



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

**In season:**



**Fall**

# Sweet Potato

*Lakota: bloskúya*

## Preschool Lesson Plan

### Objectives

Participants will:

- identify sweet potato as a vegetable from MyPlate.
- increase knowledge in harvesting, storage and use of sweet potatoes.
- demonstrate use of sweet potato in a recipe.

### Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Sweet Potato visuals
- An actual sweet potato if possible
- A can of sweet potatoes if possible

### Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet
- Coloring Sheet

### Recipe

- Sweet Potato Oven Fries

### Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Knife Safety and Cutting Boards
- Measuring Liquid and Dry Ingredients
- Oven Use and Safety
- Stove Top Safety

### Other Cooking and Food Safety Skills

- Storing fresh vegetables

### Supplies for Sweet Potato Lesson

- Sweet Potato Oven Fries
  - » Oven
  - » Knife
  - » Cutting board
  - » Measuring spoons
  - » Plastic sealable bag
  - » Baking sheet
  - » Spatula
  - » Oven mitts

What You Say:	What You Do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> <li>• This vegetable is technically not a vegetable.</li> <li>• They can be white, cream, orange, red or purple.</li> <li>• It is often called by the wrong name.</li> </ul> <p>(Answer: Sweet potato.)</p>	<ul style="list-style-type: none"> <li>• Name off each clue, allow a few guesses before moving on to the next clue.</li> <li>• After someone guesses the answer, or you tell them, show them visuals of sweet potatoes.</li> </ul>
<p>Half of our plate should be fruits and vegetables. Preschool-aged children should be eating 1 cup of vegetables each day.</p> <p>Kindergarteners should be eating 1 ½ cups of vegetables a day.</p>	<ul style="list-style-type: none"> <li>• Point to the MyPlate poster.</li> </ul>
<p>Did you know that different vegetables come from different parts of the plant? They can be a root, stem, leaf, fruit, flower or seed.</p> <p>What part of the plant do you think a sweet potato is?</p> <p>(Answer: Root.)</p> <p>Do you know why plants need roots?</p> <p>(Answer: The roots grow in the ground. Roots hold the plant in place. Roots take in water which helps the plant to grow.)</p>	<ul style="list-style-type: none"> <li>• Show Parts of the Plant visual.</li> <li>• Point to the roots.</li> <li>• Call on someone who would like to answer.</li> </ul>
<p>Sweet potatoes are not actually potatoes. They are part of the morning glory family. These are plants that flower. In some parts of the world, people eat the stems and leaves. In the United States, people call yams sweet potatoes.</p>	<ul style="list-style-type: none"> <li>• Show visuals of sweet potatoes.</li> </ul>
<p>Have you planted sweet potatoes in your garden? Have you seen sweet potatoes growing in a garden?</p> <p>Sweet potatoes love the heat and need lots of sun to grow. They are started off from the vine cuttings (or slips), you can start these at home or buy them at a garden store.</p> <p>To harvest sweet potatoes, wait until the first fall frost, they can be harvested before or after. When the leaves turn yellow, that is another sign they are ready to harvest.</p> <p>The skin can bruise easily, so be careful when harvesting.</p> <p>Once sweet potatoes have been harvested, they should be washed before eating. The skin provides lots of great nutrients for us. Make sure to scrub the skin really well with a vegetable brush to get all the dirt off.</p>	<ul style="list-style-type: none"> <li>• Allow participants to share.</li> <li>• Show a vegetable brush.</li> <li>• Demonstrate how to scrub a sweet potato.</li> </ul>

