**

1. **CHILDREN WILL** complete the second of four sweet potato tasting experiences.

2. **CHILDREN WILL** describe if sweet potato and another type of potato are similar or different in appearance, smell and taste.

**Teaching Objectives**

1. **TEACHERS WILL** model healthy eating behavior for children.

**Teaching Tips**

- Encourage each child to try one bite of both potatoes.
- The more times children are exposed to novel foods the more likely they are to like the new food.
- Children are more likely to try a new food if you model the behavior!

**ATTENTION: TEACHERS!**

Following this activity, please fill out the teacher’s evaluation form for this lesson.
Take a few moments to complete this feedback form. Since this is a new curriculum, your comments are vital to its future success. Thank you for your time and response. We value your input.

What comments or reactions did the children in your classroom have about their tasting experience?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Did you make any changes to the lesson in order to meet the objectives? If yes, please describe.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Did you experience any difficulties in completing this lesson?

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________________________________________________________________________
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Do you have any additional comments?

________________________________________________________________________
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List names of Head Start teachers, teacher aides, and other Head Start staff members who led this lesson:

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How many other adults (volunteers) helped lead this lesson?

________________________________________________________________________

Please indicate if the following learning and teaching objectives were met:

A. Children completed the second of four sweet potato tasting experiences.

☐ yes ☐ no

comments: ________________________________________________________________
________________________________________________________________________
________________________________________________________________________

B. How many...

children in your classroom tasted a sweet potato? ☐

total children in your classroom? ☐

C. Children described if sweet potato and another type of potato are similar or different in appearance, smell and taste.

☐ yes ☐ no

comments: ________________________________________________________________
________________________________________________________________________
________________________________________________________________________

D. Teacher modeled healthy eating behavior (tasting a sweet potato) for children.

☐ yes ☐ no

comments: ________________________________________________________________
________________________________________________________________________
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E. Did your classroom complete the enrichment activity?

☐ yes ☐ no

comments: ________________________________________________________________
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Curr_Nutr_Mod_6_TT_Eval_Veg_2010
Purpose
The purpose of this lesson is to introduce a new food to the children in your classroom. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

Overview
In this lesson, children will help prepare a healthy snack.

Words to Use
- sweet potato
- chef

Introduction
Preparing the baked sweet potato snack will work in one large group.

*Today we are going to be chefs. What does a chef do? A chef makes food that tastes really good. What did we already do that a great chef always does? What do great chefs do after they are done cooking?*

Remind children that anytime chefs make food, they wash their hands; and, great chefs always taste the food that they make.
Activity Description

Prepare the following recipe with the children in your classroom.

1. Scrub each sweet potato well. Ask children to assist.
2. Without the assistance of your class, cut each sweet potato into medallions or thin slices.
3. Place all sweet potato medallions into a zip top plastic bag and ask children to add 1 TBSP of olive oil, a few shakes of seasoning and (optional) a dash of nutmeg. “Lock” the bag shut.
4. Ask each child to take a turn shaking the bag.
5. Open the bag and arrange the sweet potatoes in a thin layer on a baking sheet. Without the assistance of your class, bake for 20 minutes in a 450 degree oven.
6. Encourage each child try the baked sweet potato treat.

Summary

“Today we were chefs. What did we make today? Who liked making the sweet potato snack?”

Enrichment

Using a food scale, weigh one whole sweet potato, two whole sweet potatoes, and three whole sweet potatoes.

Learning Objectives

1. CHILDREN WILL complete the third of four sweet potato tasting experiences.
2. CHILDREN WILL help prepare a healthy snack.

Teaching Objectives

1. TEACHERS WILL model healthy eating behavior for children.

Teaching Tips

■ Encourage each child to take one bite of baked sweet potato.
■ Remember that the more times children are exposed to a new food the more likely they are to develop a taste preference for that food.
■ Children are more likely to try a new food if an adult models the behavior!
Take a few moments to complete this feedback form. Since this is a new curriculum, your comments are vital to its future success. Thank you for your time and response. We value your input.

Please indicate if the following learning and teaching objectives were met:

A. Children completed the third of four sweet potato tasting experiences.
   - [ ] yes  [ ] no
   - comments: ______________________
   - ______________________
   - ______________________

B. How many...
   - children in your classroom tasted a sweet potato? [ ]
   - total children in your classroom? [ ]

C. Children helped prepare a healthy snack.
   - [ ] yes  [ ] no
   - comments: ______________________
   - ______________________
   - ______________________

D. Teacher modeled healthy eating behavior (tasting a sweet potato) for children.
   - [ ] yes  [ ] no
   - comments: ______________________
   - ______________________
   - ______________________

E. Did your classroom complete the enrichment activity?
   - [ ] yes  [ ] no
   - comments: ______________________
   - ______________________
   - ______________________

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1. What comments or reactions did the children in your classroom have about their tasting experience?

2. Did you make any changes to the lesson in order to meet the objectives? If yes, please describe.

3. Did you experience any difficulties in completing this lesson?

4. Do you have any additional comments?

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*PLEASE TELL US ABOUT YOU!*
List names of Head Start teachers, teacher aides, and other Head Start staff members who led this lesson:

________________________________________________________

How many other adults (volunteers) helped lead this lesson? [ ]
Purpose
The purpose of this lesson is to introduce a new food to the children in your classroom. The more times children are exposed to new foods, the more likely they are to eat and enjoy these foods in the future.

Overview
In this lesson, children will help prepare a healthy snack.

Words to Use
☐ mashed sweet potato
☐ chef

Introduction
Making the mashed sweet potato will work well in one large group.

Today we are going to be chefs. What does a chef do? A chef makes food that tastes really good. What did we already do that a great chef always does? What do great chefs do after they are done cooking?

Remind children that anytime chefs make food, they wash their hands; and, great chefs always taste the food that they make.
Activity Description

Prepare the following recipe with the children in your classroom. Ask the children to assist when possible.

1. Wash the sweet potatoes well and cut into cubes.
2. Without the assistance of your class, boil the potatoes in water for 20–25 minutes or until tender.
3. Drain sweet potatoes and add cinnamon.
4. Ask children to take turns mashing the sweet potatoes.
5. Encourage each child to take at least one bite of mashed sweet potato.

Summary

“Today we were chefs. What did we make today? Who liked making the mashed sweet potato?”

Enrichment

Ask children to think of words that begin with the letter s, like the word sweet potato.

Learning Objectives

1. CHILDREN WILL complete the fourth of four sweet potato tasting experiences.
2. CHILDREN WILL help prepare a healthy snack.

Teaching Objectives

1. TEACHERS WILL model healthy eating behavior for children.

Teaching Tips

■ Encourage each child to take one bite of mashed sweet potato.
■ Please do not add fat or sugar.
■ Consider leaving the skin on the sweet potatoes for added nutritional benefits.
■ Remember that the more times children are exposed to a new food, the more likely they are to develop a taste preference for that food.
■ Children are more likely to try a new food if an adult models the behavior!

ATTENTION: TEACHERS!

Following this activity, please fill out the teacher’s evaluation form for this lesson.
Take a few moments to complete this feedback form. Since this is a new curriculum, your comments are vital to its future success. Thank you for your time and response. We value your input.

**PLEASE TELL US ABOUT YOU!**

List names of Head Start teachers, teacher aides, and other Head Start staff members who led this lesson:

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2. **How many...**

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3. **Children helped prepare a healthy snack.**

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4. **Teacher modeled healthy eating behavior (tasting a sweet potato) for children.**

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5. **Did your classroom complete the enrichment activity?**

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