



# HISTORY OF THE HUMBLE POTATO

## Let's talk about Potatoes

Potatoes were first grown in Peru in South America and were brought to England a long time ago. Potatoes are called root vegetables and grow under the ground. A long time ago they were eaten very simply and cooked like boiled potatoes. The way we can eat potatoes has changed and is much more exciting nowadays.



## How do you like to eat Potatoes?

Could it be mashed potato with beans, jacket potatoes with tuna or cheese or roast potatoes with Sunday dinner. New potatoes, potato wedges or chips? Lots of meals we eat include potatoes, for example: sausage and mash or cottage pie. Discuss with an adult in your house.

## Potato Goodness

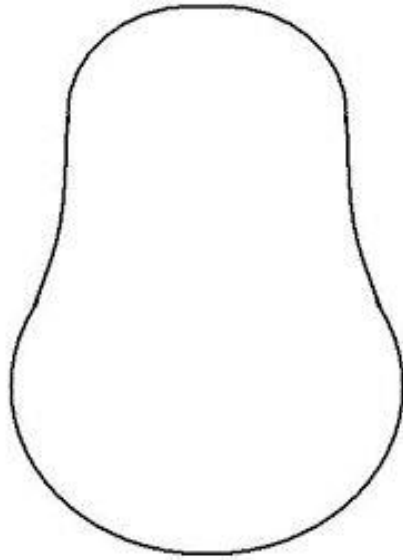
Potatoes give us lots of long-lasting energy to learn and play. They also contain vitamins and fibre and small amounts of protein. The potato skins are good to eat too. Potatoes come in lots of different shapes, colours and sizes.



Look at the picture of the Eatwell Guide. Can you see that potatoes are the only vegetable that fits into the yellow section? That's because of the energy they provide. They are also the only vegetable that doesn't count towards striving to eat five portions of fruit and veg a day.

## Potato Head Character

Draw a potato head character of your own on the template below. It can be your own design or you might choose your favourite character from a book. Give your potato head some hair and some arms and legs as well as eyes, a nose, a mouth and some ears!



**Now see if you can grow your own potato head by following these instructions:**

- 1) Fill an empty jam jar with water and place a potato in the top of the jar. The potato needs to be touching the water.
- 2) Place in a safe place, somewhere like a window sill. You will need to be patient and watch it grow over the next few weeks. Top up the water touching the potato if you need to.
- 3) Draw eyes, a nose, a mouth and ears on to your potato. See if it sprouts shoots like hair and roots like legs. Compare the character you drew to the one you've grown. Do they look the same or different?





## CHEESY POTATO BAKE

A delicious recipe that children will love to help make. Tasty enough to have as a main dish with salad and a little sour cream, or serve as a side dish with some green vegetables.

Why not try growing your own potatoes in the garden? Or set up your own herb garden and use home grown chives to make this dish too.



**Skill Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; cut using bridge/claw technique safely; snip herbs with scissors; use a box grater safely; use measuring spoons; use weighing scales; crack an egg; beat an egg; use the hob (with adult supervision).

**Equipment:** Knife, chopping board, box grater, measuring spoons, saucepan, baking dish, sieve or colander, large bowl, fork, scissors, oven gloves.

**Allergens\*:** Egg | Milk

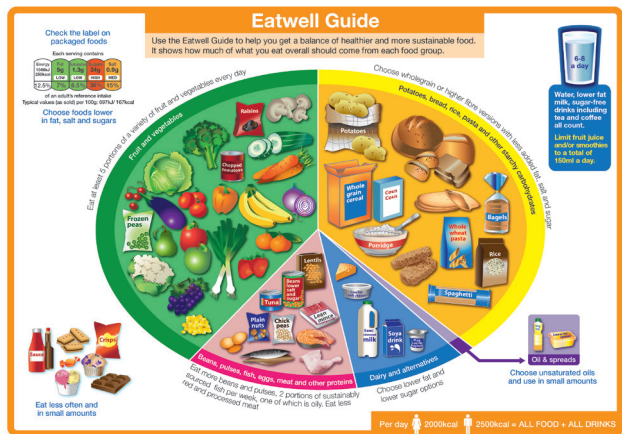
### Ingredients (makes 4 portions):

- 5 eggs
- 8-10 egg-sized potatoes, scrubbed
- 100g cheddar cheese, grated
- 1 tbsp chives
- Black pepper
- Butter / Margarine

