



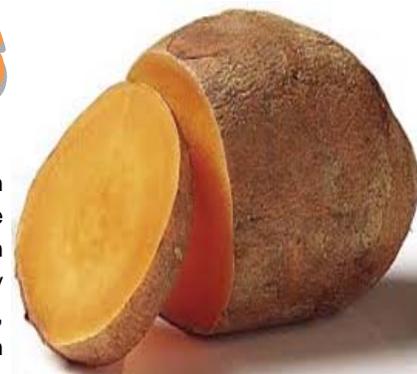
Health and Learning Success Go Hand-In-Hand

- Studies show that eating nutritious foods and getting regular physical activity can increase students' focus on tests and maintain healthy immune systems.
- Sweet potatoes are one of the richest plant sources of beta carotene, which the body converts into vitamin A.
- Vitamin A is a fat-soluble vitamin that helps maintain good vision, protects the body from infections, supports cell growth and keeps skin healthy.

Sweet Potatoes

A Slice of Sweet Potato History

In 1492 when Christopher Columbus landed on America's shores, the Native Americans were growing sweet potatoes. Columbus and his men loved the tasty sweet potatoes so much that they brought them back to Europe to grow their own, where they continued to increase in popularity. In the United States, the sweet potato was a main source of nourishment for early homesteaders and for soldiers during the American Revolution and Civil War. The pilgrims and Native Americans even ate sweet potatoes at the first Thanksgiving feast.



Nutrition Facts

Serving size: 1/2 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%

Reasons to Eat Sweet Potatoes

A 1/2 cup of sweet potatoes is:

- An excellent source of vitamin A and C
- A good source of fiber, vitamin B6 (pyridoxine) and potassium.

Champion Sources of Vitamin A

Carrots Turnip Green
Pumpkin Spinach
Sweet Potatoes Kale

Storage Tips

- Store in dry, unrefrigerated bin. Storing at 55-60 degrees is best.
- **Do Not Refrigerate.** Chilling this tropical vegetable gives it a hard core and undesirable taste when cooked.

Botanical Facts

Spanish Name: camote
Family: convolvulaceae
Genus: Ipomea
Species: I. batatas

Tasty Tots

Ingredients: (25 servings, 150 tots)

- 1 gal., 1 quart sweet potatoes, peeled coarsely shredded
- 2 qts., 1/2 cups low-sodium garbanzo beans (chickpeas) with liquid
- 1/2 cup vegetable oil
- 2 tsp. salt
- 2 tsp. granulated garlic
- 3/4 cup fresh green onions, finely diced
- 1 tsp. ground black pepper
- 2 tsp. onion powder
- 2 tsp. cinnamon

Directions:

Spread shredded sweet potatoes evenly on

18"x26"x1" sheet pans with lightly coated pan spray. Bake until slightly tender. Conventional oven: 350° F for 20 minutes. Convection oven: 350° for 15 minutes. **Do Not Overcook.**

Puree garbanzo beans, including the liquid, in a food processor to a smooth consistency

Combine sweet potatoes, pureed garbanzo beans, oil, salt, garlic, onions, pepper, onion powder and cinnamon. Mix well. Refrigerate at 40°F for 40-50 minutes to make easier to form.

With a scoop, place mixture one inch apart on sheet pan lined with parchment paper and lightly coated with pan spray.

Cover tots with layer of parchment paper then use a second sheet pan and lightly press to flatten tots.

Bake until brown. Conventional: 400°F for 12 minutes. Convection: 400°F for nine minutes.

How Much Do I Need?

The amount of fruits and vegetables each person needs depends on age, gender and physical activity level. It is important to eat a variety of nutrient-rich foods every day from each group to maintain good nutrition and health.

- A 1/2 cup of sweet potatoes is about one cupped handful.
- Three medium sweet potatoes equal approximately two cups of cooked and mashed sweet potatoes or one-pound can.

Recommended Daily Amount of Fruits and Vegetables

	Kids Ages 5-12	Teens and Adults Ages 13 and up
Males	2 1/2—5 cups per day	4 1/2—6 1/2 cups per day
Females	2 1/2—5 cups per day	3 1/2—5 cups per day