Activities: Growing Potato Plants and Spud-U-Like

Activity—Growing Potato Plants
Stick toothpicks around the middle of a white or sweet potato. Use the toothpicks to suspend the potato in a cup half full of water. The bottom half of the potato should be in the water. Place the potato in a window to get light. Keep the cup half full of water. Watch the potato sprout.

Activity—Spud-U-Like
This recipe makes a healthful snack or a great addition to any meal. Credit it as a vegetable (potato) plus the topping ingredients if the quantities offered meet the serving size requirements for the children in your care.

Ingredients
- Small baked potato, cut in half and cooled enough for children to handle
- Topping choices
  - Broccoli, cooked and chopped
  - Carrots, cooked and cut in small pieces
  - Green beans, cooked and chopped
  - Tomato, fresh, chopped, or salsa, or chili
  - Cheese, grated
  - Lowfat cottage cheese or plain lowfat yogurt

Instructions: Help children scoop out the center of the baked potato half. In a small bowl, let the children mash the potato and mix it with toppings of their choice. Refill the potato skin and reheat, if necessary. Serve and enjoy with the children.