

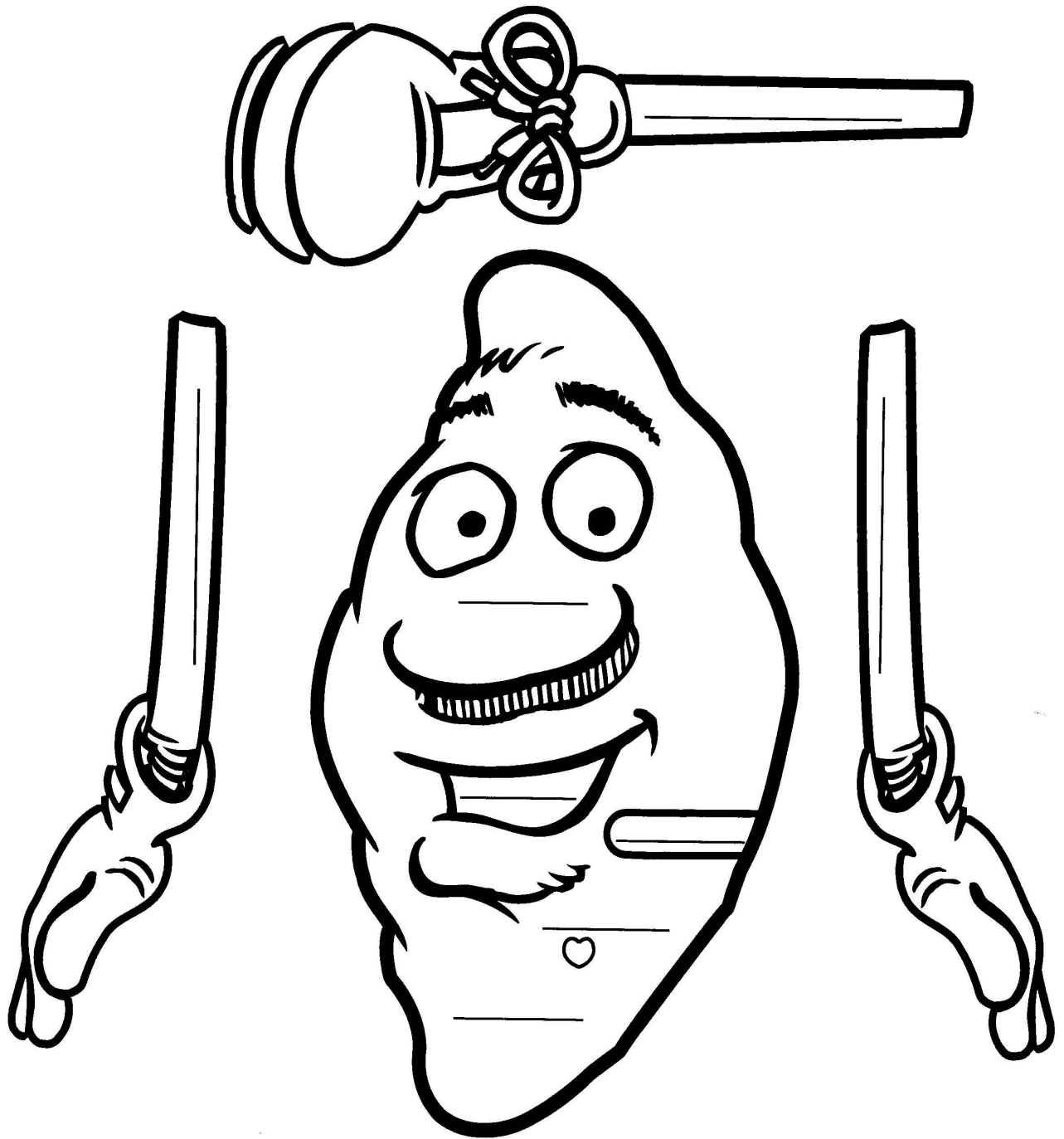
Body Building

With Spencer Sweetpotato

Sweet potatoes have been called “the healthiest vegetable around” because of all the vitamins and nutrients that they contain. These vitamins and nutrients help our body to function in many ways. Follow the instructions below to learn about how sweet potatoes help our bodies and build your own Spencer Sweet potato!

