

THE STORY OF

FOOD



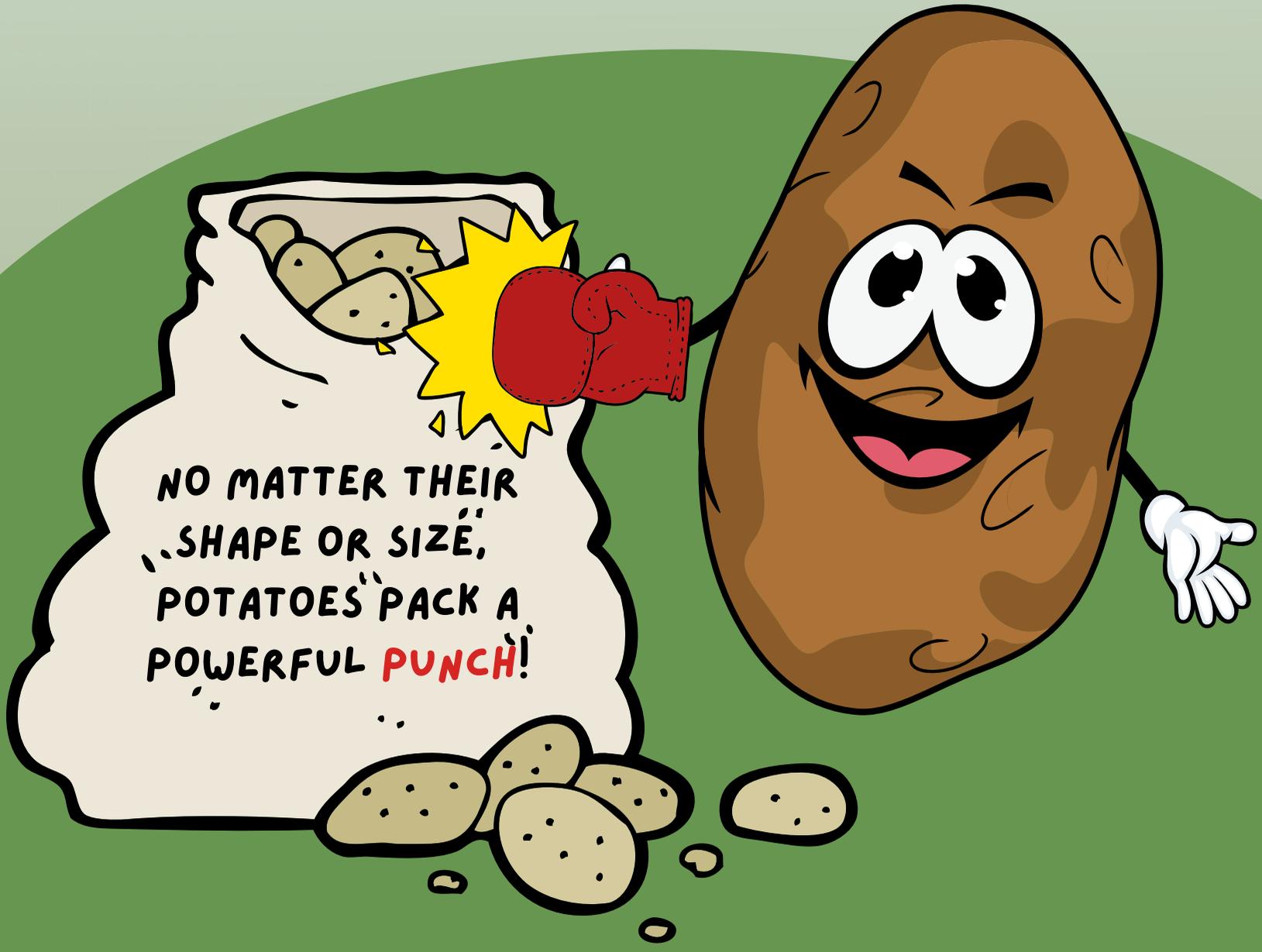
POTATO

ACTIVITY BOOK

THE STORY OF

POTATO

When you think of a potato, you might imagine a plain, brownish, boring vegetable. But, the common looking potato is actually a special, power packed hero in disguise!



NO MATTER THEIR
SHAPE OR SIZE,
POTATOES PACK A
POWERFUL **PUNCH!**

MY NAME IS:

Give this super spud a name! As you read complete the speech bubbles.

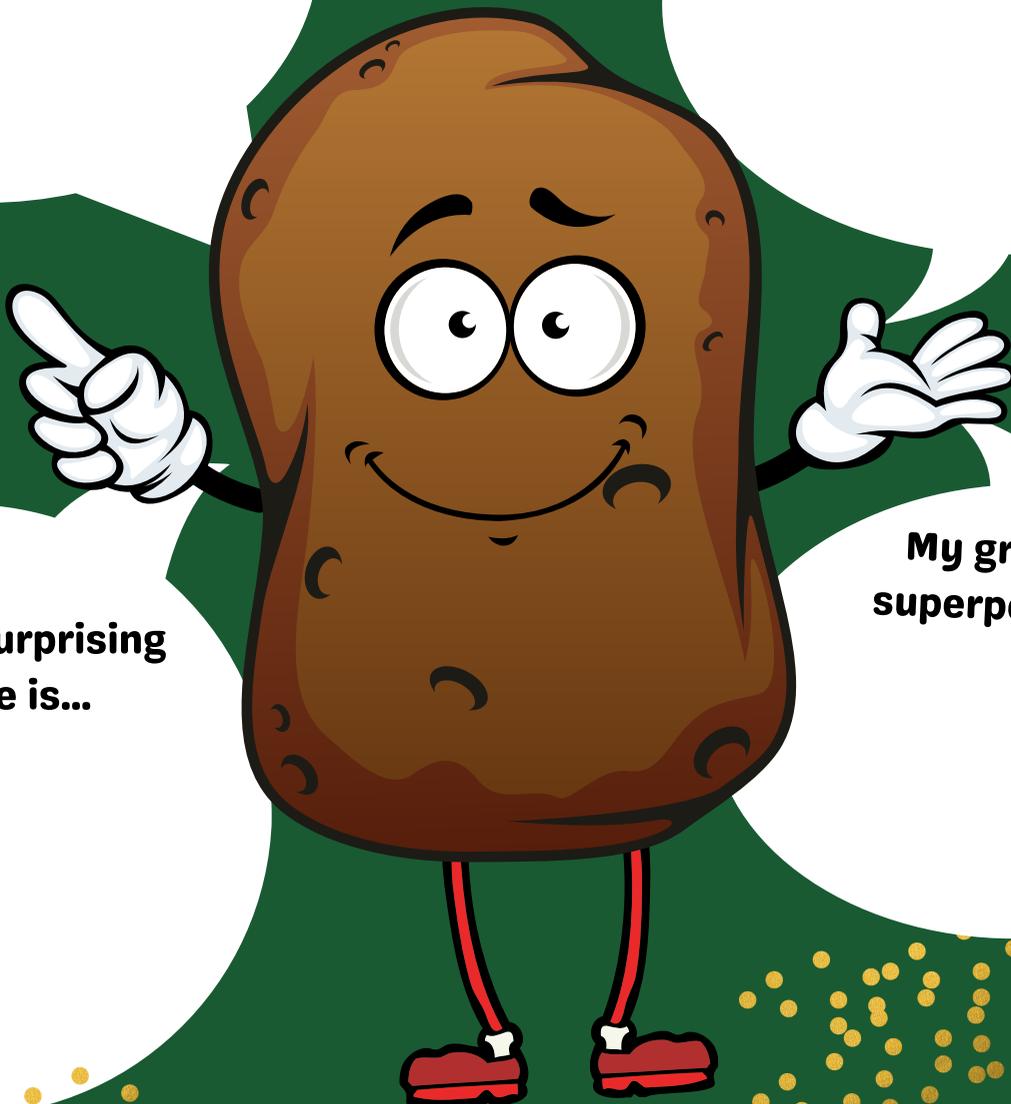
The Ancient Incas...

