

Let's Cook! Lesson Plan

Produce Feature: Potatoes

POTATO TASTING ACTIVITY (30 MINUTES)

Supplies: Kids' Name Tags, Potatoes (four of each variety), Paper Plates (8), Black Marker, Knife, Napkins, Toothpicks, Kids' Notebooks, Colored Pencils, Pens, Potato Preference Survey Pictures

Preparation (prior to class):

Divide students into two groups; set-up tasting tables (with preference survey pictures) and prepare cooking stations. Label four paper plates with different types of potatoes (russet, red, blue, yukon gold); place two potatoes (one whole, one cooked) of the same variety on the matching labeled plate; then, set plate on tasting table next to the corresponding preference survey picture. Repeat this process until both tasting tables have all four potato plates.

Drawing & Tasting (30 minutes):

1. Students sign-in and stamp a vegetable next to their name on the attendance poster; pick-up name tag; wash hands with soap and warm water; place student at one of two tables according to pre-divided groups.
2. Explain that today we will learn about potatoes—potatoes are a vegetable that grow underground; potatoes have “eyes” that sprout as the potato gets older; potatoes were once thought to be poisonous; there are many potato varieties (different sizes, shapes and colors); we will learn about four types today:
 - a. **Russet:** most common; long, slightly round shape; thick, dark brown skin with white flesh; very starchy texture
 - b. **Red:** small, round shape; red skin with firm, white flesh; waxy texture
 - c. **Blue:** not very common; round or oval shape; thin, blue skin with white or purple flesh; when cooked, they either become duller or brighter in color; don't eat the skin because it can be poisonous
 - d. **Yukon Gold:** medium, round shape; yellow skin with golden yellow flesh; both waxy and starchy texture
3. In their Kids' Notebook, direct the students to draw the first potato variety in the first box of the *Potato Tasting Chart*. Taste the potato together; take turns describing how it looks, smells, tastes and feels. Ask students to write at least three adjectives (*Words to Describe* listed in front of Kids' Notebook) in the box to describe the color, shape, size, texture and taste of the potato. Show students the preference survey picture for that variety.
4. Repeat this process until all four potato varieties are drawn, tasted and described.
5. Vote on group's favorite potato; ask other group their favorite potato.

Clean-Up:

1. Encourage students to take responsibility for cleaning up. Ask students to clean their tables, dispose of trash and prepare area for cooking.

POTATO COOKING ACTIVITY (60 MINUTES)

Supplies: Food, Kids' Notebooks, Extra Recipe Copies, Cutting Boards, Knives, Cooking Utensils, Measuring Cups/Spoons, Electric Skillets, Hot Plates, Potato Mashers, Saucepans/Skillets, Strainers, Tasting Bowls, Forks, Napkins, Dirty Dish Bin

CELERY MASHED POTATOES

4 servings

_____ 4 cups	Red Potatoes (diced)
_____ 2 cups	Celery (diced)
_____ ¼ cup	Onion (diced)
_____ 2 cloves	Garlic (minced)
_____ 1 tablespoon	Vegetable Oil
_____ ½ cup	Milk (low fat)
_____ 3 tablespoons	Butter
_____ ½ teaspoon	Salt
_____ 1 teaspoon	Pepper

1. In a medium saucepan, place potatoes and celery in enough water to cover them; bring to a boil; reduce heat, cover, and simmer until potatoes are tender (about 15-20 minutes).
2. Drain water; place potatoes and celery in a large bowl; mash well.
3. In a skillet, sauté onion and garlic in oil.
4. Mix onion, garlic, milk, butter, salt and pepper with mashed potatoes; mash to desired consistency.

Cooking Skill Focus: recipe reading skills; measuring skills; knife skills; sautéing skills (use the corresponding *Cooking Skill Tip Sheet* to teach or reinforce each skill)

Recipe Preparation (45 minutes):

1. Keep students in divided groups; handout extra recipe copies. Read through the recipe together. Explain how we will use the *Measuring Tips* in their Kids' Notebook to half the recipe. Each group will halve the recipe and complete all steps. While the recipe is boiling, one group will wash dishes and the other will prepare the classroom for sampling.

Recipe Tasting (15 minutes):

1. Ask group to sample the potato recipe. Ask each student to talk about the *Celery Mashed Potatoes*—do they like the taste? Ask students to record their comments on the *Potato Tasting Chart*.
2. Quiz students, using the preference survey pictures, on the four different potato varieties they learned about today.
3. Ask students to discuss the cooking skills they learned today.

4. Provide each student with a *Parent Summary Sheet* about today's class to share with their family members.
5. Provide each student with a *measuring cup/spoon set* as an incentive to encourage them to practice their measuring skills at home.

Clean-Up:

1. Encourage students to take responsibility for cleaning up. Ask students to clean their tables, dispose of trash, help wash dishes and pack supplies.