

HEAD START FOOD EXPERIENCE

Date ____ Center _____ Food Experience Name: Grow a Sweet Potato

Person leading experience _____ Length of time: 15 minutes then ongoing

Description: Reason for choosing project, in terms of children learning (behavioral goals): This activity is a great project for the class. It will give the children the opportunity to watch the progress of the growing sweet potato and predict what will happen. Discussion can take place about how our food grows and where it comes from.

This food experience allows children to learn by participating in:

tasting dipping/portioning pouring cutting
mixing measuring cooking
other (describe)

What other classroom activity/activities related or added to this experience?

math music art film
books field trip X other (describe) Science

Supplies needed: clear glass jar, toothpicks, sweet potato

Procedure step-by-step:

1. Push three or four toothpicks into the sides of the sweet potato in about the middle of the potato
2. Place one end of the sweet potato down in the jar. Make sure toothpicks are large enough to hold upper half of the sweet potato out of the jar
3. Fill jar with water until bottom half of sweet potato is almost covered by water
4. Place jar in a window so it can have access to sunlight.
5. Watch potato and discuss changes (it will take about 2-3 weeks for roots to start growing)
6. Make sure you keep the jar filled with water to promote growth.
7. Green leaves will also start sprouting from the top of the potato.
8. Once the leaves and roots have taken off you can replant the new sweet potato plant or vine into a pot or hanging basket.
- 9.
- 10.

Possible enhancements to this Activity:

Evaluation:

Would you do this experience again? _____

How would you improve this experience in the future?

Did the children meet the learning objectives? Why or why not?