I am a type of vegetable called...

In Alberta...

Something surprising about me is...

My greatest superpower is...





Russet potatoes are most common on our dinner plates, but did you know that these super spuds come in many different shapes, sizes and colours?

They can be russet, yellow, red or purple, big or small, rounded or oddly shaped.

These terrific tubers are a carbohydrate that gives us energy to keep our brains and bodies moving.

They are high in potassium and vitamin B-6, which help our muscles work, and vitamin C, which helps to keep us from getting sick.



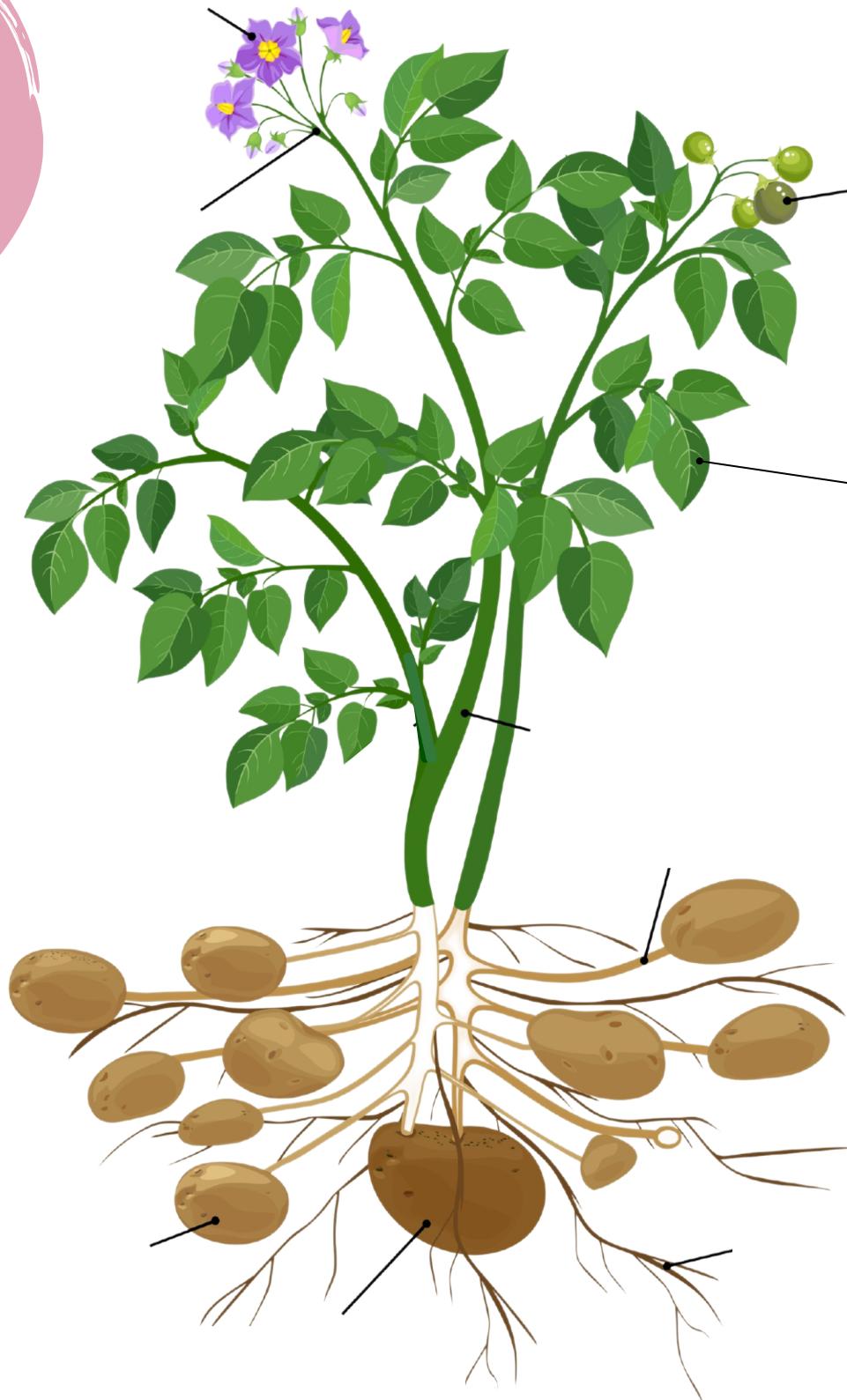


HOW DOES IT GROW?

A potato is a special type of vegetable called a tuber. Tubers can grow as enlargements from either root or stem shoots beneath the soil, where they store energy for the plant.

Potatoes grow from underground stem shoots called **stolons**, not from roots, so they are actually a **stem tuber**, not a root vegetable like many people think!

