



Microwaved Sweetpotato Quick Healthy Snack



| | | |
|--|---|---|
| <p>Grade Level(s): 6th-8th grade</p> | <p>Lesson Description: Students learn how to identify a sweetpotato, microwave safety, how to wash a sweetpotato, and follow a recipe to microwave a sweetpotato and set the table.</p> | <p>Timeframe: Minutes: 70 min (30 min remote & in-person students together in virtual classroom) (30 min in-person students do lab & remote students' complete asynchronous lesson)</p> <p>Suggested days: 1 day</p> |
| <p>Goals & Objectives</p> <ul style="list-style-type: none"> Students will... <ul style="list-style-type: none"> Identify a sweetpotato Analyze a sweetpotato food label Learn how to safely use a microwave for cooking Learn how to wash a sweetpotato for cooking Learn how to use a measure (digital scale & measuring spoons) Learn how to use kitchen tools (cutting board, chef knife & measuring spoons) Learn how to read a very basic recipe Learn how to set a basic table setting | | <p>Prepared By: Barnanne Family & Consumer Sciences Teacher Zebulon GT Magnet Middle School Wake Country Public School System</p> |
| <p>North Carolina Family & Consumer Sciences Education Standards:</p> | | |
| <p>3.01 Understand the impact of choices on wellness. 3.02 Understand kitchen basics. 3.03 Understand nutritious meal planning and preparation.</p> | <p>3.01 2. What are the 6 essential nutrients?</p> <p>3.02 1. How to be safe and sanitary in the kitchen? 2. What are the basic kitchen tools? 3. How to follow a recipe?</p> <p>3.03 1. How do you measure, cut, mix and cook in preparing food?</p> | |



This lesson plan would not have been possible without the generous support and funding provided by the NC Tobacco Trust Fund Commission.

Family & Consumer Sciences National Standards 3.0

Family & Consumer Sciences National Standards <http://www.nasafacs.org/national-standards-and-competencies.html>

8.2.5 Practice standard personal hygiene and wellness procedures.

8.3.1 Operate tools and equipment following safety procedures and OSHA requirements.

9.2.5 Demonstrate practices and procedures that assure personal and workplace health and hygiene.

9.5.3 Prepare food for presentation and assessment.

Materials Needed

- Computer
- [Appendix A \(copied and cut – 1 set per in-person student\)](#)
- Measuring tools (digital scale & measuring spoons)
- Cutting tools (cutting board & chef knife)
- Mixing tools (small bowl & spoon)
- Microwave
- Sweetpotato
- Microwave-safe plate/paper towel
- Recipe
- Materials for setting the table

| | | |
|---|--|---|
| Anticipatory Set 5 Minutes All students (in-person & virtual) | Potato Match Activity – Appendix A Virtual – Kahoot https://create.kahoot.it/details/41adc2d0-dbe2-4234-bfd3-46c79f7a59c0 In-person – Appendix A – copy and cut for each student to have a set | *computer *Kahoot * Appendix A (copied and cut– 1 set per student) |
| Activity 1 10 Minutes All students (in-person & virtual) | How Healthy is a Sweetpotato? – Appendix B Sweetpotato Nutrition - Essential Nutrients - Reading a Nutrition Facts Label Students work can work independently or in teams in virtual break out rooms to complete | *computer * Appendix B |
| Activity 2 20 Minutes All students (in-person & virtual) | Microwave Safety Activity – Appendix C & D Students are divided into groups of 2 – each person on the team of 2 gets a different microwave safety reading. Appendix C & Appendix D The teams of 2 are to complete their Digital Learning Board – Appendix E The teacher will put together for gallery walk for Day 2 Anticipatory Set | *computer * Appendix C * Appendix D * Appendix E |

| | | |
|--|---|--|
| <p>Activity 3 30 Minutes</p> <p>In-person students complete the Microwave Sweetpotato lab</p> <p>Remote students log out of live synchronous session and complete asynchronous lesson for table setting</p> | <p>Show video SweetPotato101 Teacher can post the video in a Nearpod or in Ed Puzzle and as questions to keep students engaged and gauge comprehension.</p> <p>*In-person students complete Microwave Sweetpotato Recipe Kitchen Lab – Appendix F Set the Table Activity</p> <p>*Remote students complete Set the Table Activity Teacher can video in a Nearpod or in Ed Puzzle and as questions to keep students engaged and gauge comprehension Students can video themselves using Flip Grid</p> | <p>*computer * optional - free Nearpod or Ed Puzzle teacher account *Appendix F *Kitchen tools for completing recipe (digital scale, knife, cutting board, fork, measuring spoons, small mixing bowl, and spoon) *Sweetpotato, natural liquid sweetener, cinnamon, butter, salt & pepper *microwave * setting the table materials - plate, napkin, fork, knife spoon, napkin *free Flip Grid account for teacher</p> |
| <p>Summary/Evaluation 5 Minutes</p> <p>In-person students only</p> | <p>Lab Reflection – Appendix G</p> | <p>*Appendix G</p> |
| <p>Source/Other Resources</p> | <p>Commissioner, O. (n.d.). 5 Tips for Using Your Microwave Oven Safely. Retrieved December 12, 2020, from https://www.fda.gov/consumers/consumer-updates/5-tips-using-your-microwave-oven-safely</p> <p>Danispies. (2011, November 21). Sweetpotato 101. Retrieved December 12, 2020, from https://www.youtube.com/watch?v=IB7uhO5ELNo</p> <p>How To Set The Table(For Kids). (2015, October 21). Retrieved December 12, 2020, from https://www.youtube.com/watch?v=tB-fXPds-24</p> <p>FSIS. (n.d.). Retrieved December 12, 2020, from https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/appliances-and-thermometers/cooking-safely-in-the-microwave/cooking-safely-in-the-microwave-oven</p> | |