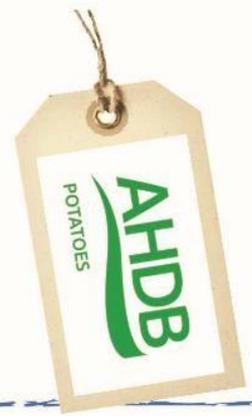


GROW YOUR OWN POTATOES



Healthy eating and potatoes

Lesson 12: The importance of starchy foods in the diet

Children will:

- Consider the importance of starchy foods in the diet and collect data about starchy food consumption.

Introduction

Display **The eatwell plate** image from the **Healthy eating** PowerPoint.

Ask the children which two food groups are the largest. They should respond with *Fruit and vegetables* and *Bread, rice, potatoes and pasta and other starchy foods*.

Explain that in this lesson you will be looking closely at the *Bread, rice, potatoes, pasta and other starchy foods* group.

Ask the children to look at the group and tell you which foods they can see and if they can think of any other foods not shown which might belong in this group, e.g. breakfast cereal, yam, cassava.

Make a list of the children's responses on a large sheet of paper, or the interactive whiteboard, to help them with their task later in the lesson.

Explain that we should eat some foods from this group with every meal, everyday. Foods from this group help us to stay fuller for longer and help us to play, learn and be active.

Explain that we need to eat different foods from this group so we get a good variety, rather than eating the same foods all the time.

With children aged 7-11, explain that the *Bread, rice, potatoes and pasta and other starchy foods* group represents a third of *The eatwell plate*. Therefore, it represents a third of what we should eat. Explain that foods from this group are a good source of energy.

List the following meal occasions on the board: breakfast, lunch and evening meal. You could use the **Meal occasions** interactive whiteboard frame to record the children's answers.

Ask the children to give examples of suitable meals and dishes for each occasion that include a food from the *Bread, rice, potatoes and pasta* group.

Example

Breakfast **Toast topped with a mashed banana / Breakfast cereal with milk / Egg, bacon, mushrooms and a hash brown**

Lunch **Ham salad sandwich / Jacket potato with beans / Tuna and sweetcorn pasta**

Evening meal **Chicken, potato wedges and peas / Cottage pie and carrots / Chilli-con-carne with rice**

Challenge the children to suggest different ways in which potatoes that they have grown (or are growing) could be used in each meal occasion.

How many examples can they name?

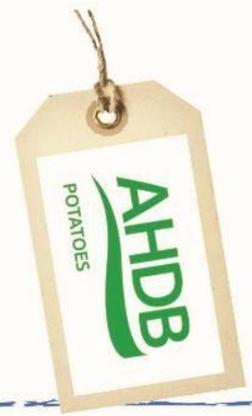
To help children think about the different forms in which potatoes can be served, you could show the **Knowing potatoes PowerPoint from lesson 4** (slides 8-13).

Question the children:

- Which forms of potato have you tried? (e.g. wedges, jacket, boiled, mashed)
- How do they taste?
- What are the differences in taste between them?



GROW YOUR OWN POTATOES



Healthy eating and potatoes

Lesson 12: The importance of starchy foods in the diet – contd.

Task

Ages 5-7

Give children copies of the **My starchy food chart worksheet 19**.

Explain that they will keep a record of the foods they eat from this group at each meal occasion for a 3 day period. They can start the chart by filling in the starchy foods they ate yesterday.

Once completed, ask the children to talk about what they have eaten.

- Do the children eat similar starchy foods?
- Do they base all their meals on starchy foods?
- Which type of starchy food is the **most** popular?
- Which type of starchy food is the **least** popular?

Ages 7-11

Ask the children to make a list of the starchy foods they ate yesterday for breakfast, lunch and their evening meal.

When the children have noted down what they ate, they can question their class mates and fill in the **Class starchy food tally worksheet 20**.

You could use the **Class starchy food tally** interactive whiteboard frame to demonstrate to the children how to create their tally charts.

Summary

Reinforce the message that meals should be based on starchy foods.

Ask the children to suggest foods that could be eaten for each meal occasion.

Remind children about the importance of varying the starchy foods they eat.

Why not...

Get your class to conduct a survey to find out which types of potato dishes are most popular in the class. You could use the **Class survey worksheet 21** to help.

Alternatively, why not challenge the class to create toppings for jacket potatoes which could be eaten at school?