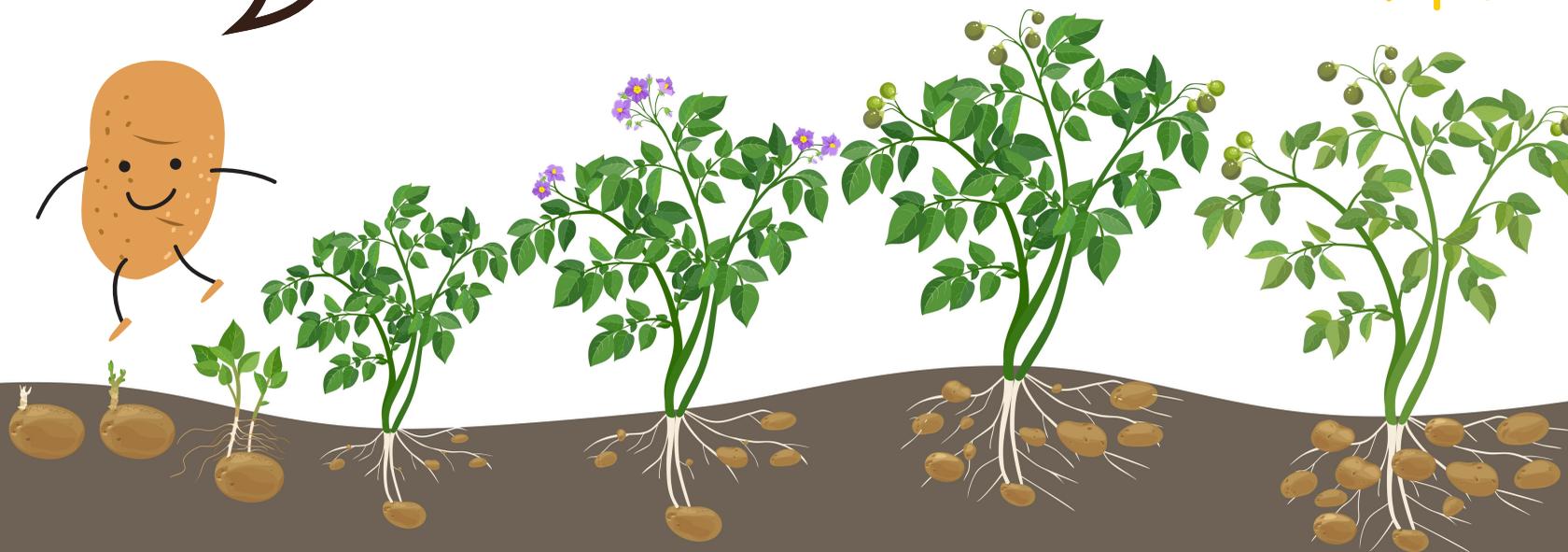
Label the parts of the potato plant on the diagram below: stem, leaves, tubers, roots, stolon, flower and fruit.



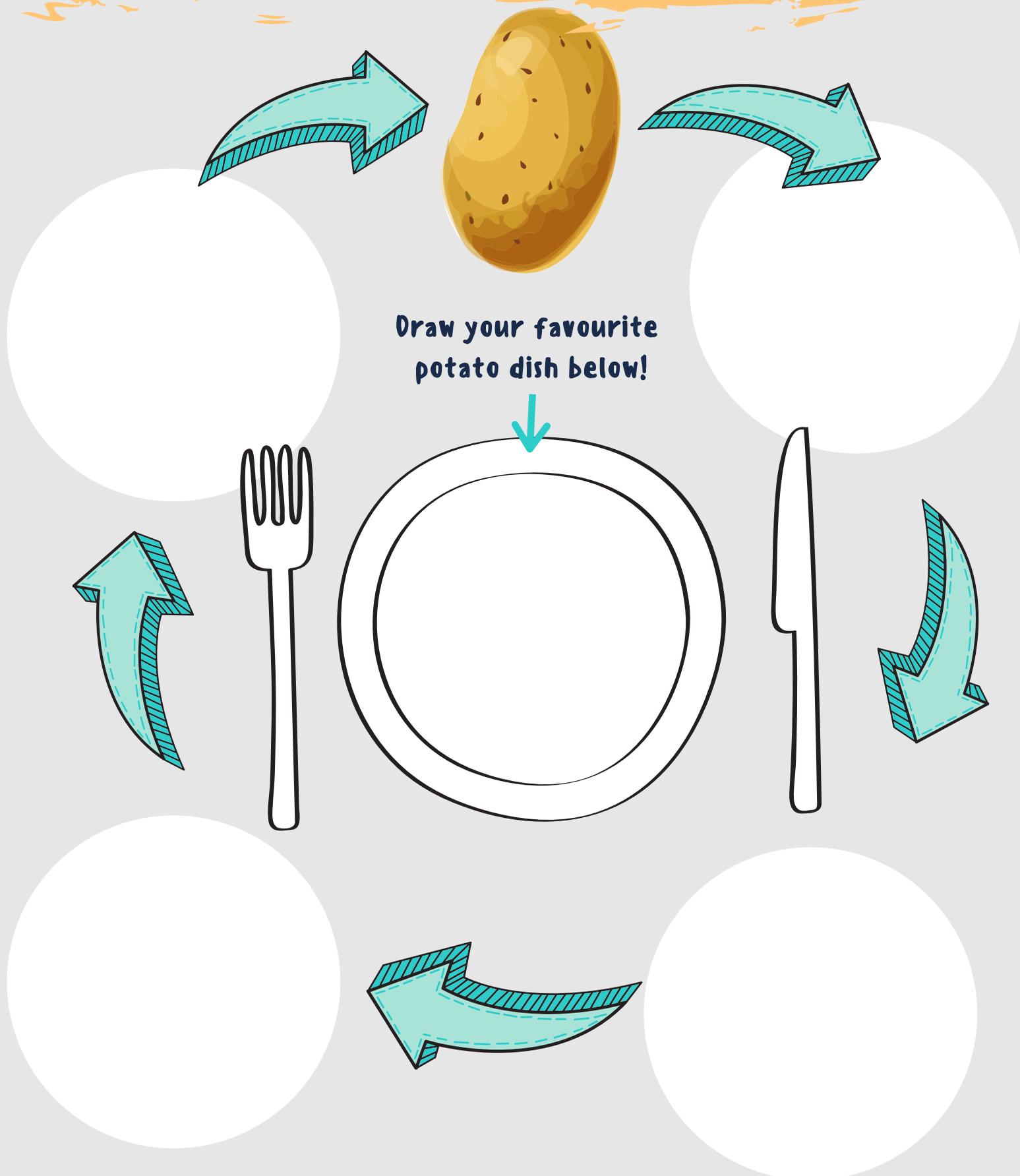
To help potato plants grow deeper roots, farmers often build up little hills of dirt around the plant. Once the leaves have completely died the potato is ready to be harvested.



