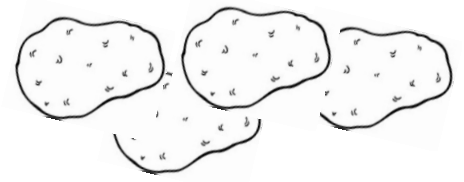


Potato Power



Varities

Know Your Potato

Did you know that 3,000 varieties of potatoes are grown in the United States alone? Only 100 varieties are grown regularly. There are potatoes for everything from eating to art. Each potato type has its own unique color, taste, shape, and texture.



Potato Prints

A Nutritious Nugget

The potato is a highly nutritious food. They are fat-free, cholesterol-free, and sodium free. It is an excellent source of Vitamin C and provides important B Vitamins plus minerals like copper, magnesium and iron. Potatoes are also one of our best sources of complex carbohydrates.

Potatoes are the number one source of potassium -a vital mineral that most Americans are lacking.

One medium size potato contains only 100 calories.

Nutrition

Spuds With An Aesthetic Touch

Make wrapping paper designs or just have fun printing the shapes cut out from raw potatoes on the paper. When the paint is dry, highlight the designs with markers, glitter, or other decorations.

Did you know that the Indians in Peru were the first people to cultivate the potato over 4,000 years ago? The Andes Mountains of South America is the birthplace of the "Irish" white potato.

History

Potatoes are grown in all 50 states. Potatoes are a very common food item worldwide. They are grown in 125 countries. Review the states and regions.

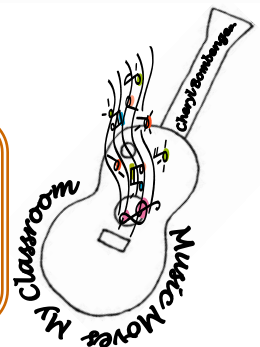


Grown In All 50 States

Germ Buster Lesson: Potato Power

Demonstrates the Effect of Proper Hand Washing and The Importance of Clean Hands

<http://ndfoodlandpeople.ning.com/page/lessons-1>



Jamie O'Rourke and the Big Potato



Read orally Tomie dePaola's
Irish folk tale:
Jamie O'Rourke and the Big Potato



Cause Effect

- If they do not dig up the praties....
 - They will have nothing to eat in the winter.
- Because Jamie is lazy
 - Eileen must dig up the praties.
- If Eileen does not dig up the praties
 - There will be no food in the winter.
- If there is no food in the winter
 - They will starve to death.
- If a person catches a leprechaun
 - The leprechaun will pay for his freedom with a pot of gold.
- If Jamie plants the pratie seed from the leprechaun and waters
 - He will grow the biggest pratie in the world
- Because the pratie is so big
 - It blocks the road so that no one can get by.
- If Jamie promises not to plant another pratie seed
 - The villagers will promise to give him and Eileen plenty of food.

Potatoes

Potatoes go back, 4,000 years ago
They're such a nutritious
A nutritious treat!
Grown in all 50 states
And many, many countries
With lots varieties.... that's sweet!

Ireland devastated long ago
This veggie did cause an exit plan
Fat-free and full of potassium
Vitamins B and C
Are known throughout the land.

Eat'em hot, eat'em cold,
Eat'em young, eat'em old!
In salads, casseroles, or as a side dish
Dig'em up, bought and sold
From the garden, I'm told
5 or 10 pounds, with beef or fish.



The Potato Song



Potato Facts

http://www.thehotpotato.com/english/potato_facts.htm

Potato Trivia ...and the answers!

<http://pacooppotatoes.com/pdf/POTATO%20TRIVIA.pdf>

<http://pacooppotatoes.com/pdf/POTATO%20TRIVIA%20ANSWERS.pdf>

