

Name: _____



GROW YOUR OWN POTATOES

Worksheet 11: Cooking potatoes

Potatoes can be served in many different ways.
Let's see how potatoes change when they are cooked.

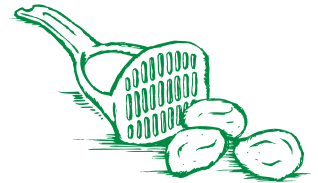
Experiment

You will need:

- 5 potatoes
- 1 x vegetable peeler
- 1 x vegetable knife
- 1 x saucepan
- 1 x colander
- 1 x potato masher

1. Cut **one unpeeled potato** into quarters and leave to one side.
2. Peel the remaining potatoes and cut them into quarters.
3. Place the peeled potatoes in a saucepan of water.
4. Carefully bring the saucepan to the boil. then reduce to a simmer until the potatoes begin to soften.
5. Drain away the water.
6. Put two pieces of cooked potato to one side to cool.
7. Add a little milk to the remaining cooked potatoes - not too much or the result will go sloppy.
8. Use a potato masher to cream your potatoes to a smooth mixture - with no lumps!

Safety
An adult will need to help peel, cut and cook the potatoes.



You now have three different groups of potatoes.

Look at them to see what changes have occurred. List your results on the chart below.

	Raw Potato	Cooked Potato	Mashed Potato
Colour			
Texture			
Shape			
Any other changes			

