

# POTATO PROJECT PLANNER

A six-week block of cross-curriculum work to support the GYOP project





















**GROW YOUR OWN POTATOES**

## LEARNING ABOUT WHERE FOOD COMES FROM, HEALTHY EATING AND COOKING

England – D&T: Cooking and nutrition; Scotland – Health and Well-being/Technologies; Wales – Health and Well-being/Science and Technology

WEEK 1: 22/4/24 Discover potatoes	WEEK 2: 29/4/24 Investigate potato-based dishes	WEEK 3: 6/5/24 Develop food skills	WEEK 4: 13/5/24 Explore Healthy Eating	WEEK 5: 20/5/24 Plan a potato salad	WEEK 6: 20/5/24 Make a potato salad
Study six varieties of packaged potatoes (including at least three UK varieties) to find out about them, e.g. their names, how they are prepared, where they are grown.	List, discuss and research potato-based dishes. Learn about the potato varieties that are best for different potato dishes and why.	Use food-preparation skills (cutting, snipping and mixing) safely and hygienically to make a simple potato salad.	Learn about the Eatwell Guide and its key health messages. Sort foods into the correct food groups.	Taste ingredients and decide which to include in a potato salad.	Prepare a planned potato salad safely and hygienically. Taste the potato salad and suggest modifications.

## RELATED WEEKLY ACTIVITIES FOR OTHER CURRICULUM AREAS

 <b>GEOGRAPHY</b> Locate where the potatoes are grown on a map.	 <b>MATHS</b> Carry out a survey to discover the most popular potato dishes in the class/school	 <b>ENGLISH</b> Watch the <i>Earthy potatoes – from farm to fork</i> video and retell the story from the perspective of a potato.	 <b>HEALTH EDUCATION</b> Keep a food diary and analyse what has been eaten by sorting the foods into the Eatwell Guide food groups.	 <b>ENGLISH</b> Write a potato salad recipe.	 <b>ENGLISH</b> Study the packages of potato-based dishes and list the information they contain.
 <b>MATHS</b> Estimate, measure and weigh the potato varieties and make comparisons.	 <b>ENGLISH</b> Design a poster to promote a favourite potato dish. Share the posters on the GYOP Twitter or Facebook page!	 <b>SCIENCE</b> Observe, identify and find out about the insects and creatures that visit the GYOP plants.	 <b>ENGLISH</b> Undertake research to find out about potato salad, e.g. the potatoes used, ingredients that can be added, how it is served.	 <b>ENGLISH</b> Write an acrostic poem about potatoes.	 <b>ART</b> Design a container or sleeve for a potato salad.
 <b>SCIENCE</b> Observe the GYOP plants, take measurements, make predictions, identify their parts and what they need to grow well.	 <b>ENGLISH</b> Read and discuss <i>The bucket garden story</i> about a class growing their own potato plant in a bucket.	 <b>HISTORY</b> Find out about historical events in 'potato history' and compare the dates of these with other historical events.	 <b>P.E.</b> Play the <i>Eatwell Guide race</i> – involving running to a blank Eatwell Guide and attaching food images.	 <b>MATHS</b> Practise measuring liquid to support measuring when making a potato salad.	 <b>MATHS</b> Use the potato plant growth data collected to create a chart.

Further details about the activities in this planner, with links to resources and individual UK curricula (England, Scotland and Wales), can be found on the Grow Your Own Potatoes (GYOP) website:

[www.growyourownpotatoes.org.uk/](http://www.growyourownpotatoes.org.uk/)