What You Say:	What You Do:
Store sweet potatoes in a cool, dry place. They will last several days at room temperature. Putting sweet potatoes in the refrigerator can change how they taste.	
<p>How can we eat sweet potatoes?</p> <p>Sweet potatoes are eaten cooked. They can be cubed and roasted in the oven, mashed, fried or added to soups.</p>	<ul style="list-style-type: none"> <li>• Call on someone who would like to answer.</li> </ul>
We can buy sweet potatoes fresh at the grocery store or canned. Drain and rinse canned sweet potatoes to help reduce the added sugar.	<ul style="list-style-type: none"> <li>• Show a can of sweet potatoes if possible.</li> </ul>
<p>Why should we eat sweet potatoes?</p> <p>They are high in vitamin A, which is important for our eyes. It also helps keep our immune system healthy and gives us strong bones.</p>	<ul style="list-style-type: none"> <li>• Show a can of sweet potatoes if possible.</li> </ul>
<p>Are you ready to use sweet potatoes in a recipe?</p> <p>What is the first thing we need to do before making or eating food?</p> <p>(Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> <li>• Review Handwashing skill sheet.</li> </ul>

## Use this page if you are going to prepare Sweet Potato Oven Fries

### Equipment List

- Oven
- Knife
- Cutting board
- Measuring spoons
- Plastic sealable bag
- Baking sheet
- Spatula
- Oven mitts

What You Say:	What You Do:
<p>Today we're going to make Sweet Potato Oven Fries. If we look at the ingredients in this recipe, how many food groups do we have?</p> <p>Which ones? (Answer: 1.)</p>	<ul style="list-style-type: none"> <li>• Show MyPlate and let participants tell which food group the ingredients come from.</li> <li>• Read the recipe to the participants.</li> <li>• Talk about the steps to make the fries.</li> </ul>
<p>If we have leftovers from this recipe, what should we do with them? (Answer: Place in a container with a lid in the refrigerator within 2 hours.)</p>	<ul style="list-style-type: none"> <li>• Call on someone who would like to answer.</li> </ul>
<p>We have a few options for seasoning the oven fries.</p> <p>One of the mixtures does not contain any salt and the other mixture uses <math>\frac{1}{8}</math> of a teaspoon of salt. We shouldn't have too much salt when we eat. We do need salt but too much can also be a bad thing.</p>	<ul style="list-style-type: none"> <li>• If possible, have both seasoning mixes and do half of each.</li> <li>• If possible, show a few food labels to look at the sodium content.</li> </ul>
<p>Today we will need to cut the sweet potatoes for our fries. We will go over knife safety.</p> <p>We will be baking the fries in the oven. We'll go over some oven safety rules and then prepare our recipe.</p>	<ul style="list-style-type: none"> <li>• Review Knife Safety and Cutting Boards and Oven Use and Safety skill sheets.</li> </ul>
<p>Measure 2 teaspoons of sugar. To measure the sugar, we will fill the measuring spoon real full and then use a popsicle stick or table knife to level it off (make the top flat).</p>	<ul style="list-style-type: none"> <li>• Demonstrate measuring and leveling the sugar.</li> </ul>



