



November

HEALTH CONNECTION



Sweet Potatoes: A Smart Starch

Sweet Potatoes are a healthy and tasty starch that gives your body energy without a big sugar spike. Unlike white potatoes, sweet potatoes are packed with fiber, vitamin A (which is great for your eyes!), and natural sweetness. They help keep you full longer and support your immune system. Whether baked, mashed, or roasted, sweet potatoes are a delicious way to fuel your day the healthy way!



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

Ingredients:

- 1 sweet potato
- 1 tsp salt
- Garlic or Olive Oil Spray

Instructions:

Wash and peel the sweet potato, if desired. Slice the sweet potato into 1/4-inch thick coins.

Use metal cookie cutters to cut fun shapes out of the 1/4 inch coins.

Place the sweet potato slices in a bowl. Sprinkle with 1 tsp of salt and spray lightly with garlic spray. Toss until Evenly Coated

Set your air fryer to 375°F and place the seasoned fries in a single layer. Cook for 10 minutes, shaking them halfway through to promote even cooking.

Remove from the air fryer and let cool slightly before serving. Enjoy!