They need lots of **sunshine**. One reason they need the sun is that the soil needs to be warm for them to grow their very best.

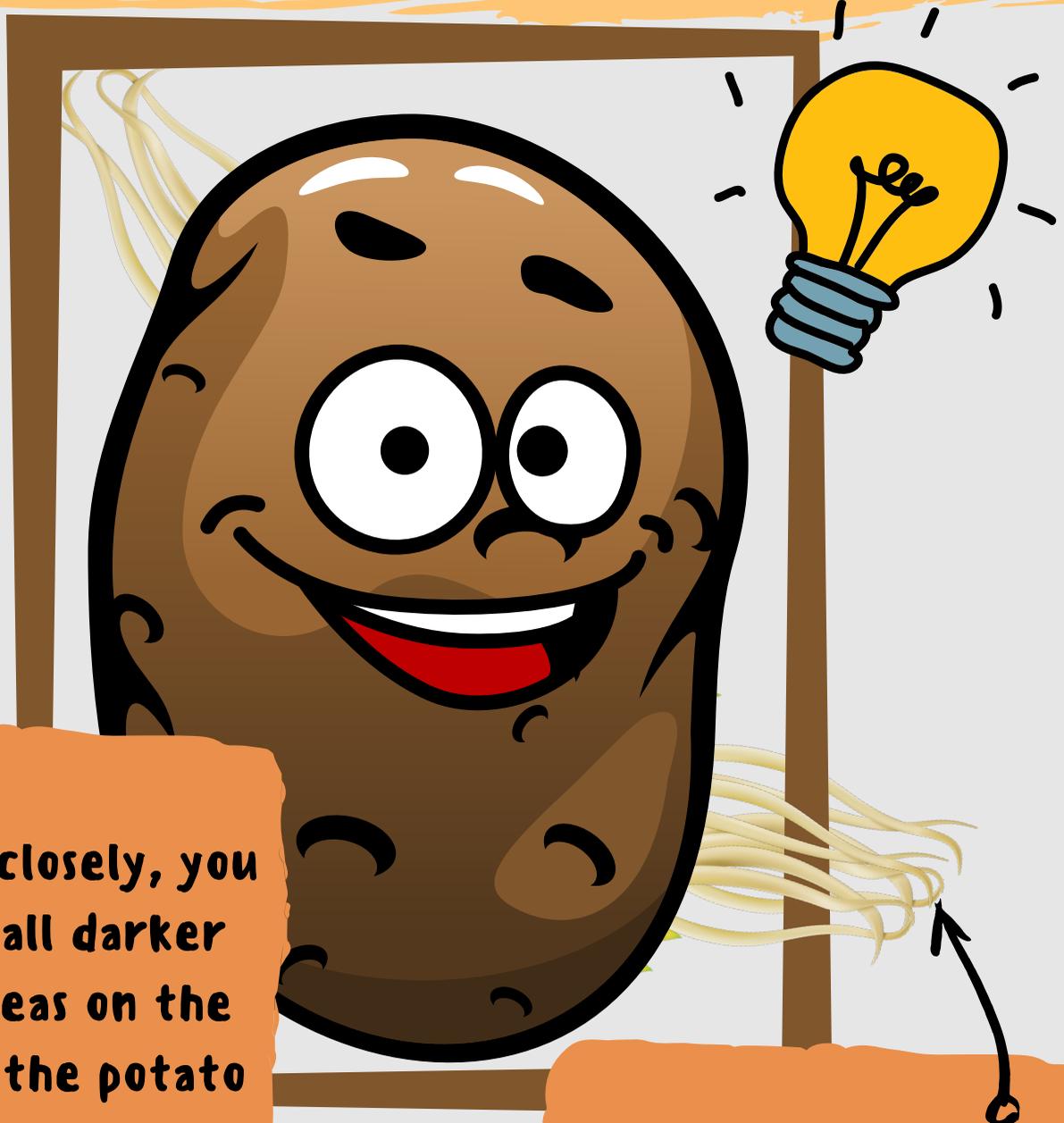


Complete the diagram below with words or pictures to show the stages of the potato life cycle.



DID YOU KNOW...

POTATOES HAVE EYES



If you look closely, you will see small darker dimpled areas on the surface of the potato called eyes.

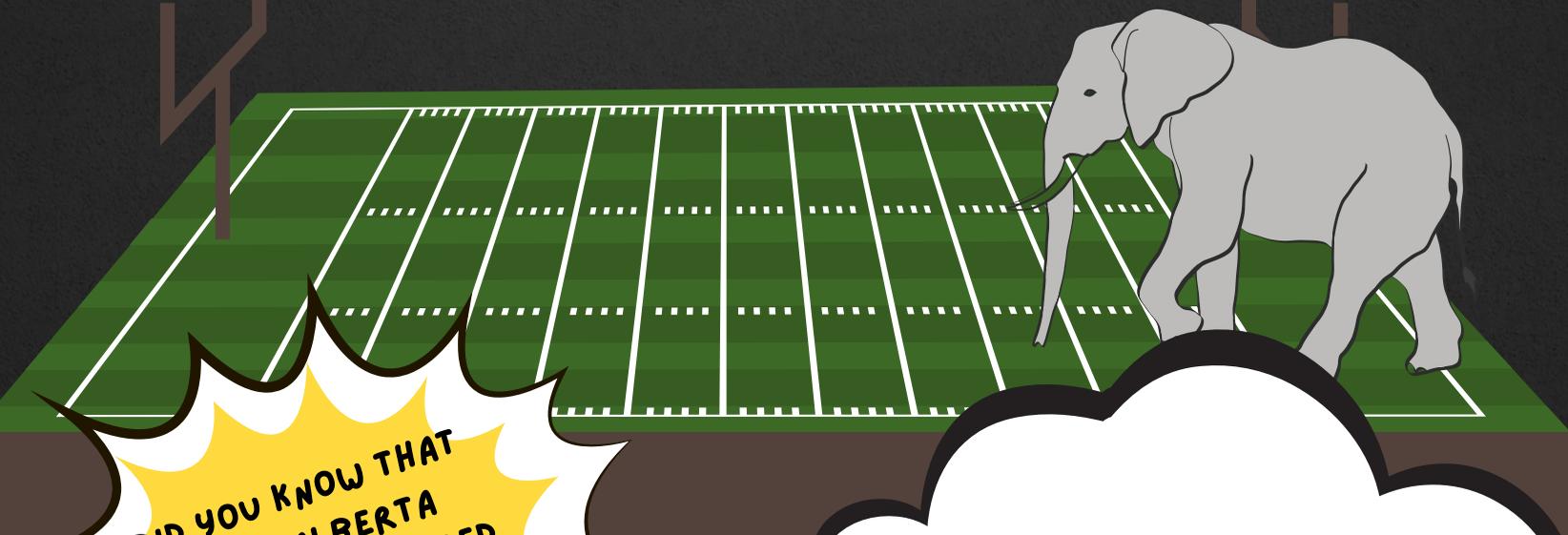


No, a potato can't see, but if you have ever left a potato in the cupboard too long, you may notice the eyes starting to sprout new stem shoots!

