



Mashed Potatoes



Making mashed potatoes can be a fun, safe and delicious way to enjoy potatoes and is good practice at following steps in order, introducing measuring concepts and building vocabulary (descriptive words such as smash, smooth, creamy, fluffy, etc.)

PREPARATION

- Peel the potatoes.
- Boil the potatoes until very soft, then drain and let cool slightly so they're still warm but safe to touch.
- Set up individual workstations with bowls, child-safe mashers or forks. Each child should have 1-2 potato pieces in their own bowl. Children can use plastic forks or child-safe potato mashers to squish and mash.
- This is great for developing hand strength and motor skills.

If you'd like to make this process faster in the classroom, prepare the potatoes the night before and bring them in already peeled and boiled.

ACTIVITY

- Have each child go to a workstation.
- Show children a raw whole potato and tell them how the potato changed from hard to soft with heat and water.
- Give them time to observe and smell the cooked potatoes.
- Ask them what they notice about the potatoes.
- Add small amounts of butter and milk to each bowl (or use alternatives for dietary needs) that children can stir in.
- Tell them to watch how the ingredients combine.
- Discuss the changes in texture (for example, hard to soft, lumpy to smooth, etc.)

When making mashed potatoes with children, keep in mind these safety considerations:

- Keep the potatoes warm, not hot
- Check for allergies beforehand (dairy, if using butter or milk)
- Have children wash hands before and after