

Sweet Potato Applesauce

Instructions and ingredient quantities are written for a class of approximately 20 children.



Ingredients

2 local sweet potatoes, peeled and chopped
8-10 local apples
1/2 cup old fashioned oats
2 Tbsp. local honey
3/4 cup raisins
4 tsp. cinnamon
2 cups water
Ice

Before you start cooking:

Set up the students' tables and the teacher station for the cooking class. Wash the tables/desks and lay table cloths over them. Put cutting boards and plastic knives, one apple corer, a mixing bowl and spoon at each table.

Steps with the Students

Keep it Clean

Ask students to wash their hands. Review proper hand washing techniques: Wet hands with clean water, add soap, rub hands together vigorously and scrub thoroughly. Rub hands with soap for at least 20 seconds (sing the ABCs), rinse with clean water.

Introduce the Ingredients

Write the list of ingredients on the board. Show students the ingredients in their whole form and point out which part we eat. This is your opportunity to tell the story of the vegetables and to create buy-in from the kids to try them. Show them a picture of the farmer who grew the sweet potatoes. Tell them a story about eating sweet potatoes yourself. Why are sweet potatoes so good for us? What are the differences between white potatoes and a sweet potatoes? Explain that a potato and sweet potato are completely different vegetables and are not even in the same plant family! (They're not even cousins!) Sweet potatoes are in the same plant family as the morning glory flower (show them a photo of a morning glory); potatoes are in the same plant family as eggplant!

Materials

At Each Student Cooking Station

Cutting boards or paper plates (one per child)
Plastic knives (one per child)
Tablecloths (one per table)
Small bowls (one per table)
Apple Corers (one per table)

At the Teacher's Station

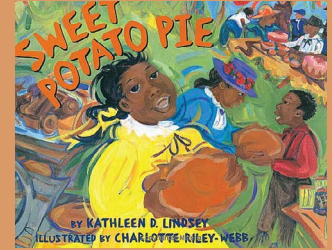
Blender (and extension cords if necessary)
Ice, honey, sweet potatoes, oats, raisins, cinnamon, water
Measuring cups
Measuring spoons
Tasting cups (one for each child)
Large spoon
Peeler, cutting board, and sharp knife

At Sink Area and for Clean Up

Sponge, dish soap, paper towels

Literature Connections

Sweet Potato Pie
by Kathleen D. Lindsey



Curriculum Connections

Use hands-on cooking classes as a mechanism for teaching curriculum concepts. A few ideas for activities to accompany the sweet potato applesauce recipe include:

1. Show students both types of potatoes (first uncut and then cut) and ask them to use their senses to describe the similarities and differences. Record their observations on a Venn Diagram.
2. Read students *Sweet Potato Pie*. Ask students about details of the book and prompt them to retell the story. What was the main lesson? Who were the main characters? How did they react to challenges?
3. What ingredients in the recipe come from a plant? Which part of the plant?

Curriculum Alignment

Find a list of which Common Core State Standards and NC Essential Standards this lesson plan aligns with on the lesson plan page at

www.growing-minds.org.

Introduce the Equipment

Show the students the tools they will use to make their sweet potato applesauce. Demonstrate the proper way to use the apple corers, knives, and blenders.

What's going to happen? Review the Steps with Students

Go over each of the steps of making the recipe, from washing the ingredients to trying the sweet potato applesauce. **Write the steps on the board.**

Step 1: Wash the sweet potatoes and apples.

Step 2: Take turns using the apple corer and peel and core the apples.

Step 3: Cut the apples into small chunks. Put the apples into the mixing bowl.

Step 4: Peel and chop the sweet potatoes (teachers do this step at the teacher station). Put the chopped sweet potatoes in a bowl.

Step 5: Add half of all of the ingredients to the blender. (You'll need to make the applesauce in two batches so the blender mixes the ingredients effectively.)

Step 6: Blend well with the lid on the blender. If necessary, stop the blender, stir, and blend again several times until the ingredients are fully pureed.

Step 7: Put applesauce in tasting cups.

Step 8: Blend the remaining ingredients and serve in remaining tasting cups.

Step 9: Try it!

Step 10: Clean up.

Did you know. . .

Sweet potatoes are roots, compared to regular potatoes which are tubers (underground stems).



Sweet potatoes can be steamed, boiled, microwaved, fried, juiced, pureed, and even eaten raw!

Sweet potatoes are the official vegetable of North Carolina.

Get Them Cooking!

Wash and Prepare the Ingredients

Choose several children to wash the apples and sweet potatoes by running them under water (with a teacher's assistant or volunteer's help). Evenly divide the apples between the student stations and take the sweet potatoes to the teacher station.

Peel, Core, and Cut

Ask students to take a seat at the tables/desks. At each station, show students how to use the apple corer. Select students to core and peel the apples with the corer. The teacher or volunteer should remove the apple cores from the prongs and reapply fresh apples. Put chunks of the peeled, cored apple at each of the students' cutting board and ask them to use their plastic knives to cut the apples into smaller pieces. Prompt them to put the apples in the mixing bowl.

Chop, Measure and Blend

Ask students to come to the teachers station with their bowls of cut apples. Gather the students so they can all see the teachers' station. Demonstrate how to peel and chop as you prepare the sweet potatoes. Put the sweet potatoes in a bowl. Prompt students to come up to the station, measure the ingredients, and add them to the blender. Blend well. Spoon the sweet potato applesauce into tasting cups.



Last Steps

Taste it!

Give each child a tasting cup and prompt them to try the sweet potato apple sauce at once all together.

Clean Up

Kids can help in the clean up process by putting their plates in the trash and helping to pick up debris on the floor. While you finish clean up, ask a volunteer to read the suggested books.

More Sweet Potato Activities

Name that vegetable!

Use children's natural curiosity to encourage them to try new fruits and vegetables. Peel and cut a sweet potato into small sticks for a classroom tasting or snack. Ask students to taste the sticks and guess what fruit or vegetable it is.

Make Sweet Potato Slips!

Cut a sweet potato in half, and perch it on the mouth of a jar by suspending it with toothpicks. By sure the bottom half of the potato is submerged in water. Place it in a sunny location and add water so the bottom half remains wet. After a while (several weeks) shoots will form on the top of your potato. You can gently remove these and place them in water, again half-submersed, and roots will develop. When they reach a couple of inches, simply transplant them into your garden or to a container and water them thoroughly.