POTATOES IN ALBERTA

Alberta potato farmers grow over 200 types of potatoes, across 62 thousand acres of land each year!
That's like 62 thousand football fields full of potatoes!

All these potatoes weigh about 2 billion pounds!
That's about the same weight as 40 thousand African elephants!



DID YOU KNOW THAT
 $\frac{3}{4}$ OF ALBERTA
POTATOES ARE USED
TO MAKE CHIPS AND
FRENCH FRIES?

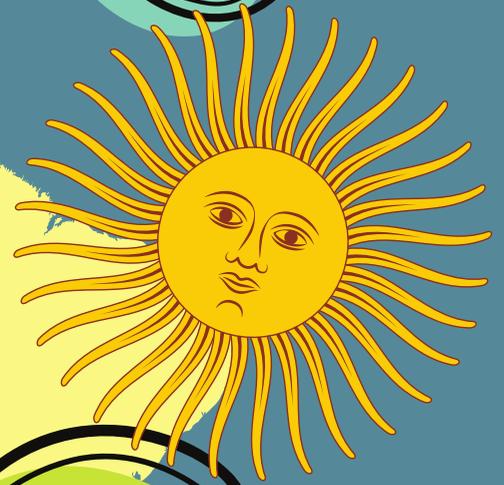


In the thinking bubble,
list all the potato dishes
and potato products
you can think of.

Praise for the **POTATO GODDESS!**

The Incas had a Goddess of Potatoes known as **Axomamma**, which means **Potato Mother**.

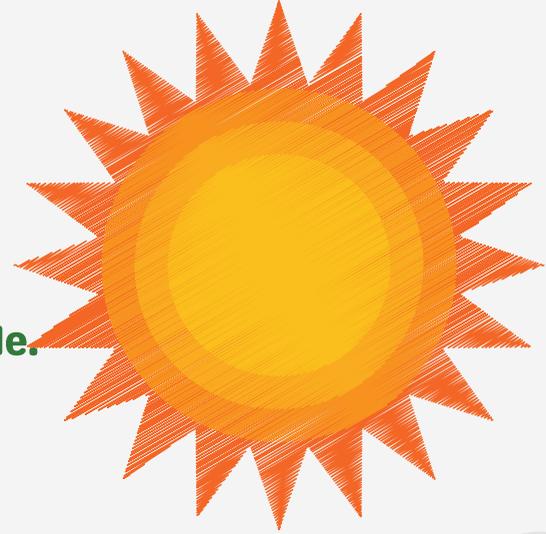
Potatoes were first discovered in South America.



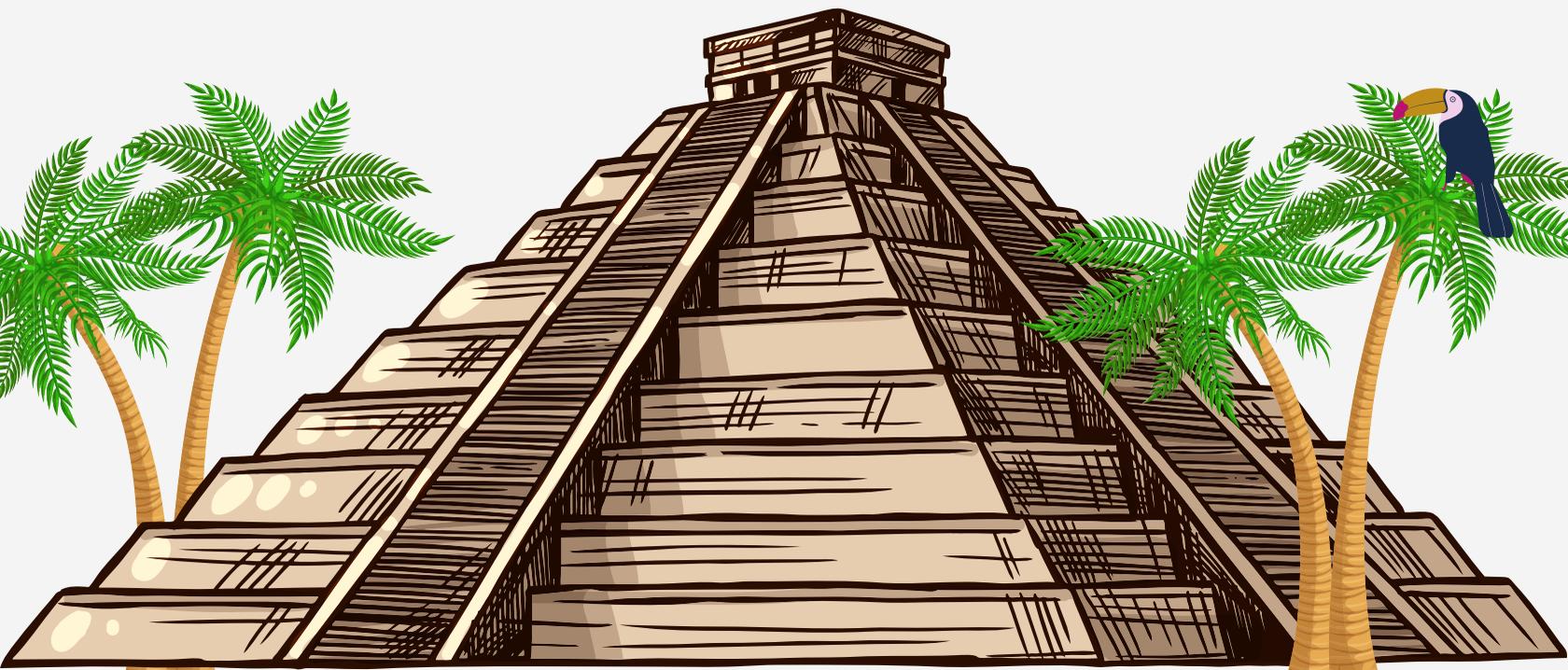
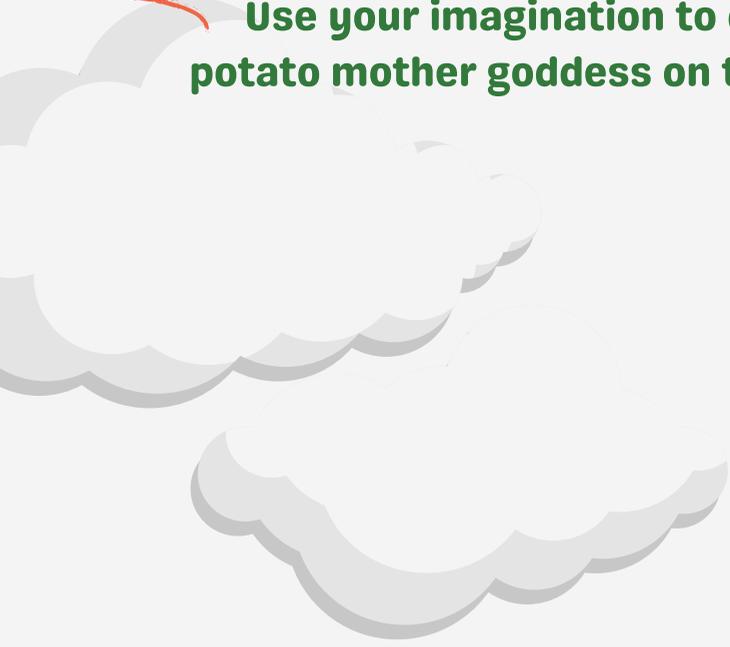
Villagers would pray to Axomamma for a healthy potato crop. After the season's harvest, each village would select their most oddly shaped potato to worship in the name of Axomamma.



