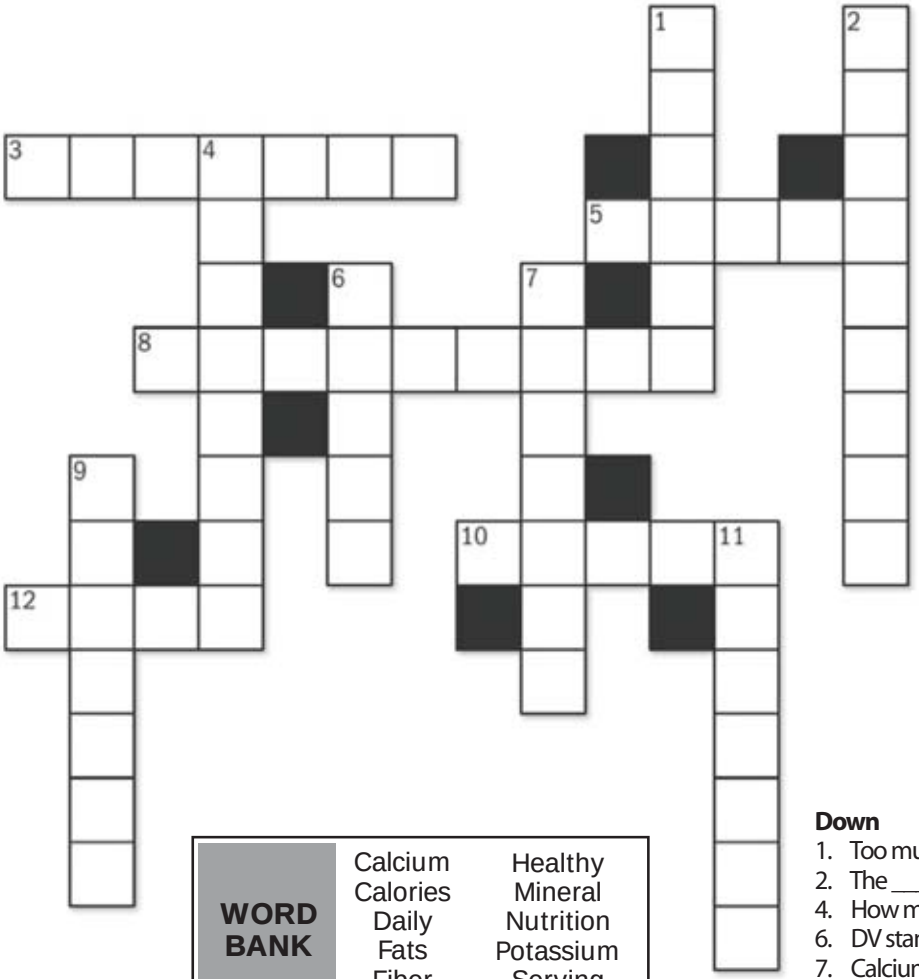
Produce of the Month

Activity Guide

Healthy MR. POTATO HEAD™

Nutrition Know-How Crossword

How much do you know about healthful (and not-so-healthful) elements in food? Solve the crossword puzzle to test your nutrition sense.



WORD BANK

Calcium	Healthy
Calories	Mineral
Daily	Nutrition
Fats	Potassium
Fiber	Serving
Grams	Sodium

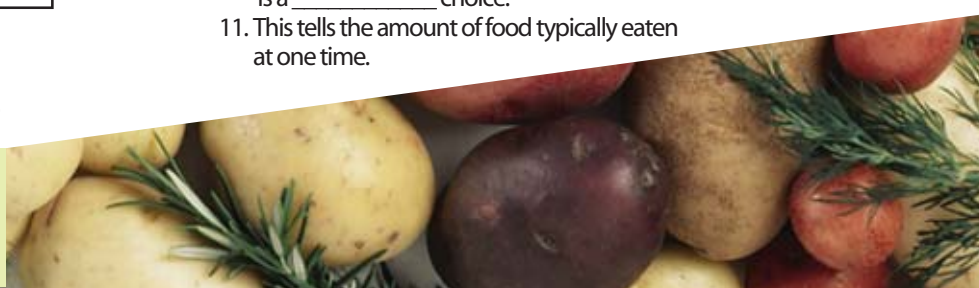
Across

3. _____ builds strong bones and teeth.
5. With the skin on, a potato is packed with _____ that aids digestion.
8. This mineral, found in potatoes, can help maintain a normal blood pressure.
10. One 5.3 oz. potato equals 148 _____ of this metric measure.
12. Health experts recommend we get less than 30% of our calories from these per day.

