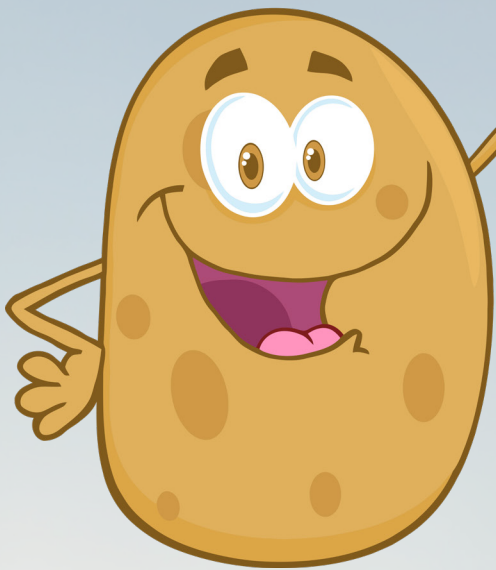
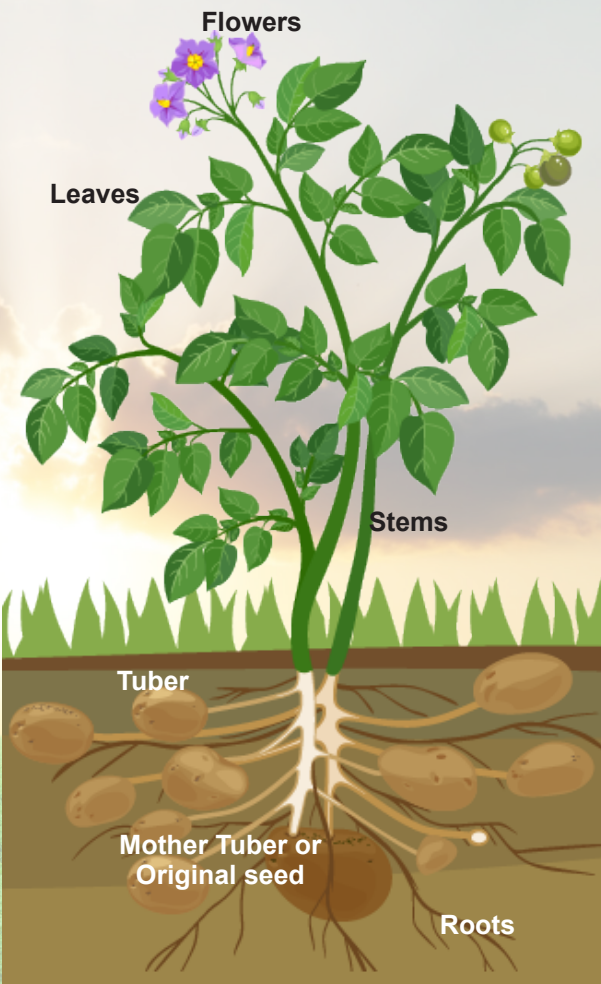




The potato plant grows up to 100 cm tall and produces tubers - what you call a “potato”. The potato is so rich in nutrients that it ranks as the world’s fourth most important food crop. It belongs to the nightshade family of flowering plants. Most of the potatoes in Alberta are made into French Fries. A medium sized baked potato has around 110 calories, is fat free and gluten free. Potatoes are rich in complex carbohydrates (good carbs) which is an excellent source of energy. They also have the highest protein content of any root vegetable and very high in Vitamin C - a single medium sized potato contains about half the recommended daily intake...more than an orange and an apple. A potato has more Potassium than a banana.

www.albertapotatoes.ca



WORD SCRAMBLE

HOFTRU
DNRUGO
BTRUE
RSCLOEI
GEEYRN

IMTSAUSPO
RFRSEAM
MARKSIGOL
ERHCNF ISREF
OEFPSWL

**PLACE THE WORDS IN THE CORRECT SENTENCE BELOW.*

1. The potato is an excellent source of E_____
2. Canadians eat about 85 K _____ of potatoes each year.
3. Another word for Potato is T_____
4. Potatoes are the F _____ most important food crop
5. Potatoes belong to the nightshade family and grow in the G_____
6. Potatoes can be made into F_____ F_____
7. One medium potato has around 110 C_____
8. F_____ grow potatoes for us to eat
9. Potatoes are very healthy to eat; they are high in Vitamin C and P_____
10. Potato plants have colourful F_____

FUN FACTS

- In 1995, **potato plants were taken into space** with the space shuttle Columbia. This marked the first time any food was ever grown in space.