AXOMAMMA



What do you think the Axomamma looks like?
Use your imagination to draw and colour the
potato mother goddess on top of the Inca temple.



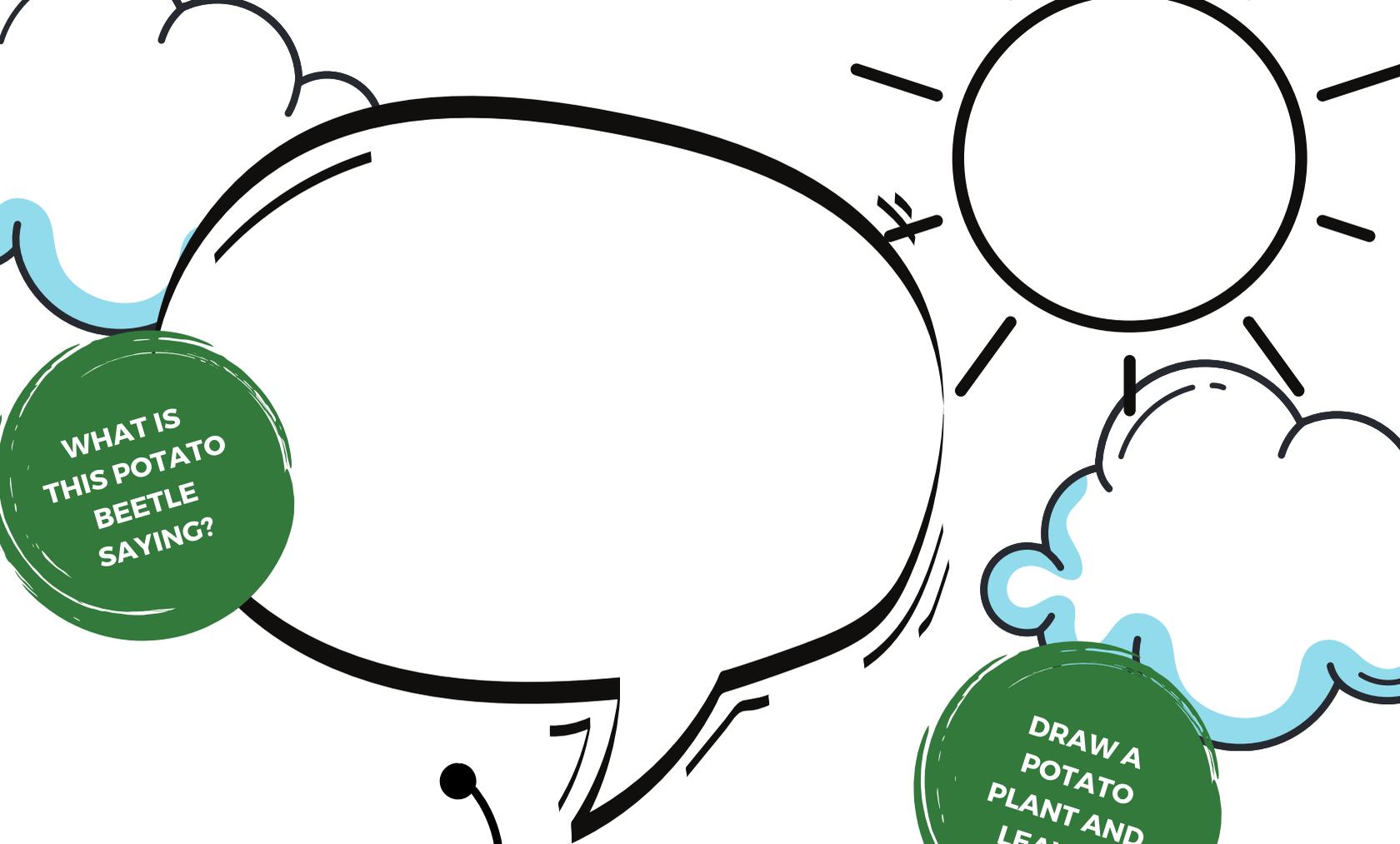
POTATO PESTS POSE PROBLEMS!



A pest is an animal, weed or fungus that causes damage to a crop. The Colorado potato beetle, also known as the potato bug, is a common potato pest.



It likes to eat the leaves and stems of the potato plant. It may look cute and harmless, but the potato beetle is a villain to the potato farmer!



