

# Activity Guide



## Potato Power!

Healthy MR. POTATO HEAD™

**Across**

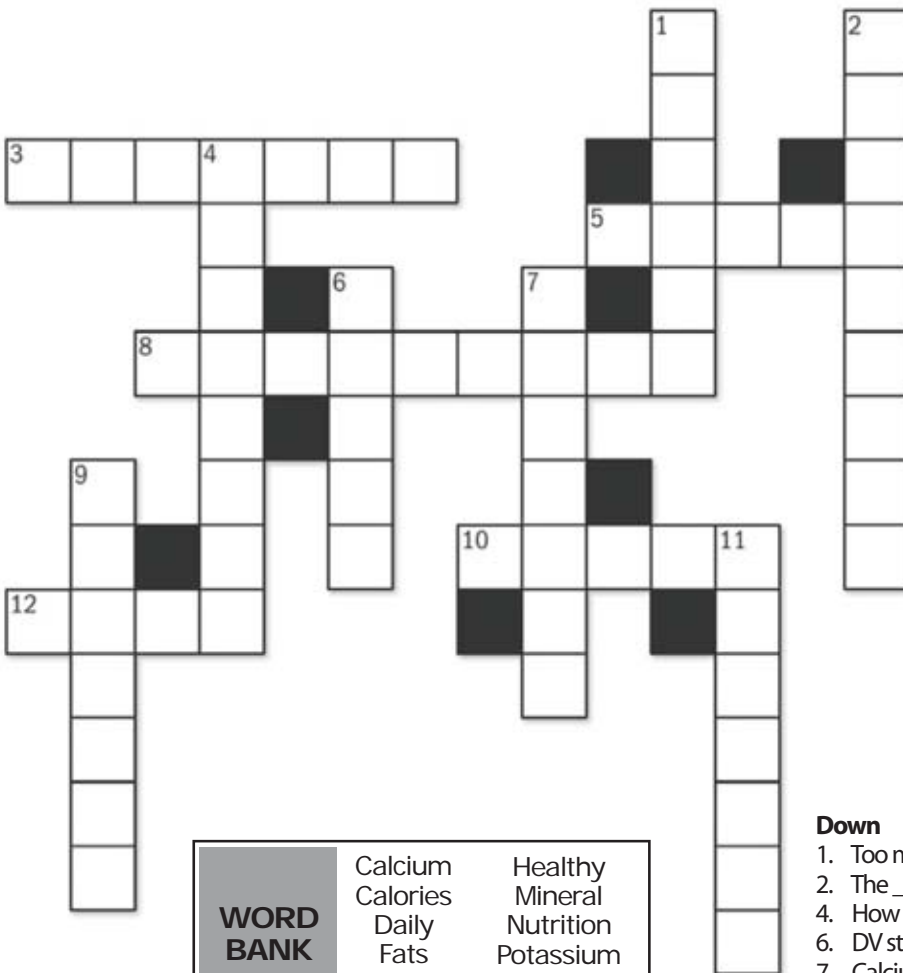
- \_\_\_\_\_ builds strong bones and teeth.
- With the skin on, a potato is packed with \_\_\_\_\_ that aids digestion.
- This mineral, found in potatoes, can help maintain a normal blood pressure.
- One 5.3 oz. potato equals 148 \_\_\_\_\_ of this metric measure.
- Health experts recommend we get less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

**Down**

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

## 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.



<b>WORD BANK</b>	Calcium	Healthy
	Calories	Mineral
	Daily	Nutrition
	Fats	Potassium
	Fiber	Serving
	Grams	Sodium

Source: The United States Potato Board - [www.healthypotato.com](http://www.healthypotato.com)



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# 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

# Color Fun!



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## 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 its 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](http://www.healthypotato.com)

# Dig This!

Watch out! Some packaged foods and beverages pack more servings than you need.

### Nutrition Facts

Serving Size 1 potato (148g/5.3oz)

Amount Per Serving

Calories 100 Calories from Fat 0

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Potassium 720 mg 21%

Total Carbohydrate 26g 9%

Dietary Fiber 3g 12%

Sugars 3g

Protein 4g

Vitamin A 0% • Vitamin C 45%

Calcium 2% • Iron 6%

Thiamin 8% • Riboflavin 2%

Niacin 8% • Vitamin B<sub>6</sub> 10%

Folate 6% • Phosphorus 6%

Zinc 2% • Magnesium 6%

\*Percent Daily Values are based on a diet of other people's secrets.

Do the math: % Daily Value adds up to a balanced diet.



Too much fat, sodium, and cholesterol can bully your body.

Potassium is a superhero for healthy blood pressure.

For health, vitamin C gets an A+.

There's more to fiber than a good crunch.

**READ THE LABEL.**  
It's Good For Your Body.

Answer Key: Nutrition Know-How Crossword  
 Down  
 1. Sodium 6. Daily  
 2. Nutrition 7. Mineral  
 3. Calcium 10. Grams  
 4. Calories 9. Healthy  
 5. Fiber 12. Fat  
 8. Potassium  
 11. Serving  
 10. Grams