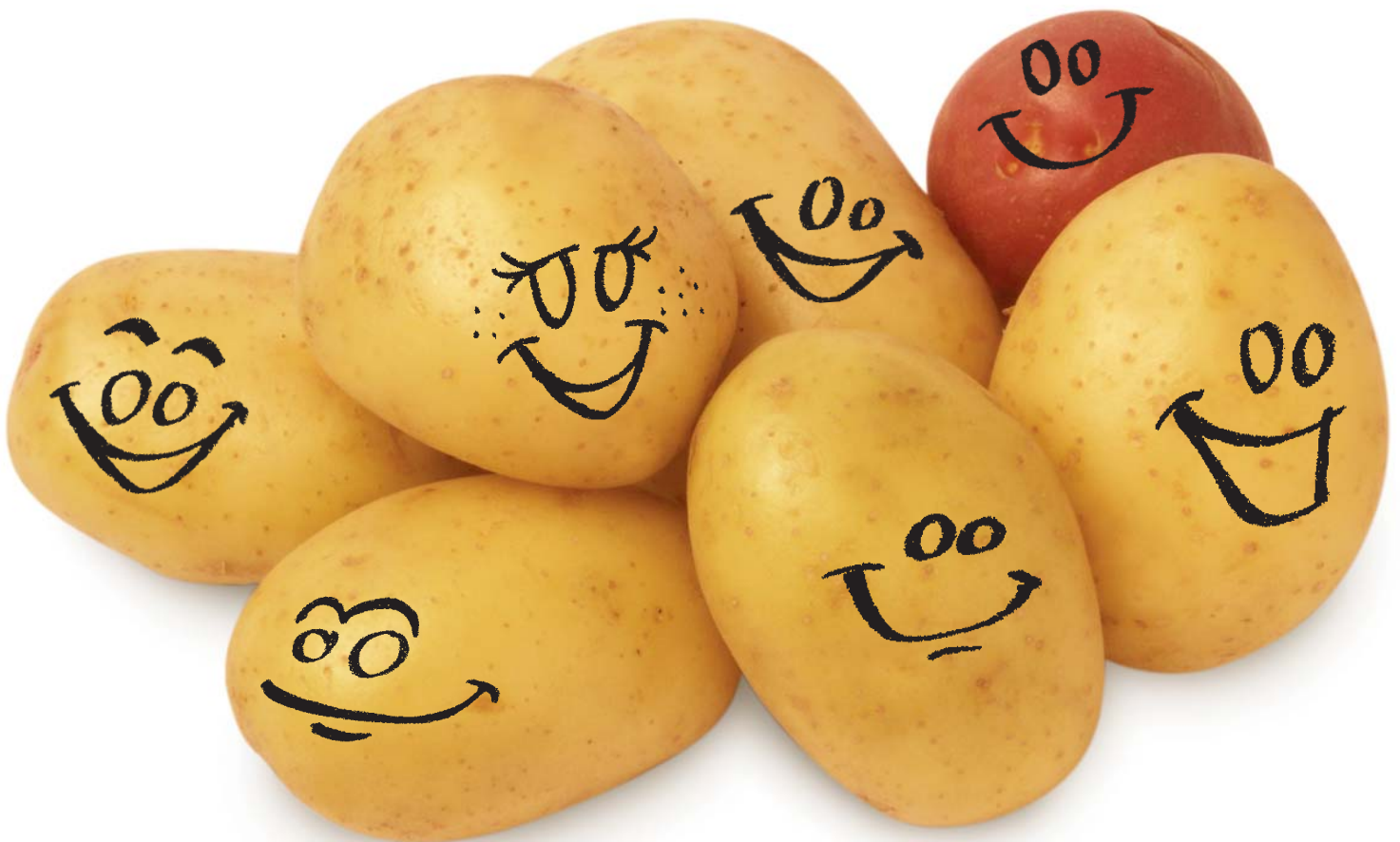


It's all about us!



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# Teaching Activities

Understanding the sustainable role of potatoes in feeding the world

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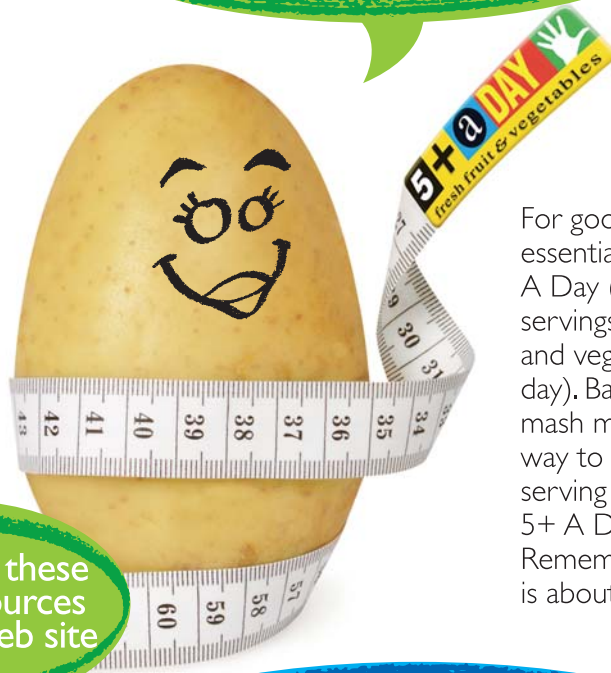
Take your children on a potato discovery adventure.

