**SWEET POTATO ACTIVITIES**

### Nutrition Facts

- **Serving Size:** ½ cup baked sweet potatoes (100g)
- **Calories:** 90
- **Calories from Fat:** 0
- **Total Fat:** 0g (0% Daily Value)
- **Saturated Fat:** 0g (0% Daily Value)
- **Trans Fat:** 0g (0% Daily Value)
- **Cholesterol:** 0mg (0% Daily Value)
- **Sodium:** 36mg (2% Daily Value)
- **Total Carbohydrate:** 21g (7% Daily Value)
- **Dietary Fiber:** 3g (13% Daily Value)
- **Sugars:** 6g
- **Protein:** 2g

**Reasons to Eat Sweet Potatoes**

A ½ cup of sweet potatoes has lots of vitamin A and vitamin C. Vitamin A helps keep your vision good, helps your body fight infections, and keeps your skin healthy.

**Vitamin A Champions**: Carrots, kale, pumpkin, spinach, sweet potatoes, and turnip greens.

*Vitamin A Champions are a good or excellent source of vitamin A (at least 10% Daily Value).

**How Much Do I Need?**

A ½ cup of sweet potatoes is about one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day.

Look at the chart below to find the amount that is right for you to help keep you healthy and strong. Write down all the different fruits and vegetables you like to eat (fresh, frozen, canned, and dried). Share this list with a family member and talk about how you can eat them in meals and snacks.

**Recommended Daily Amount of Fruits and Vegetables**

<table>
<thead>
<tr>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Boys</strong> 2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td><strong>Girls</strong> 2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
</tr>
</tbody>
</table>

**If you are active, eat the higher number of cups per day.**

Visit [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids) to learn more.

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**Fill in the Blank**

Complete the sentences using the following words:

- root vegetable
- vitamin A
- yams
- beta carotene

1. Sweet potatoes are very high in ____________________.
2. Sweet potatoes are often mistaken for ____________________.
3. Sweet potatoes are a kind of ____________________.
4. Sweet potatoes are orange because they contain ____________.

**Fiber Word Search**

Circle these high-fiber foods in the puzzle. Look up, down, and sideways.

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O B G U M T W R B S X O R
A P M Z V D H M S E N X A
T O C A R R O T S U R H E
M A W P P R L L I F N S P
E M I P K O E K N Y E C H
A S E L H C W G R T P O C
L A M E T C H R C J O N O
R L N Z P O E C H B T B D
P M P M M B A E D P A R E
X O P T W I T C P L T O I
J N Q A A B B R K I O C F
S O R T U B R O C C O L I
C T O L E M E M O F D P Q
S Z I L H A A S K L M N E
L Z B A K E D B E A N S Y
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Answers: 1. Vitamin A, 2. yams, 3. root vegetable, 4. beta carotene