## Visuals



**Morning Glory flowers**



**Sweet potato vine**



**Sweet potato slips growing out of  
the sweet potato**



**Sweet potatoes attached to a long  
root**

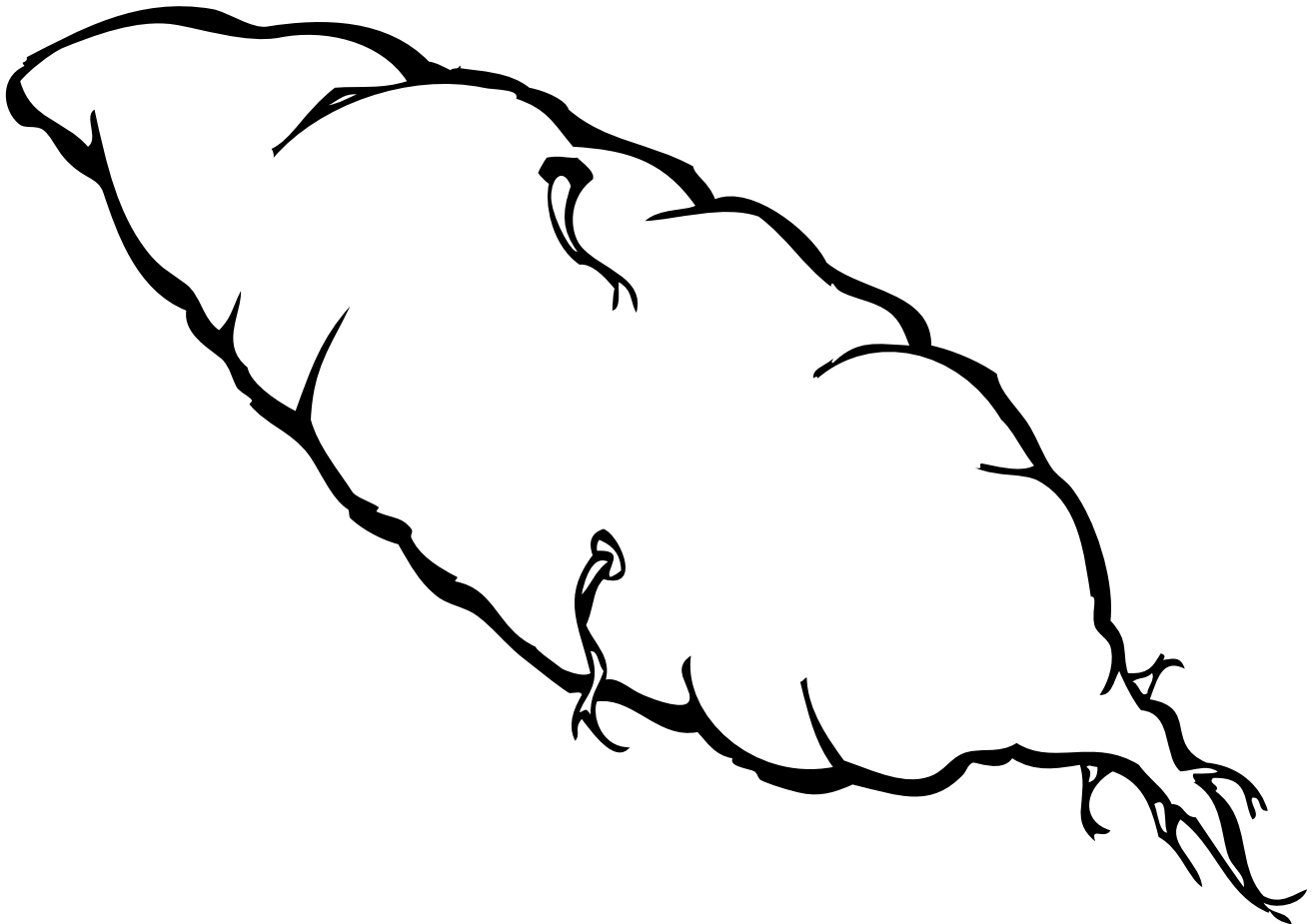
## Sweet Potato Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (% Daily Value)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Sweet potato, raw	½ cup, sliced 67g	57	2	380	2	224	7
Sweet potato, baked	½ cup mashed 100g	90	3.3	n/a	20	457	6
<b>Daily Recommendations</b> <b>RDA=Recommended daily allowance</b> <b>AI=Adequate intake</b>	1-4 cup servings of vegetables per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)



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# SWEET POTATO



This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

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# Sweet Potato Sources

## Information

- [vric.ucdavis.edu/main/faqs.htm](http://vric.ucdavis.edu/main/faqs.htm)
- [hortnews.extension.iastate.edu/faq/are-sweet-potatoes-and-yams-same-thing](http://hortnews.extension.iastate.edu/faq/are-sweet-potatoes-and-yams-same-thing)
- [extension.purdue.edu/foodlink/food.php?food=sweet%20potato](http://extension.purdue.edu/foodlink/food.php?food=sweet%20potato)
- [cesolano.ucdavis.edu/files/59967.pdf](http://cesolano.ucdavis.edu/files/59967.pdf)
- [diynetwork.com/how-to/outdoors/gardening/how-to-plant-and-grow-sweet-potatoes](http://diynetwork.com/how-to/outdoors/gardening/how-to-plant-and-grow-sweet-potatoes)

## Recipe

- [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/mashed-sweet-potatoes](http://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/mashed-sweet-potatoes)
- [uaex.uada.edu/publications/PDF/FCS727.pdf](http://uaex.uada.edu/publications/PDF/FCS727.pdf)

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In season:



Fall

# Sweet Potato

*Lakota: bloskúya*

## Pick it!

Sometimes called a yam; long, tapered with smooth, thin, edible skin.