Visit [www.potatoes.co.nz](http://www.potatoes.co.nz) for a heap of useful information and great resources that you can either download or order.

Visit the schools section and look for icons, posters and fact sheets on nutrition, cooking and growing potatoes.



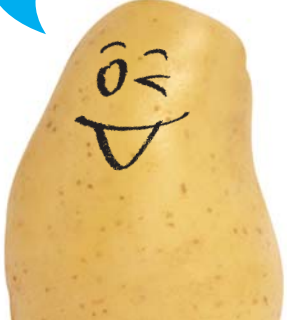
Count me in...



For good health it is essential to eat 5+ A Day (five or more servings of fresh fruit and vegetables each day). Bake, boil, or mash me as a great way to get one serving towards your 5+ A Day target. Remember, a serving is about a handful.

Download these useful resources from the web site

Check out the web site highlights featured overleaf. Loaded with useful information about potatoes.



Like so many countries around the world, potatoes are integral to our lifestyle. These activities will take children on a potato discovery adventure giving them an understanding of the importance of potatoes for themselves and also to both local and global communities.

## Step 1

### Motivating personal interest

*Levels 1 - 4*

- **Children create their own recipe for baked potatoes.** Bake a tray of potatoes and get the children to fill their own with some delicious fillings. Offer grated cheese, baked beans, tuna, etc. (Pre-bake the potatoes, and wrap the whole tray in tin foil and a towel and they will stay warm for ages.)
- **Have a barbecue potato sizzle.** Par-cook unpeeled potatoes in either the oven or by boiling. Cut into wedges and barbecue until golden and crunchy, brush or spray lightly with oil as they are cooking. Sprinkle with fresh herbs or Tuscan seasoning.
- Ask the children what they know about potatoes already. How do they eat them at home? Where and how are they grown? In groups mind map their ideas. Report back to the class. Create a summary of their ideas.

## Step 2

### Understanding the bigger picture

Connecting personal experience with the global community

*Levels 1 - 4*

- Together, or in groups, use the potato icon posters and ask the children to explore and interpret the slogan and explain in their own words the relevance to themselves and the world. (**Extra icon posters can be downloaded from [www.potatoes.co.nz](http://www.potatoes.co.nz)**)

*Level 3 - 4*

- Show the video that was developed to celebrate the United Nations International Year of the Potato – you can download this from [www.potato2008.org](http://www.potato2008.org)
- Discussion points
  - Focusing on sustainability of water use and efficiency of plant growth, consider why potatoes are a good food choice for all citizens of the globe.
  - Focusing on how potatoes grow in diverse environments, from the mountains of South America to the deserts of Africa, discuss how potatoes can offer solutions to poverty.
  - Focusing on nutrition, why are potatoes a good food choice?

## Step 3

### Assessment activities

*Levels 1 - 4*

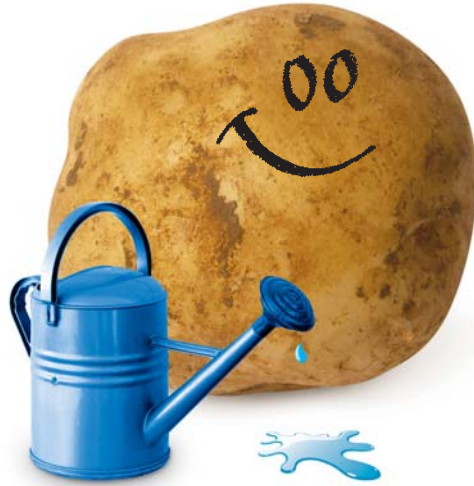
- Using our artwork as inspiration, create a new potato image and key message to reflect your new understanding of the potato. (Faces and potato images are available for download).
- Create a potato meal to celebrate IYP, or perhaps a potato sizzle for the rest of the school, be able to explain why potatoes are important.

key message





I need very little water to grow.



