

# 3-5 Lesson



## Power of the Potato

**Grade Level:** 3-5

**Topic:** Potatoes

**Estimated Time:** 50 minutes

**Brief Lesson Description:** Hot potato! Students will explore the potato harvesting process from seed to fork and the nutritional values of potatoes and how that fits into their daily diet. In the end, students will be asked to investigate how certain potato products are packaged into the delicious foods we eat.

### NGSS or Common Core Standards:

- **3-5-ETS1-2** Generate and compare multiple possible solutions to a problem based on how well each is likely to meet the criteria and constraints of the problem.
- **4-LS1-1** Construct an argument that plants, and animals have internal and external structures that function to support survival, growth, behavior, and reproduction.

### National Agricultural Literacy Outcomes:

- **T3.3-5 a.** Describe the necessary food components of a healthy diet using the current dietary guidelines.
- **T3.3-5 b.** Diagram the path of production for a processed product, from farm to table
- **T3.3-5 e.** Explain the practices of safe food handling, preparation, and storage

### Specific Learning Outcomes:

1. Students will learn about the potato harvesting process.
2. Students will learn about the nutritional value of a potato.
3. Students will investigate how different potato products are packaged.