Choose firm, smooth roots with bright, evenly colored skins. Avoid holes or cuts, a source of decay.

Three medium sweet potatoes equals about 2 cups cooked and mashed or a 16 ounce can.

Store in a cool, dry place. Do not refrigerate, as it causes a hard-core and undesirable taste.

Boil, bake, microwave, mash or fry. Add to stir-fries, soups and casseroles.



## Try it!

Just before cooking, scrub under running water and pat dry.

Use a fork to pierce (poke holes in) the potato 4-5 times; brush with oil.

Bake: place on baking sheet, bake at 400 degrees Fahrenheit (F) for 15 minutes; reduce heat to 375 degrees F, until soft.

Microwave: place on microwave safe plate, cook on high for 5-9 minutes. Let stand for 3 minutes.



## Types of Sweet Potato

**Pale yellow:** Dryer flesh than orange variety, pale colored flesh and peel.

**Dark orange:** Orange flesh, moist and plump, sweeter than pale yellow.



## Did you know...

Red, orange and yellow plant pigments are carotenoids which become vitamin A in the body. Vitamin A helps our eyesight, immunity, cell and bone growth.



**Like it!**

## Sweet Potato Oven Fries

### Ingredients

- 4 medium sweet potatoes
- Nonstick vegetable oil spray
- 2 tablespoons canola or olive oil

### Optional Seasonings

- Mix equal parts ground nutmeg and cinnamon or
- Mix  $\frac{1}{8}$  teaspoon each paprika, garlic flakes and salt with a pinch of cayenne pepper

### Directions

1. Preheat oven to 475 degrees F.
2. Rinse potatoes thoroughly and cut into long strips about  $\frac{1}{2}$  inch thick.
3. Place oil in a plastic bag on container and add potatoes. Toss to evenly coat the strips. If adding seasoning, add and toss to coat.
4. Lightly spray a baking sheet with nonstick spray and lay potato strips down in a single layer on the sheet.
5. Bake for 40 minutes turning strips halfway through.

Yields 6 servings

Nutrition Facts per Serving:  
Calories 110; Fat 4.5g; Cholesterol 0mg; Sodium 95mg;  
Carbohydrates 15mg; Sugar 5g; Fiber 3g; Protein 1g

Source: [uaex.uada.edu/publications/PDF/FCS727.pdf](https://uaex.uada.edu/publications/PDF/FCS727.pdf)

## Mashed Sweet Potatoes

### Ingredients

- 4 medium sweet potatoes
- $\frac{3}{4}$  teaspoon thyme
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon pepper

### Directions

1. Wash and peel potatoes. Cut them into slices about  $\frac{3}{4}$  inches thick.
2. Place them in a saucepan with enough water to cover potatoes. Bring the water to boil on medium heat.
3. Cook the potatoes for 20-25 minutes until they are soft. Drain the water.
4. Put the potatoes in a medium bowl, mash using a fork or potato masher.
5. Mix in the thyme, salt and pepper. Serve hot.

Yields 4 servings

Nutrition Facts per Serving:  
Total Calories 113; Total Fat 0g, Saturated Fat 0g;  
Cholesterol 0mg; Sodium 217 mg; Carbohydrates 26g,  
Dietary Fiber 4g, Total Sugars 5g, Added Sugars included  
0g; Protein 2g

Source: [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/mashed-sweet-potatoes](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/mashed-sweet-potatoes)

*Lakota word translated by Jeshua Estes.*

**Find more recipes  
and videos at  
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