### Method

1. Preheat the oven to 180°C / Gas Mark 4.
2. Carefully slice the potatoes into rounds about 1cm thick.
3. Put the sliced potatoes into a saucepan with just enough water to cover. Boil for about 10 minutes or until just soft.
4. Use butter to grease a round, shallow baking dish about 20 cm in diameter.
5. When the potatoes are ready, drain through a sieve and then tip into the greased baking dish. Spread them out evenly.
6. Beat the eggs in a large bowl until well mixed and frothy. Snip in the chives with scissors and add some pepper to taste.
7. Carefully pour the egg mixture over the potatoes and sprinkle with the cheese.
8. Cook for about 20 minutes in the oven, until golden and set.
9. Cut into thick wedges to serve.

\* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use

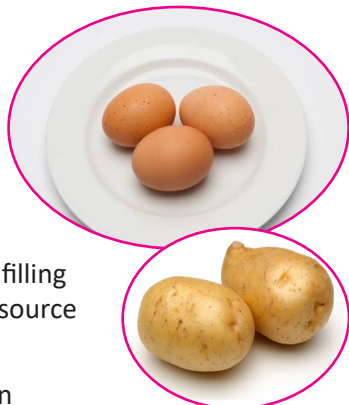


The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

## So, thinking about Cheesy Potato Bake...

**Eggs** are an excellent source of protein, vitamins and minerals. Protein is essential for building and repairing our bodies; our muscles, organs, skin, hair and nails all contain protein.



**Potatoes** are a nutritious and filling starchy food; low in fat and a source of vitamin C and fibre.

**Cheddar cheese** can be high in saturated fats and salt. Use small amounts of mature cheese (it tastes stronger so you need less of it!) and choose low fat options where possible.

### Energy, sugar, fat and salt per serving

Per 167g serving

**ENERGY**  
1053kJ / 252kcal

**MED**

**FAT**  
13.0g

HIGH

**SATURATES**  
5.9g

30%

**LOW**

**SUGARS**  
1.2g

**MED**

**SALT**  
0.81g

% of an adult's reference intake

Typical values per 100g : Energy 631kJ /151kcal

## Notes

**A traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.



## GET PHUNKY IN 15 MINUTES WITH THE PHUNKY15



A series of 15 minute physical activity ideas that you can do in the home with no equipment or apparatus. The children can even do this in their home clothes – no need to get changed. So there really is no excuse, start now, get active, get Phunky with Phunky15.

### The warm up...

**Cat Stretch** - In a space the children should kneel down on all fours so their hands are beneath their shoulders and knees beneath their hips. Round your spine upwards like a cat arching it's back and hold for a few seconds. Then drop your back so it makes a hollow like a cat ready to attack. Repeat 3 times.



### Main activity...

**Chair Aerobics** - Children should sit on their chair with enough space around them to stretch their legs. Shout out different actions that the children should carry out whilst sitting in their chairs. Hiking – children swing their arms while lifting their knees and tapping their toes; Swimming – children move their arms as though doing front crawl and kicking their legs in a flutter kick; Cycling – children hold onto the seat of their chairs and pedal their legs as though riding a bike; Canoeing – children use an imaginary oar to paddle their canoe from side to side.

### Cool down...

**Big balloon** - Each child pretends they are a balloon, which is slowly being inflated. With every breath taken, slowly stand from a squatting position, getting bigger and bigger. Slowly extend the hands and feet away from the body, until with a big bang, the balloon bursts. (Fall to the ground and lie there for a count of 10). Repeat three times.



# MINDFUL SEEING - 10 minute Mindfulness practice



### WALT What Am I Learning Today?

- Directing attention onto chosen object.
- Holding focus for sustained period of time.

### WILF What I am Looking For?

- Sit or stand still without speaking.
- Describe the object they were focusing on.

### Guidance and preparation

- Outside, standing or sitting in circle with backs to each other, looking outwards. (If wet day, in the house looking out).

### Resources

- Chime bar or any percussion instrument.

### Useful for...

- Improving concentration and focus.
- Developing descriptive language skills.

## Activity (5 minutes)

1. Children to sit or stand in a circle but looking outwards.
2. Adult to ask children to focus on an object eg in or outside the house.
3. Ask children to pay particular attention to qualities of object eg shape, colour, movement, light, shade etc.
4. Adult to start and end practice with chime bar.

## Discussion (5 minutes)

- Children to describe what they noticed about the object.
- How could you describe the colours noticed in your object?
- Did you notice anything about your object that you haven't noticed before?