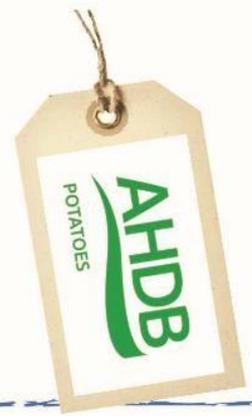


GROW YOUR OWN POTATOES



Knowing Potatoes

Lesson 6: How potatoes change when they are cooked

Children will:

- Learn what happens to potatoes when they are cooked.
- You will need the ingredients and equipment from the **Cooking potatoes worksheet 11**.

Introduction

Explain to the children that you will be exploring how potatoes change when they are cooked. Question the children:

- What do potatoes look like when they are peeled?
- How do they feel?
- Can you eat unpeeled, cooked potatoes? How? (i.e. New Potatoes, Baked Potatoes)
- What sort of cooked potatoes have you eaten?
- What are the potatoes like when they are cooked, compared with when they are raw?

Follow the instructions on the **Cooking potatoes worksheet 11**.

Prepare enough potatoes so children will be able to work in groups with a small sample of raw, boiled and mashed to study.

Demonstrate how to peel and prepare the potatoes and, if you are able to do so safely, cook them in the classroom so the children can see what happens.

Show the children how they are mashed.

Finally, provide each group with a small sample of raw, boiled and cooked potatoes. Make sure they are cool enough to be safe around the children.

Task

Ages 5-7

Support the children in their observations of the potatoes.

Prompt them with questions:

- What is happened to this potato?
- What does it look like now?
- How has it changed?

With younger children you can record their answers or get them to draw what they see.

Ages 7-11

Allow the children to fill out the **Cooking potatoes worksheet 11**.

Encourage the children to make careful observations by prompting them with questions.

Summary

Discuss the changes the children noticed.

Talk about what dishes can be made from different forms of potatoes.

Show the children some of the recipes from the website.

With older children discuss the changes to the potatoes, could the cooked potatoes be changed back to how they were?

Why not...

Set up a cooking session with the class and try some of the **potato recipes** from the website.

Avoid the potato salad recipe as this will be used in a later session.