**WHAT IS
THIS POTATO
BEETLE
SAYING?**

**DRAW A
POTATO
PLANT AND
LEAVES!**



**DRAW ANOTHER
POTATO BEETLE
LIKE THIS ONE!**

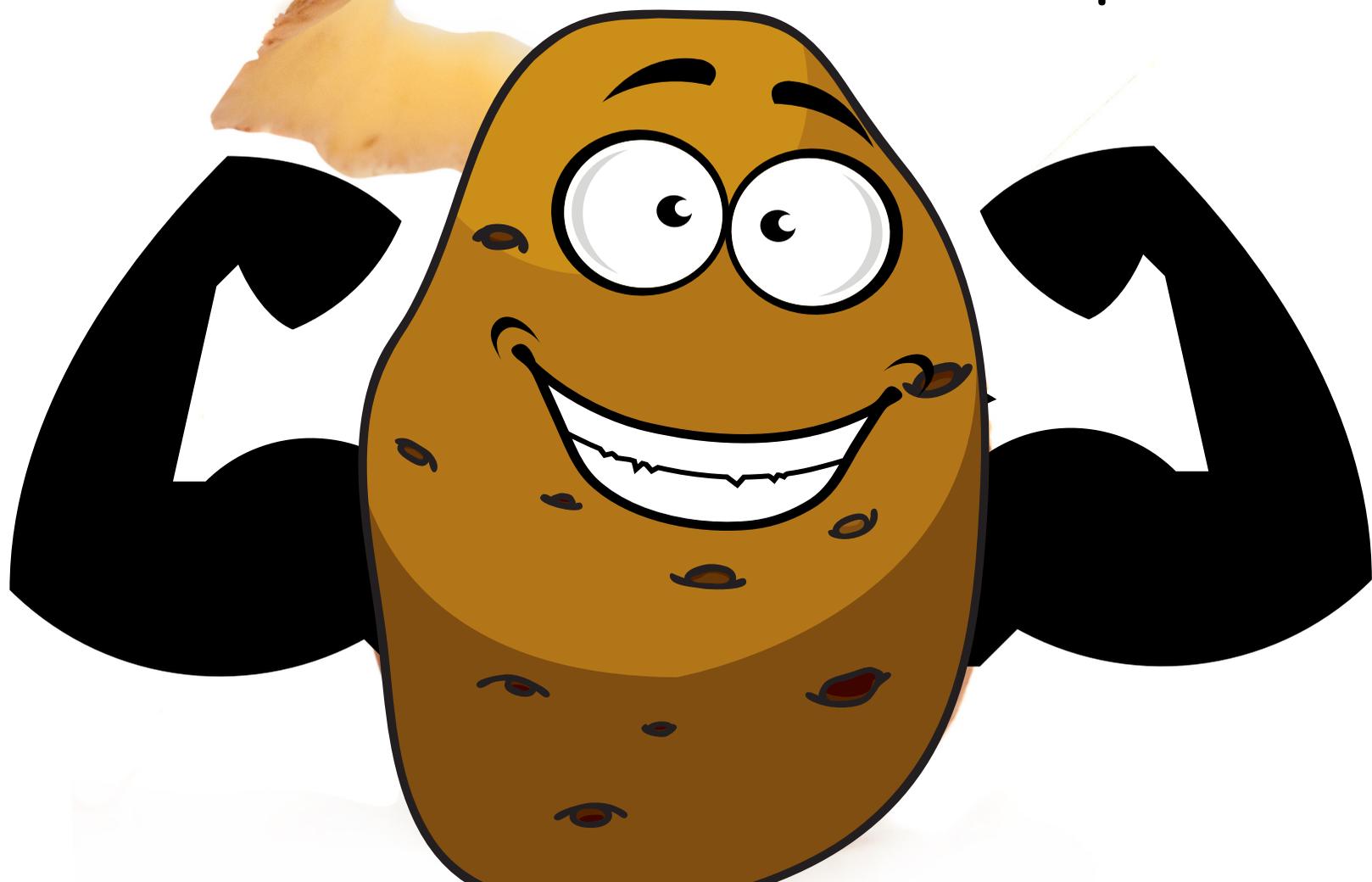
**DON'T FOGET
TO COLOUR
YOUR DRAWING!**

**DID YOU
KNOW?**

Potato skins are
also known as
potato jackets!

The potato skins, or
peels, are **PACKED**
with potato power.
They provide a great
source of iron and
are high in fiber.

**So why not try leaving
the peels on, or turning
them into a super snack?**



POTATO PEEL CHIPS



ingredients



peels from 4-5 potatoes



1 tbsp olive oil



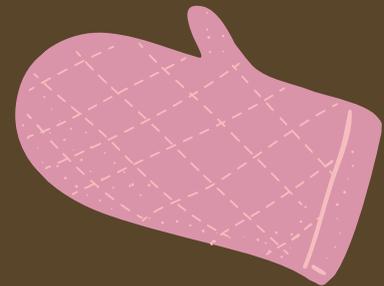
1 tsp sea salt



$\frac{1}{4}$ tsp garlic powder

directions

1. Preheat the oven to 400°F.
2. Line a rimmed baking sheet with parchment paper.
3. Spread the peels out in a single layer on the baking sheet.
4. Drizzle both sides of the peels with the oil and sprinkle with salt.
5. Bake for about 15-20 minutes, turning the peels halfway through to cook them evenly.
6. Remove when they are crispy and enjoy!



BBQ

GRILLED POTATOES



ingredients

1 small onion,
sliced thinly



3 mushrooms, sliced



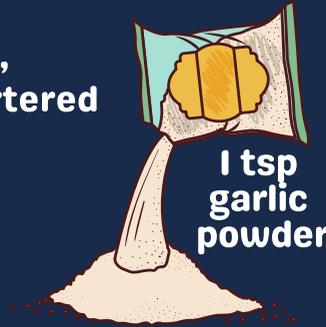
7-9 red potatoes,
washed and quartered



1 tsp onion powder



salt and pepper, to taste



1 tsp
garlic
powder

3 tbsp olive oil



directions

1. Heat your grill to 400°F. In a large bowl, add the potatoes, onions and mushrooms.
2. Drizzle with olive oil and add onion powder, garlic powder, salt and pepper. Mix to combine.
3. Place 2 pieces of aluminum foil on the counter and spray with cooking spray.
4. Divide the mixture into the 2 pieces of aluminum foil. Place another piece of aluminum foil on top of each. Fold the sides in to create a foil pack.
5. Grill over medium heat for 30 minutes or until soft.
6. Open the foil carefully, serve and enjoy!



