



# HISTORY OF THE HUMBLE POTATO

## How do you like to eat potatoes?

Think of the many ways you eat potatoes and how they can be cooked or be part of a meal. For example: The topping for a pie, mashed with gravy, or roasted. Potatoes provide us with energy, vitamin C, minerals and small amounts of protein. Also fibre, especially if we eat the skins.

Look at the picture of the Eatwell Guide below. Can you see that potatoes are the only vegetable that fits into the yellow section of the guide? Why do you think potatoes are included in this section instead of with the other fruit and veg? Record your ideas in the box.



## My Thoughts

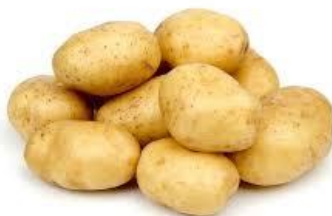
## Different types of Potatoes

Potatoes are a type of root vegetable. Do you know anyone who grows them in the garden or on an allotment near you?

The part we eat is called a tuber and grows under the ground. There are different varieties (types) of potatoes. Smaller new potatoes grow and are harvested early in the spring/ summer and bigger main crop potatoes are harvested in the autumn. Do you know the names of any potatoes? Below are some different varieties. Have a go at naming them – ask your family or use the Internet to help you.



K \_ \_ \_ E \_ \_ \_ \_



M \_ \_ \_ P \_ \_ \_ \_



J \_ \_ \_ R \_ \_ \_ \_

## History of the Potato

Potatoes were first grown by the Inca Indians in Peru, South America. Spanish invaders conquered Peru and discovered the flavour of potatoes and brought them back to Europe. Sir Walter Raleigh, a British historian and explorer known for his expeditions to the Americas, brought potatoes back to Ireland.

### The Irish Potato famine 1845-1849

The Irish population found the potato easy to grow in poorer soils so the potato was grown all over Ireland and became a big part of the population's staple diet. Then disaster struck... The potatoes became diseased and the crops failed. Families struggled to survive and many died of starvation. What do diseased, failed and famine mean? Why do you think the Irish population became so dependent on the potato? Use your detective skills to research and record your findings in the box below.



## Creative Writing – Using Similes and Metaphors

A simile compares two objects using the words 'like' or 'as'

For example; as good as gold, as tall as a giraffe.

A metaphor directly compares two objects without using 'like' or 'as'

For example: What a star he was; You are my rock.

Think of all the ways you like to eat potatoes and make up some similes and metaphors of your own. For example: The mashed potato was like a soft bed. The crisps were as crunchy as cornflakes and the jacket potato was a man in a suit.

Mashed potato -

Crisps -

Jacket potato -

Roasted potatoes -

Chips -



## 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

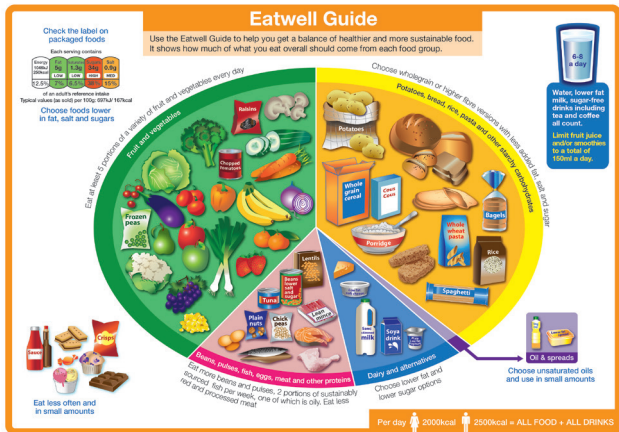
### Method

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



## CHEESY POTATO BAKE Nutrition Information



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

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

Per 167g serving

**ENERGY**  
1053kJ / 252kcal **13%**

**MED** **FAT**  
13.0g **19%**

**HIGH** **SATURATES**  
5.9g **30%**

**LOW** **SUGARS**  
1.2g **1%**

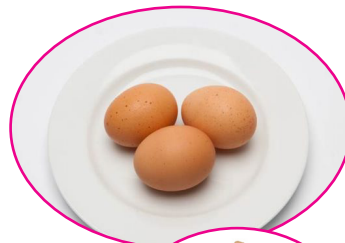
**MED** **SALT**  
0.81g **14%**

% of an adult's reference intake

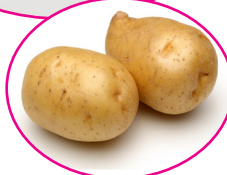
Typical values per 100g : Energy 631kJ / 151kcal

### 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.

### 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- 15 minute Mindfulness practice

### WALT What Am I Learning Today?

- Focus and pay close attention for a sustained period of time.
- Widening awareness of qualities of familiar objects.

### WILF What I am Looking For?

- Sit or stand still without speaking.
- Describe the object they were focusing on.
- Notice and describe the rich details of the object in focus.
- Using imaginative, descriptive language.

### Guidance and preparation

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

### Resources

- Chime bar or other percussion instrument.

### Useful for...

- Holding concentration and focus and paying close attention to small details.
- Improving descriptive language skills.
- English link - using figurative language for description.

## Activity ( 10 minutes )

1. Children to sit or stand in a circle but looking outwards.
2. Adult to ask children to focus on a natural object eg tree, bush, flowers etc.
3. Ask children to pay particular attention to shape of object eg 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 what you noticed about your object?
- Could you use a simile or metaphor to describe something about your object?
- Did you notice anything about your object that you haven't noticed before?