



Sweet Potato Exploration: Preschool Lesson



FALL

Taste of Tennessee Product= Sweet Potato

Objectives

- Children become comfortable with tasting new foods in the supportive, positive environment of their preschool.
- Through a hands-on activity, children explore a new local vegetable and taste a local sweet potato.

NC Foundations for Early Learning and Development

Goals Addressed:

APL-2, APL-5, APL-7, APL-8

HPD-1

LDC-1

CD-1, CD-14, CD-15

Materials

-2-3 local sweet potatoes

-2-3 brown bags

-Knife (*for adult use only*)

-Cutting board

Preparation

Place one sweet potato in each of your small brown paper bags. Cut the other sweet potato into small sticks and place them in a bowl.

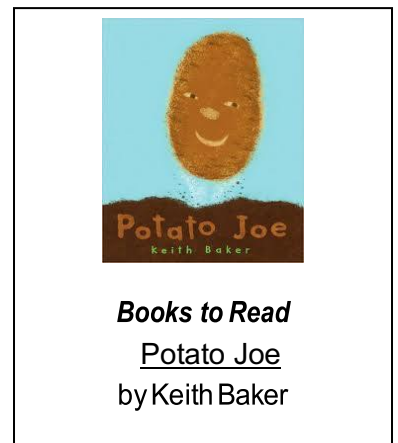
Activities

Taste It

Pass out a sweet potato stick to each of the children, asking them to wait to taste the snack until everyone has one. Don't tell the children what it is! Tell the children you want them to taste the snack and guess what it is. Does anyone have any guesses?

Guess the Vegetable

Tell the children you have the snack inside the brown paper bags. Ask children to reach inside the paper bag and use their sense of touch to explore the object inside. Give each child a chance to feel the "mystery object" in one of the bags. (Having two bags and a helper makes this part of the lesson go more smoothly.) Ask the children to describe how the object feels. Is it hard or soft? Smooth or bumpy? Do they have any guesses about what it might be?



Books to Read

Potato Joe

by Keith Baker



Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project).

www.growing-minds.org

Nourishing Connection is a program of the Northwest Tennessee Local Food Network

www.nwtnlfn.org Facebook: @NWTNLFN