Down

1. Too much of this can aggravate high blood pressure.
2. The _____ Facts Label is on all packaged food.
4. How much energy we get from food is measured by these units.
6. DV stands for _____ Value.
7. Calcium is not a vitamin. It's a _____.
9. Eating foods low in refined sugars and high in vitamins and minerals is a _____ choice.
11. This tells the amount of food typically eaten at one time.

Source: The United States Potato Board - www.healthypotato.com



Produce of the Month

Burn It Up!

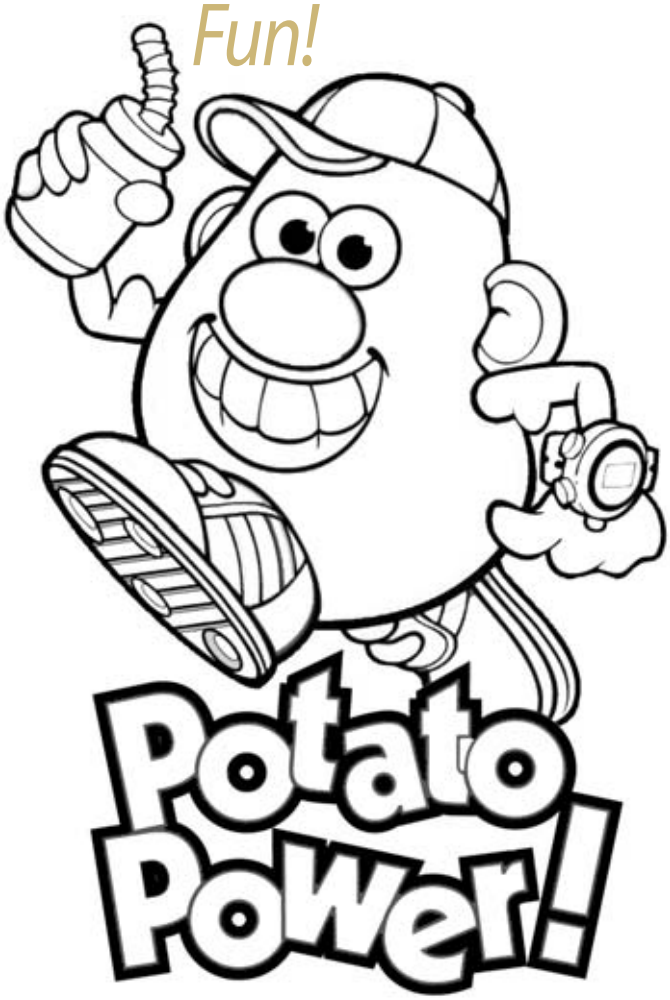
Eating right and exercising are key to a healthful lifestyle. These exercises burn calories, boost energy, and build muscles. By choosing healthful, lower-calorie choices, your food works harder for you when you work out.

Average number of calories burned per hour are for a 150-pound person. A person who weighs less will burn less than these amounts; someone who weighs more will burn more.

Activity	Calories per hour	Burns as much as:	Or burns only:
Bicycling/6 mph	240	Two and one half potatoes	One chocolate bar
Walking/3 mph	342	Four glasses of skim milk	Two medium sodas
Swimming 50 yds/min	500	33 servings of broccoli	One double cheeseburger
Soccer/ competitive	700	30 servings of spinach	One nine-inch cheese pizza
Jumping rope/ vigorously	750	12 medium apples	Four scoops of ice cream

Dig This!

Color Fun!



***Healthy* MR. POTATO HEAD™**

Did You Know?

During the Alaskan Klondike gold rush, (1897-1898) potatoes were practically worth their weight in gold. Potatoes were so valued for their vitamin C content that miners traded gold for potatoes.

On the South Atlantic Island of Tristan de Cunha, potatoes were once used as the country's unofficial currency. Because of it's remoteness, food was most valuable.

French chemist Louis Lumiere used microscopic grains of potato starch fixed on 9-inch by 12-inch glass plates to create and market the first autochromes in 1907. Autochromes were widely used in photography before the development of color film.

Source: The United States Potato Board - www.healthypotato.com

Answer Key: Nutrition Know-How Crossword

Across
3. Calcium
5. Fiber
8. Potassium
10. Grams
12. Fats

Down
1. Sodium
2. Nutrition
4. Calories
6. Daily
7. Mineral
9. Healthy
11. Serving
12. Fats

www.healthypotato.com