

Harvest of the Month



Network for a Healthy California

Botanical name: *Ipomoea batatas*



SWEET POTATOES

Circle all meals on the menu that contain a yellow or orange fruit or vegetable.

- How many did you find?
- How many meals contain sweet potatoes?
- What do you like best about sweet potatoes?

SWEET POTATO ACTIVITIES

Nutrition Facts

Serving Size: ½ cup baked sweet potatoes (100g)
 Calories 90 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 36mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	13%
Sugars 6g	
Protein 2g	
Vitamin A 384%	Calcium 4%
Vitamin C 33%	Iron 4%



Fill in the Blank

Complete the sentences using the following words:

root vegetable vitamin A yams beta carotene

- Sweet potatoes are very high in _____.
- Sweet potatoes are often mistaken for _____.
- Sweet potatoes are a kind of _____.
- Sweet potatoes are orange because they contain _____.

Fiber Word Search

Circle these high-fiber foods in the puzzle. Look up, down, and sideways.

O B G U M T W R B S X O R
 A P M Z V D H M S E N X A
 T O C A R R O T S U R H E
 M A W P P R L L I F N S P
 E M I P K O E K N Y E C H
 A S E L H C W G R T P O C
 L A M E T C H R C J O N O
 R L N Z P O E C H B T B D
 P M P M M B A E D P A R E
 X O P T W I T C P L T O I
 J N Q A A B B R K I O C F
 S O R T U B R O C C O L I
 C T O L E M E M O F D P Q
 S Z I L H A A S K L M N E
 L Z B A K E D B E A N S Y

APPLE
 BAKED BEANS
 BROCCOLI
 CARROTS
 OATMEAL
 PEAR
 POTATO
 STRAWBERRY
 WHOLE WHEAT BREAD

Reasons to Eat Sweet Potatoes

A ½ cup of sweet potatoes has lots of vitamin A and vitamin C. Vitamin A helps keep your vision good, helps your body fight infections, and keeps your skin healthy.

Vitamin A Champions*:

Carrots, kale, pumpkin, spinach, sweet potatoes, and turnip greens.

*Vitamin A Champions are a good or excellent source of vitamin A (at least 10% Daily Value).

How Much Do I Need?

A ½ cup of sweet potatoes is about one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day.

Look at the chart below to find the amount that is right for you to help keep you healthy and strong. Write down all the different fruits and vegetables you like to eat (fresh, frozen, canned, and dried). Share this list with a family member and talk about how you can eat them in meals and snacks.

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

**If you are active, eat the higher number of cups per day.

Visit www.mypyramid.gov/kids to learn more.