

Facts Page

Let these potato and vegetable facts help enhance your lesson.

Children need 3 to 5 child-sized servings from the Vegetable Group each day. Important nutrients we gain from vegetables include:

- fiber
- carbohydrate
- vitamin C
- vitamin A
- folate

We count on vegetables to give our bodies:

- healthy skin
- shiny hair
- sparkling eyes

Potato Facts:

- The USDA tells us that potatoes are one of the most popular vegetables eaten. They estimate that the average American eats about 138 pounds of potatoes annually. The nutrients in a potato are spread throughout the peel and pulp.
- There are more than 5,000 varieties of potatoes.
- Where do we keep potatoes? They should be kept out of the refrigerator, in a cool, dark place. The cold temperature of the refrigerator causes the potato starch to change to sugar, and it changes the potato's taste and texture.
- Potatoes are not really related to sweet potatoes, though we treat and eat them about the same. The name "new potatoes" refers to the potato's age, and they have thin, delicate skins. They are sweeter than their thicker-skinned, starchier older relatives!

Here are some related websites:

- Potatoes Goodness Unearthed:
<http://www.healthypotato.com/>
- Washington State University:
<http://potatoes.wsu.edu/links/hist.html>

