

SWEET POTATO ACTIVITIES

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Sweet potatoes are in the yellow/orange color group.

- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples include sweet potatoes, butternut squash, sweet corn, yellow and orange peppers, carrots, oranges, grapefruit, tangerines, lemons, yellow apples, apricots and persimmons.

What is a Serving?

A serving of sweet potatoes is one cup cubed sweet potatoes. This is about two cupped handfuls.

Fill in the Blank

Complete the sentences using the following words:

roots nutritious Vitamin A yams beta carotene

- Sweet potatoes are very high in _____.
- Sweet potatoes are often mistaken for _____.
- Sweet potatoes are _____.
- Sweet potatoes are orange because they contain _____.
- Sweet potatoes are the most _____ of all vegetables.

Answers: 1. Vitamin A, 2. yams, 3. roots, 4. beta carotene, 5. nutritious



Fiber Word Search

Find the high fiber foods below 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

Nutrition Facts

Serving Size: 1 cup, cubes (133g)
 Calories 114

Calories from Fat 1

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 73mg	3%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 2g	
Vitamin A 377%	Calcium 4%
Vitamin C 5%	Iron 5%

Source: www.nutritiondata.com

Arizona Nutrition Network



This material was adapted from the California Nutrition Network for Healthy Active Families. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.