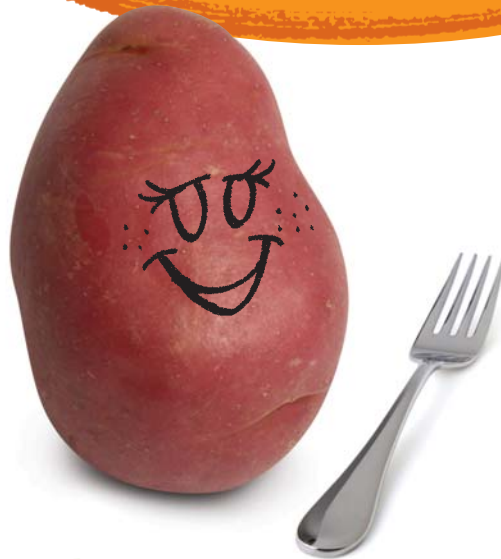
I need less water to grow than other carbohydrates. It takes around 300 buckets of water to grow 1kg of rice, 50 buckets to grow 1kg of wheat and only 8 buckets for 1kg of me!

Did you know?

300 buckets, or 3000 litres, is more water than many households use in a week for just 1kg of rice!

*The world is short of water so you are doing the planet a favour by eating NZ grown potatoes!*

A full tummy is only one potato away.



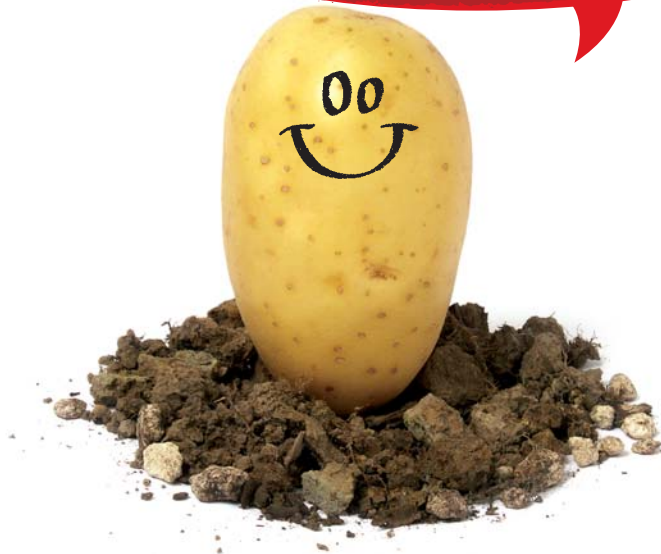
The United Nations have recognised me because I am such a great food and for what I can do to solve world food shortages. I grow in all sorts of conditions, am a really efficient plant and use hardly any water. I have lots of nutrients and am filling, so I am the solution for hungry people.

Did you know?

Over the next two decades, the world's population is expected to grow on average by more than 100 million people a year. More than 95 percent of that increase will occur in the developing countries, where pressure on land and water is already intense.

*Next time you are hungry - think about me!*

I'll grow virtually anywhere.



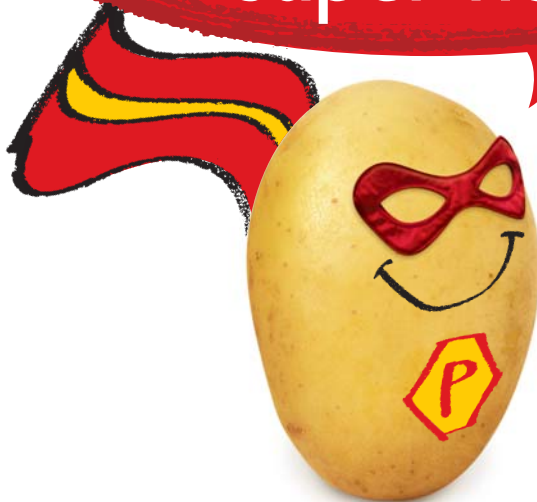
I grow in all sorts of conditions around the world. I produce more food, more quickly, using less water, on less land and harsher climates than any major crop. In fact I am the world's fourth biggest food crop, after maize, wheat and rice. Actually I am the third biggest crop eaten, as maize is often used for non-food purposes.

Did you know?

The potato is a very efficient food plant. 85% of the potato plant can be eaten - you don't eat the leaves. Compare that to other crops like rice, wheat and maize where you only eat around 50%.

*When blight destroyed Irish potato crops between 1845 and 1848 nearly 1 million people starved to death.*

I'm a food super hero.



When you consider everything I have under my skin, and in my skin, it's no wonder nutritionists think I'm 'super'. You name it - Vitamin C, potassium, iron, magnesium, B group Vitamins, antioxidants, fibre and carbohydrates... I've got it all! Yes, I'm simply super!

Did you know?

The big advantage of getting your carbohydrates from potatoes, rather than pasta or rice, is that you also get an abundance of other vital nutrients.