POTATO STAMPS

Do you have any potatoes that are about to go bad and are no good to eat?

You can use these potatoes to create some fun potato stamps.

This craft involves using a knife. Ask for adult help and supervision!



MATERIALS

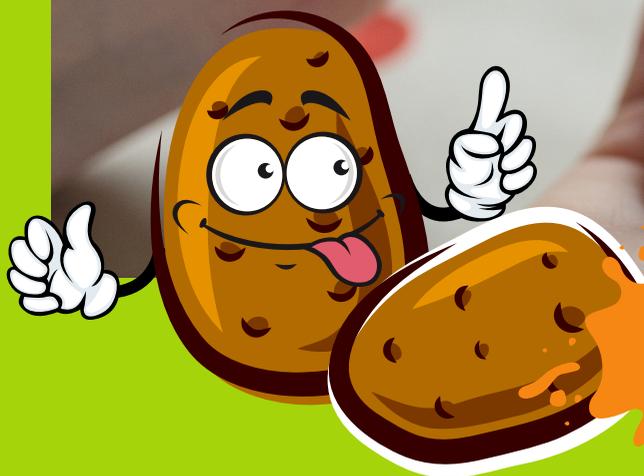
POTATOES

KITCHEN KNIFE

MARKER PAINT

PAPER

PLATEPAPER



INSTRUCTIONS

1. Cut the potato in half.
2. Draw a design onto the surface of the potato. Simple designs are easier to cut, like triangles, circles, and hearts.
3. Cut around the shape so that the shape is raised from the rest of the potato. You can use a skewer or fork to poke the shape to add little holes, which will add more texture and detail to your design.
4. Pour some paint onto the paper plate. Dab the potato in the paint, making sure the surface of the shape is covered. If there is too much paint on the shape, you can get rid of excess by first stamping it onto an extra sheet of paper.
5. Press the potato firmly onto your paper. You'll be able to use the stamp a few times before dipping in paint again.
6. Let paint dry, and show off your masterpiece!

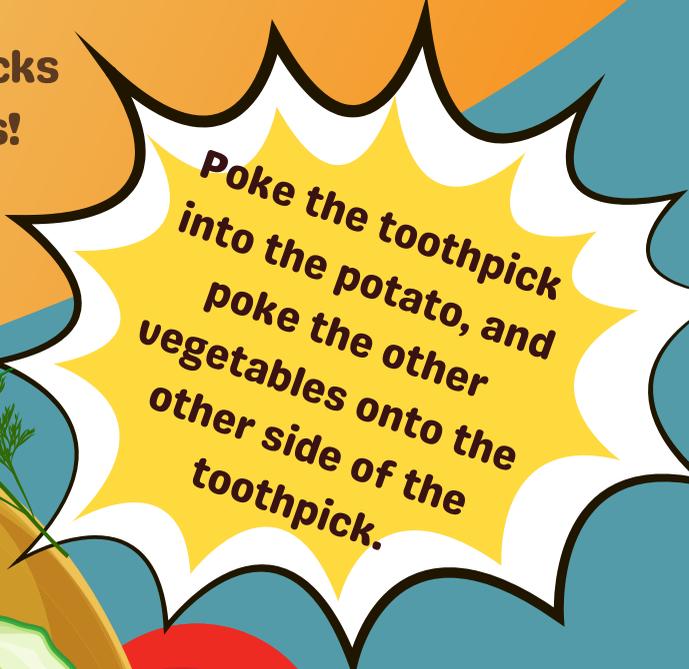


POTATO HEAD *activity*

**MAKE YOUR OWN POTATO HEAD
WITH LEFTOVER VEGETABLE SCRAPS!**



All you need is a potato, toothpicks
and leftover vegetable scraps!



Poke the toothpick
into the potato, and
poke the other
vegetables onto the
other side of the
toothpick.



Get creative!
Try to make the
potatoes look like
yourself or one of
your family members.



POTATO POP QUIZ

1.) Where were potatoes first discovered?

- a.) Africa
- b.) South America
- c.) Europe
- d.) Asia

2.) What kind of vegetable is a potato?

- a.) Leafy green
- b.) Stem tuber
- c.) Edible plant stem
- d.) Cruciferous

3.) Potatoes can grow in tough conditions and are able to store for long periods of time.

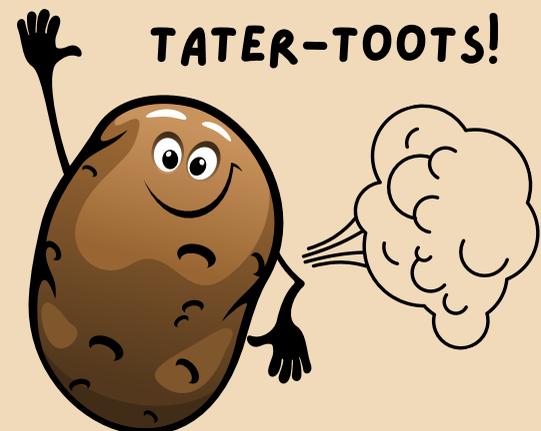
- a.) True
- b.) False

4.) Potatoes are high in carbohydrates, a great source of energy.

- a.) True
- b.) False

5.) Name three different ways to cook a potato.

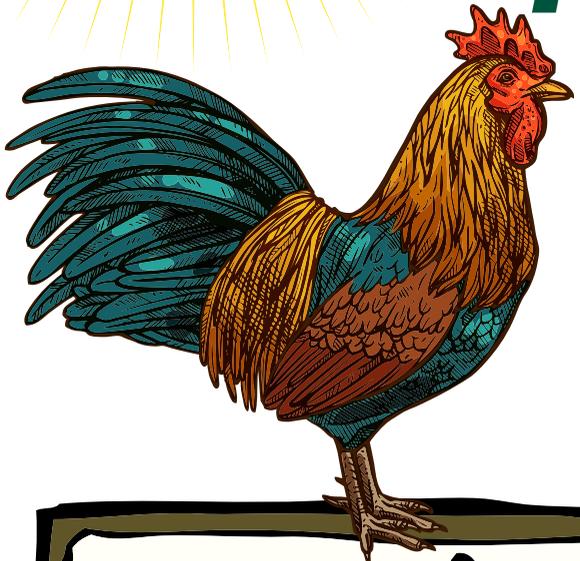
- 1.) _____
- 2.) _____
- 3.) _____





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