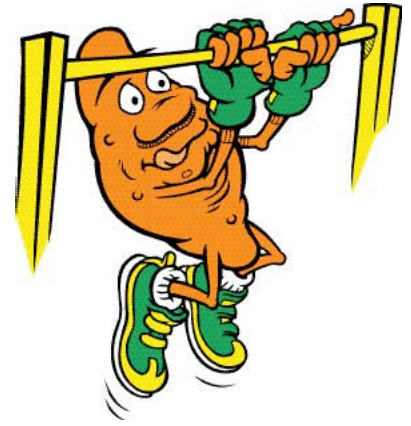
1. Sweet potatoes have a lot of Vitamin A. Vitamin A helps our bodies to grow normally and makes our eyes healthy. Because sweet potatoes are so good for our eyes, write “Vitamin A” on the blank under Spencer’s eyes.
2. Amino Acids are the building blocks that make up proteins in muscle. Since amino acids help our muscles, write “Amino Acids” on the blank on one of Spencer’s legs because our legs contain a lot of muscle.
3. Vitamin C is important to our body for many reasons. One of the most important things that Vitamin C does is to help our wounds heal. Where you see the bandage on Spencer’s body, write “Vitamin C” to show that Vitamin C helps wounds to heal.
4. Another nutrient in sweet potatoes is magnesium, which helps our nerves and muscles to function properly. Label one of Spencer’s arms with the word , “Magnesium” because it helps our muscles.
5. Phosphorus in sweet potatoes also helps to build muscle. Label Spencer’s other arm with the word “Phosphorus” for the same reason as above.
6. The iron in sweet potatoes helps in the process of making blood, which supplies oxygen to our cells. Label the heart with the word “Iron” because our heart pumps blood throughout the body.
7. Manganese helps us get bigger as we get older and it helps our bones to grow normally. Write “Manganese” on Spencer’s other leg to show that manganese helps our legs to get longer as we grow.
8. Sweet potatoes have calcium, which helps to support bones and teeth, among other things. Label the blank over Spencer’s teeth with the word, “Calcium” because calcium helps our teeth.
9. One sweet potato has more fiber than a whole bowl of oatmeal. Fiber is very important because it helps our digestive systems, the system that processes the food we eat. On the blank where Spencer’s stomach would be, write the word, “Fiber. ”

Once you have completely labeled Spencer, cut out the various parts and assemble him.



How Much Did I Burn?

Activity	Calories burned per hour
Aerobics	480
Basketball	462
Bicycling	160
Running	440
Jumping Rope	500
Roller Blading	354
Soccer	468
Swimming	185
Tennis	265
Walking	160



Use the above chart to determine how many calories you burned each day.

Step one: Using the chart above, determine how many calories your activity burns per hour and divide that number by 60 since there are 60 minutes in one hour.

Example: Sally walked for her exercise
Walking burns 160 calories per hour = 2.67 calories per minute
 $160 \div 60 = 2.67$ calories per minute

Step two: Multiply that number by the number of minutes you exercised :

Example: Sally walked for 15 minutes.
 $2.67 \times 15 = 40.05$ calories

Step three: Sweet potatoes have about 120 calories each. At the end of the month when your chart is complete, add up how many calories you burned and divide that number by 120 to determine how many sweet potatoes you burned off !

Example: Patrick burned a total of 1150 calories this past month.
 $1150 \div 120 = 9.58$ sweet potatoes burned
Patrick burned almost 10 sweet potatoes in one month!

To encourage your students in a healthy lifestyle, use this exercise contest to see who can burn the most sweet potatoes in a month. Give small health-conscience prizes to the winners.