

# Lesson 5 - Sweet Potato Hill

## Prep before lesson:

- Have enough sweet potatoes to conduct a tasting activity with each student in the class.
- Bring How Groundhog's Garden Grew
- Have a mystery box ready to use with you.
- Bookmark picture of sweet potato pg.65 in Booklet 1.
- Be sure to have a copy of Cool Puppy Pup video with you.
- Bring your Map of the Garden at Tasty Acres Farm
- Copies (1 per child) of Mashed Sweet Potatoes Recipe and Start a Sweet Potato Slip worksheet (front to back) pg. 31 & 36 in Grow It, Try It, Like It Booklet 4.

## LESSON

### Mystery Box Activity (10 Mins)

- Re-introduce the mystery box.
- One at a time, ask each student to come and feel inside without looking. If a child seems afraid, feel inside the mystery box with a friend.
- Ask each student to describe quietly to you what he/she feels.
- Ask children as a group to guess what is in the box, and reveal the sweet potato.

### Sweet Potato..Where Do You Come From? Activity (5 Min)

- Follow activity script (except for hand washing) on page 9 Grow It, Try It, Like It Booklet 4.

### Read Book: How Groundhog's Garden Grew

#### By Lynne Cherry (15 min)

- Follow the book script.

## **Old MacDonald Had a Farm, Sweet Potato Style-Movement Activity (5 Min)**

- Follow directions on pg.19 Grow It, Try It, Like It Booklet 4.
- Dismiss students by twos to wash their hands as you think of other foods that grow on farms and tell what food group they belong to.

## **Sweet Potato Tasting Activity (10 Min)**

- Talk about the sweet potato and ask questions such as:  
Is it a fruit or vegetable?  
What shape is it?  
What color is it?  
How does it feel? (Bumpy? Smooth?)
- Pass out a piece of sweet potato to each student. Ask the students to wait until everyone gets one before tasting it.
- Ask the students to use all of their other senses to describe anything they can see, hear, smell, or feel when holding the sweet potato.
- Ask how many have ever tasted a sweet potato.
- Review the polite tasting rules and the saying “Don’t yuck on my yum”.
- Count to 3 and everyone taste the sweet potato together!
  - Provide descriptive words such as orange, earthy, bumpy, eyes, fresh, sweet and ask children to give their own descriptive words, avoiding words such as good, bad, yummy, etc.

## **Watch the Cool Puppy Pup’s Sweet Potato Lunch Party Video (15 Min)**

- Follow video script (steps 1-5) on pg.15 in Grow It, Try It, Like It Booklet 4.
- Show the Map of the Garden at Tasty Acres Farms. Point to Sweet Potato Hill and tell the students that is where they visited today. Tell them that next time we will be visiting Cantaloupe Corner.
- Show a copy of the Mashed Sweet Potatoes Recipe and Start a Sweet Potato Slip worksheet and explain that each student will get one to take home to their family.

\*Extension Activity: Sweet Potato coloring sheet pg.76 in Grow It, Try It, Like It Booklet 1.