

SWEET
POTATOES



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NUTRITION NEWSLETTER

A FAMILY AND COMMUNITY NEWSLETTER

THIS MONTH'S NUTRITION EDUCATION SNACK IS SWEET POTATOES!

**IN CLASS, WE LEARNED THAT
SWEET POTATOES ARE ROOT VEGETABLES!**

WE KNOW THIS BECAUSE....

SWEET POTATOES GROW UNDER THE GROUND!

**IN ADDITION, WE DISCOVERED THAT SWEET POTATOES ARE HIGH IN
POTASSIUM, VIT C & FIBER.**

MYPLATE

**THIS WEEK, STUDENTS
LEARNED ABOUT THE
MYPLATE GUIDE, WHICH
EMPHASIZES THE
IMPORTANCE OF EATING A
BALANCED DIET WITH
FOODS FROM ALL FIVE
FOOD GROUPS: GRAINS,
VEGETABLES, FRUITS,
PROTEIN, AND DAIRY.
UNDERSTANDING
MYPLATE HELPS CHILDREN
APPRECIATE THE VARIETY
OF FOODS THEY NEED FOR
ENERGY, GROWTH, AND
OVERALL HEALTH.**

SWEET POTATO FRIES RECIPE

STEP - BY - STEP

****PREPARE THE SWEET POTATO****

WASH AND PEEL THE SWEET POTATO IF DESIRED.

****CUT THE SWEET POTATO****

SLICE THE SWEET POTATO INTO 1/4 INCH THICK CUTS.
YOU CAN USE A COOKIE CUTTER TO STAMP SHAPES
OUT OF THE SLICES OR SIMPLY CUT THEM INTO STRIPS
TO CREATE FRIES.

****SEASON THE FRIES****

- PLACE THE CUT SWEET POTATO PIECES IN A BOWL.
- SPRINKLE WITH 1 TEASPOON OF SALT AND SPRAY
LIGHTLY WITH GARLIC SPRAY OR PAM, ENSURING ALL
PIECES ARE WELL COATED.

****AIR FRY****

- PREHEAT YOUR AIR FRYER TO 375°F (190°C).
- PLACE THE SEASONED SWEET POTATO FRIES IN
THE AIR FRYER BASKET IN A SINGLE LAYER.
- COOK FOR 10 MINUTES, SHAKING THE BASKET
HALFWAY THROUGH FOR EVEN COOKING.

****SERVE****

ONCE DONE, REMOVE THE FRIES FROM THE AIR
FRYER AND LET THEM COOL SLIGHTLY BEFORE
SERVING. ENJOY!

INGREDIENTS

- 1 SWEET POTATO
- 1 TEASPOON OF SALT
- GARLIC SPRAY OR PAM
(COOKING SPRAY)