



HARVEST OF THE MONTH

January: Sweet Potatoes

Nutrition News—

Sweet potatoes are packed with health benefits such vitamin A and vitamin C, as well as potassium, fiber, and beta carotene, making them nutritional all-stars.

They are also fat-free and cholesterol-free.

Give your meal a nutritional boost by slicing and roasting sweet potatoes in place of your regular fries.



Did you know?

George Washington Carver, best known for his work with peanuts, also developed over 100 products using sweet potatoes.





TOPS AND BOTTOMS

Standards of Learning:

Science: 1.4

Objectives:

Students will be able to—

- Identify and sort plants by whether the edible part is located above or below ground.

Materials:

- Tops and Bottoms* by Janet Stevens
- 2 paper plates per student
- Hole punch
- Brads
- Scissors
- Crayons/markers



Background Knowledge:

There are parts of vegetables and fruits that we eat but we do not eat the same part of every vegetable. We can eat the roots, stems, leaves, and seeds of different types of vegetables. For example, when we eat a carrot we are eating the root. When we eat celery we are eating the stem. Eating peas or wheat means we are eating the seeds. Lettuce is the leaf part of the plant that we eat. Therefore, this is why we eat the top, bottom, or middle of different types of vegetables.

Review edible plant parts with students. Show fresh, artificial or illustrations.

- Roots – carrot, radish, beet, turnip, parsnip, sweet potato
- Stems – celery, asparagus, potato (fleshy underground stem called a tuber), rhubarb, cinnamon
- Leaves – lettuce, cabbage, spinach, onion (bulb), garlic (bulb), parsley, dill, rosemary, thyme, sage, collards, brussels sprouts
- Fruit – tomato, cucumber, squash, apple, peppers, eggplant, pears, avocado, peach, green beans
- Flowers – broccoli, cauliflower, artichoke, capers
- Seeds – corn, peas, peanuts, black-eyed peas, kidney beans, pinto beans, black beans

Procedure:

- Read the book *Tops and Bottoms* by Janet Stevens. Sort the vegetables mentioned in the book into 2 columns – tops and bottoms.
- Give each student a paper plate.

3. Have them fold it in half and open. Then draw a line along the crease. On the top half of the plate have them draw pictures of the plants that we eat the tops of. On the bottom half of the plate have them draw pictures of the plants that we eat the bottoms of.
4. Fold the second paper plate in half as well. Label the top half "Tops" and the bottom half "Bottoms." Cut along the crease.
5. Attach to the first plate using brads.
6. Now have students take turns rotating the top or bottom piece of the plate to reveal the corresponding vegetables below.