-Alberta Farmers produce over 230 varieties of potatoes



-75% of potatoes grown in Alberta are used for processing, which make **French Fries, potato chips** and other frozen products

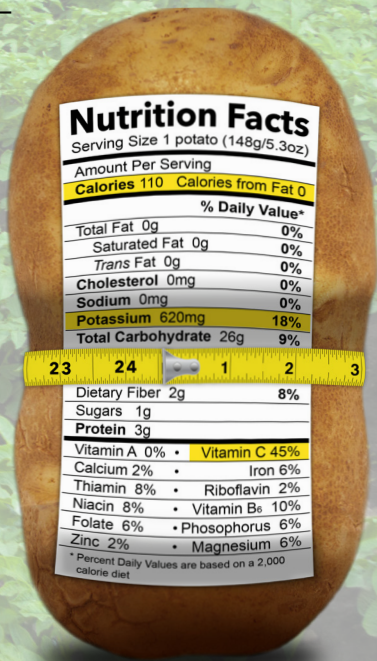
-Potato farmers in Alberta produce over **1.5 Million tons** of potatoes equalling **3 BILLION lbs**



- There are enough potatoes grown every year, to cover a **four lane highway** circling the world 6 times



**“GROWING HEALTHY
POTATOES TOGETHER”**



ALBERTA POTATOES

Potatoes are a healthy addition to any meal! They are full of potassium, vitamins and energy giving complex carbohydrates.

Complete this word find and discover many varieties of potatoes and some of the health benefits they offer!

E O S K H A C F N V C I M A S H E D H
N I Y T Y E H A G P N H P L E P M I I
R R K F N D A O N U T R I T I O U S V
L N G I C A R L U D P O B E R O I D A
K O A B M V L B T O Y O A A F A S S S
A L G E E E O P T H E C N O H T S T R
N N O R K O T A H U Y E A L C G A R P
I E O G I N T A L T D E N N N N T I H
T N D N D O E B G E S D A I E P O L N
A A C A E G N I K I V E L P R U P V N
S D A S L A A A R Y R R V E F N I T I
V O R D I N B T U B E R D R I V L O S
M R B S O U T K I G U V I T A M I N C
H A S H B R O W N S I S Y L F H S B P
B U R B A N K I S K H P D E R L L A R
R N E Z G I F E I W G I C A L N V E R
S R O O I J T N I B R H L I I L Y I F
G M L C S T G L I O O C H L I E O H R
O D N V E C T A G E F D E M S T F W A

- PGA

Yukon Gold

Milva

Red Viking

mashed

Mozart

Russian Blue

irrigate

tuber

soil

potassium

boiled
- potatoes

Norkotah

banana

All red

baked

Charlotte

Sangre

hills

hills

healthy

yellow

chips
- good carbs

Bintji

fingerling

Chieftain

hashbrowns

Burbank

Satina

plants

harvest

nutritious

red
- Russett

Purple Viking

Candy Cane

french fries

Vivaldi

Verona

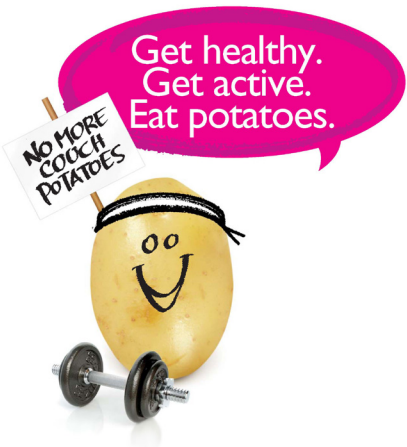
Adora

spuds

eyes

vitamin

fiber



When you think potatoes...think Alberta!