

## Mmmmm, I'm Good! But Am I Good For You?



**LEVEL:** Grades 4-6

**SUBJECTS:** Science, Language Arts,  
Health

**AZ ACADEMIC STANDARDS:** ICH-E8, W-E3,  
R-E2

### **MATERIALS**

Teacher background information page, photocopies of nutrition facts, matching quiz, paper, pencil/pen for writing activity.

### **VOCABULARY**

potassium, vitamin c, antioxidants, carbohydrates, fiber, nutrition, cholesterol, fat

### **RELATED LESSONS**

Arizona!!! How the Heck Did I End Up Here???  
I'm Here, I'm There, I'm Everywhere-I'm Super Spud  
From Mashed to Riches

### **SUPPORTING INFORMATION**

We are going to learn about the nutritious value of one of our favorite Arizona grown crops - the potato. What do we mean by nutritious? That it is nourishing or good for us in many ways. America's favorite vegetable not only contains zero fat and zero cholesterol, but it is high in vitamin C and potassium and it is an excellent source of fiber with the skin on. In addition to being nutritious and delicious, potatoes are versatile. Potatoes can be at the

center of the plate with beef, chicken, or fish, or on their own as a vegetarian dish. Mash, bake, or microwave potatoes for a tasty side dish. Leave the skins on your spuds for an extra boost since a wealth of vitamins, minerals, and fiber are found in the peel.

To stay healthy, be sure to exercise, control meal portions, and eat well. The best guide for eating well is the United States Department of Agriculture's Food Guide Pyramid. Make sure to eat plenty of fruits and vegetables - a minimum of 5 servings per day.

### **GETTING STARTED**

Students will be working in groups of 5 for part of this activity. Each person in the group needs to have a different information fact card to read to the others in the group.

### **PROCEDURES**

1. Teacher reads the supporting information on nutritional value of potatoes.
2. Students will be divided into groups of 5 and each member of the group will have a different fact about the potato. The students will read their information to the other members of the group. Students should be encouraged to take notes during this aspect of the lesson.
3. After the group work is completed, have the entire class discuss and review what they have learned. Write information

### **BRIEF DESCRIPTION**

This lesson is designed to give students a basic knowledge about the nutritional value of the potato, where it fits into the food pyramid, and how it can be an important part of a balanced diet.

### **OBJECTIVES**

The students will learn about the important nutrients contained in the potato. They will demonstrate their understanding by completing a matching exercise and a written summarization on nutritional value.

**ESTIMATED TEACHING TIME**  
45 minutes - 1 hour

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## PROCEDURES (cont'd)

on blackboard.

4. After discussion is completed, pass out matching exercise to complete.

5. When matching exercise is completed, assign students to complete a 1 page summary on why potatoes are good for you and how they are an important part of a balanced diet. Allow students to use reference materials to assist them in completing this assignment.

### Additional Activities:

1. Have students research nutritional values of other AZ Grown Specialty crops. Make comparisons and rank them in terms of overall value.

2. Create a bar graph to represent the percent of the daily value that 1 potato provides for the nutrients discussed in the lesson. Do the same for 2 or 3 servings, etc.

Possible Questions: What are some of the reasons that potatoes are good for you? *answers will vary*

What category in the food pyramid does the potato fit into? *vegetable*

How many servings per day should you have of fruits/vegetables? *5*

Do you think eating potatoes could be bad for you? How or why? State examples.

What are some of the ways that potatoes are cooked?

Are they all equally nutritious?

*No, skin on has more nutrients, steamed is better than boiled, fried can add fat, etc.*

## EVALUATION OPTIONS

1. Students complete matching exercise on nutrient facts.

2. Students complete written one page summary on the value of eating potatoes.

Assess on content accuracy and language arts mechanics.

## EXTENSIONS AND VARIATIONS

1. Design "Super Spud".

Have students create their own potato. Tell what is unique about their potato and how it is beneficial.

2. Make a chart listing different ways potatoes are cooked/served. Make surveys on students' favorite style of potatoes.

3. Have a potato potpourri picnic and have students bring in dishes of different styles of potatoes.

4. Make a class cookbook in which each student brings in their favorite potato recipe to copy and share with others.

## RESOURCES

[www.potatohelp.com](http://www.potatohelp.com)

The potato then and now

[www.sunspiced.com](http://www.sunspiced.com)

[www.thepotato.com](http://www.thepotato.com)

Book - The Potato: How the Humble Spud Rescued the Western World by Larry Zuckerman

## Matching Exercise Key

1. E
2. H
3. D
4. F
5. B
6. C
7. A
8. G

## EDUCATORS' NOTES

<b>CURRICULUM DESIGN</b>
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