*Potatoes are really high in Vitamin C - a medium sized potato can supply around half your recommended daily intake.*

# My roots are in the Andes.



I originated about 8000 years ago in the Andes of South America. I was taken to Europe in the 16th century where European aristocracy admired my flowers, but thought I was only fit for pigs and the destitute - how silly! However the first Europeans to appreciate me as food were sailors who took me on ocean voyages. That is how I reached India, China and Japan early in the 17th century. From there my popularity quickly spread across the globe and by the 20th century I was a truly global food. Now I am grown and adored in most countries around the world in ever increasing quantities!

## Did you know?

The world potato sector is undergoing major changes. Until the early 1990s, most potatoes were grown and consumed in Europe, North America and countries of the former Soviet Union. Since then, there has been a dramatic increase in potato production and demand in Asia, Africa and Latin America, where output rose from less than 30 million tonnes in the early 1960s to more than 165 million tonnes in 2007. FAO data shows that in 2005, for the first time, the developing world's potato production exceeded that of the developed world. China is now the biggest potato producer, and almost a third of all potatoes are harvested in China and India.

*The Inca people measured time by how long it took to cook a pot of potatoes!*

## The United Nations honoured the Potato.

In 2008 the United Nations recognised that potatoes had a major role to play in feeding the world's population. To honour their contribution they named 2008 as International Year of the Potato. Around the world activities were undertaken to highlight the amazing nutritional status, the ability to grow in a variety of conditions, the sustainability and positive impact on environments and communities and the role potatoes can play to alleviate poverty and hunger.

[www.potato2008.org](http://www.potato2008.org) – was developed to celebrate the potato. This site is still active and is an incredible source of information – it's well worth a visit, and is bound to impress!





# Potato websites where children can experience essential learning skills focusing on the potato...

[www.potatoes.co.nz](http://www.potatoes.co.nz)

## Cooking

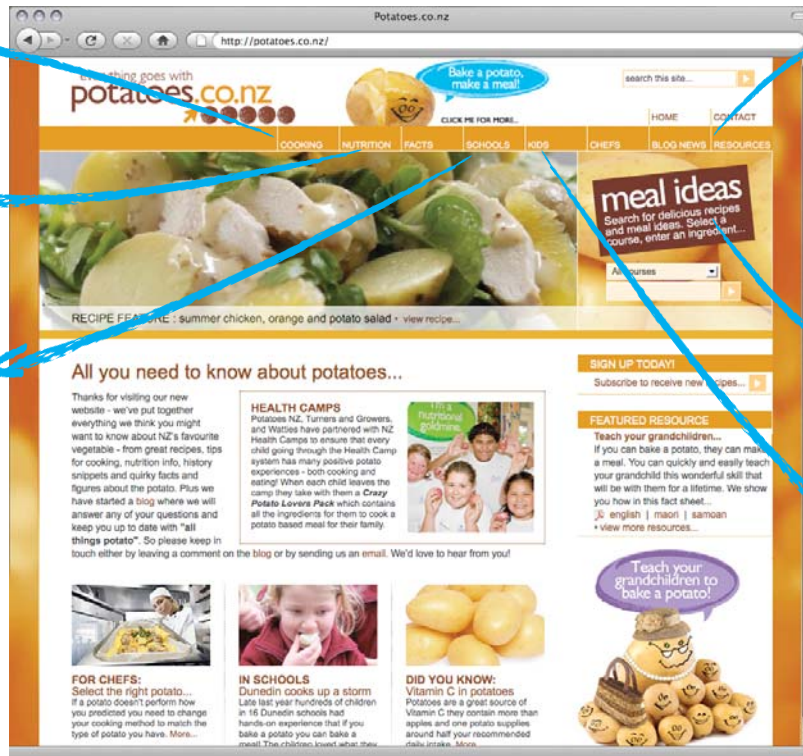
All you need to know to get the best ever meal!

## Nutrition

Why potatoes are a superfood!

for schools

Especially for you – includes classroom cooking ideas!



## Resources

Order or download here to make your teaching so much easier!

## Recipes

Don't just learn about potatoes, enjoy them!

## Kids section

Spudtacular ideas!

[www.potato2008.org](http://www.potato2008.org)

## Potato World

Click on 'Potato world' for information about world potato consumption and production. Go to 'Asia/Oceania', for how NZ compares.

## The Potato

Click on 'The potato' and select 'Origin' and 'Diffusion' to discover the history of the potato, from the Andes to the Irish potato famine!

## Hey, Kids!

Go to 'Hey, Kids' for excellent questions to get children thinking. Click on 'Potato quiz'. A fun quiz to test potato knowledge.



This site was set up in 2008 to celebrate International Year of the Potato, but it is still live and is an excellent resource to gain global understanding.

## The IYP video

Click on 'The IYPVideo', a fantastic video explaining why UN is honouring the potato.

## Potato factsheets

Check out the FAQ fact sheets – they have great material on the impact of potatoes on economics and gender!

everything goes with  
**potatoes.co.nz**