



## Body Building with Spencer

OBJECTIVE: To enhance Harvest of the Month education

### TEACHING POINTS

- February's Harvest of the Month is sweet potatoes.
- As we have been learning, sweet potatoes are very good for us in many ways.
- If you have diabetes in your family, eating sweet potatoes is a good thing to do. Sweet potatoes have a low glycemic index. The glycemic index is how fast glucose enters your bloodstream after you eat, how high it rises and how quickly it returns to normal. Low glycemic foods are digested slower. Fast sugar absorption, a rise in blood sugar and the dive that happens with high-glycemic foods is not desirable. It's better for the body to slowly absorb any sugar with a moderate rise in sugar levels and experience a gradual return to normal. Corn, rice, white potatoes and white bread all have a high glycemic index.
- Let's go further with Spencer Sweet Potato and learn how eating sweet potatoes can help build a stronger body.
- First, sweet potatoes have many important nutrients.
- What are nutrients?
- Nutrients are needed for life. The body needs nutrients to grow, work, and fix itself. We get nutrients from food. Nutrients are carbohydrates, protein, fat, water, vitamins and minerals.
- Sweet potatoes have many nutrients such as.....
- Spencer Sweet Potato will help us learn what some of these nutrients do for our bodies. Refer to handout.
- Ways to add more sweet potatoes to your diet:
  - pack a sweet potato for lunch
  - add peeled chunks to your favorite stew
  - switch from regular potato chips to sweet potato chips
  - peel and cut with your favorite dip
  - blend into a breakfast smoothie
  - substitute in recipes calling for white potatoes or apples
  - try sweet potato slaw
  - create a new potato salad
  - try Greek baked sweet potatoes with a blend of fresh spinach, green onions, yogurt, black olives, feta and spices



Vocabulary
vitamin A
beta carotene
amino acids
vitamin C
antioxidants
magnesium
protein
nerves
muscles
digestive system
oxygen
phosphorus
iron
manganese
calcium
fiber
glycemic index

fiber
beta carotene
amino acids
vitamin C
magnesium,
phosphorus
iron
manganese
calcium
potassium

### RESOURCES

- HOTM Student Sleuths for December: **CHECK IT OUT!!** What makes the flesh of a sweet potato so orange? What health functions does vitamin A provide for our bodies? Vitamin C? Vitamin B<sub>6</sub>? Iron? What is the difference between a tuber and a root? How are sweet potatoes similar to and different from yams? Include nutrition content, texture, skin and flesh colors, and geographic regions where each is found. Ask students to research some other products that George Washington Carver made using sweet potatoes. How have those products affected or revolutionized everyday life? Which former US President was a sweet potato farmer before taking office?  
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more comprehensive: [www.nutritiondata.com](http://www.nutritiondata.com)
- North Carolina Sweet Potato Commission  
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