

Week 9



Dear Parents,

This week we combined literature, history, writing, nutrition science, and garden science in learning about potatoes! We learned about where potatoes come from, how to grow them, and how to cook them in healthier ways.

Did you know that a medium-sized baked potato is good source of iron and fiber, it's an excellent source of Vitamin C, and it contains no fat?

Creating Something new from Something old

We read another great story, *Two Old Potatoes and Me*. The father and daughter in this story plant some old sprouting potatoes that were about to be thrown in the trash. During this story we learned how to turn a couple of old potatoes into a big harvest of fresh, new potatoes.

Potato chip science

We discussed the reasons that even though potatoes give us vitamin C, iron, and fiber, they are *also* considered to be junk food by a lot of people. We decided that it is because of how we cook them and what we add to potatoes.

Your child also worked in a team to conduct a science experiment with potato chips. We worked together to grind two different kinds of chips (fried chips and baked chips) and measured the amount of fat in each type.

If you would like to know more about what we learned, you might ask your child the questions below:

- ★ How did you use grid paper to measure the amount of fat in the chips?
- ★ What was the difference in the fat content of two kinds of chips?
- ★ What are three ways to keep potatoes a nutritious food?

Forget the fat: If you eat a food that's usually fried, you could have it baked, microwaved, grilled, or steamed. These are healthful and tasty ways for foods to be cooked without added fat.

Blend in boosters: Instead of butter or cheese, try adding healthier ingredients such as low-fat cheese, grilled chicken, salsa, steamed or sautéed vegetables, yogurt, or anything else that flavors your food with nutrients instead of fat.

Don't skip the skins: Instead of peeling the potatoes before cooking them, you could eat the skins too. Potato skins are full of fiber, iron, and vitamin C.

Thanks for your interest! If you want to learn more about our Learn, Grow, Eat & Go! project and things your family can do at home, go to www.jmgkids.us/LGEG.

Be sure to look for next week's update letter!

Sincerely,

