



POTATOES



The benefits...

Nutritionists and dietary experts recommend potatoes as the perfect base for a balanced diet. Because potatoes are packed full of nutrients for your brain and body, they can make you look, feel and even think great!

They are:

- Low in fat
- Low in calories
- High in fibre
- High in potassium which is essential for growing bones

Activities you can do at home...

1. Potato printing
2. Make homemade potato wedges
3. Grow your own potatoes

POTATO PRINTING



The benefits...

Potato printing is great fun for children and adults too. It's perfect for a rainy afternoon and you can make cards to send people and decorate paper that can be used for wrapping presents.

Keeping the shapes simple can make it easier to print and can be enhanced afterwards with glitter, drawing with pens or cutting out sections of the paper to make something special.

Safety... An adult should do the cutting for very young children.

What you will need...

- Potatoes
- Kitchen knife
- Water based paint
- Pencil or marker pen
- Paper
- Waste paper for practicing



To learn more about how you can get more active with your kids, go to the 'Live Well' section at www.nhs.uk, where you can:

- Get top tips on fun activities to do together
- Read about the risks of obesity
- Find local services to get you started



POTATO PRINTING



How to...

- Step 1** Cut the potato in half (you don't need to peel it) and leave the potato, cut side down, on some kitchen paper to dry for a few minutes.
- Step 2** Draw your shape onto the cut surface of the potato using a pencil or marker pen. Cut around this shape with a kitchen knife, leaving the design so it is raised on the surface of the potato.
- Step 3** Pour a small amount of paint into a saucer and dab the potato in the paint, ensuring that you have evenly coated the shape with paint. Too much paint on the potato will make the print smudgy so remove any excess paint by stamping the potato onto some scrap paper a few of times.
- Step 4** Now you can start using the potato for your stamping. You will be able to do a few stamps before the potato needs dipping in paint again. If you want to stamp with different colours, just wash the potato, dry it and start printing with a new colour.
- Step 5** Leave the paper somewhere to dry and either leave it as it is, or add decoration as you wish.
- Step 6** **Alternative:** You can use a biscuit cutter to make a shape in the potato. Just press the cutter into the potato and then cut around this with a kitchen knife. This is an ideal way to create more complicated or fiddly shapes.

Decorations:

1. Simple shapes can be decorated with marker pens or painting with a paintbrush. A simple printed circle can become a picture of an apple or a smiley face.
2. Use glitter to give sparkle to the finished picture.





POTATO WEDGES

Preparation time: 10 mins

Cooking time: 30 mins to 1 hour

Serves: 4-6

Ingredients

1kg / 2lb potatoes

1 tbsp olive oil

1/2 teaspoon salt

1/2 teaspoon freshly ground black pepper



Preparation method

- Step 1** Preheat the oven to 200C/400F/Gas 6.
- Step 2** Wash the potatoes, but don't peel them. Cut the potatoes into large wedges and place into a bowl.
- Step 3** Add the remaining ingredients to the bowl and mix well. Tip the potatoes onto a baking tray.
- Step 4** Transfer the potatoes to the oven and bake until golden-brown and cooked all the way through (about 30 minutes).
- Step 5** Serve the potatoes hot from the oven.

You can add other flavours to the wedges before putting them in the oven, like herbs (rosemary, thyme etc), dried chillies, garlic, spices (cumin, coriander) etc.

Serve with yoghurt or fresh tomato sauce.

Safety... An adult should do the cutting for young children and operate cooking equipment.





GROWING POTATOES

Potatoes are easy to grow and can be kept in small containers on a small balcony or back yard. Learning where food comes from and how it is grown, has proven to be a great way to get kids trying new foods and understanding healthy eating.

You will need...

- 3 seed potatoes (buy at your local garden centre)
- 1 x egg box;
- Hammer and nail - **ADULT USE ONLY**;
- 1 x bucket
- Compost or soil.



How to...

- Step 1** Put your seed potatoes (buy in any garden centre) into an open egg box with the sprouts facing up. Place on a windowsill for two weeks to allow the sprout to harden. This process is called chitting.
- Step 2** Ask an adult to make a drainage hole in the bottom of the bucket, using a hammer and nail.
- Step 3** Once chitting is complete, half fill the bucket with compost or soil.
- Step 4** Place three seed potatoes in the bucket at equal spacing with the sprouts facing up.
- Step 5** Fill the bucket nearly to the top with compost or soil and pat down.
- Step 6** Place the bucket somewhere reasonably light and not too warm. Make sure you place the bucket on some newspapers or a tray to stop any water or soil leaking onto the floor.
- Step 7** The potatoes can take from 6 -15 weeks, depending on the size you prefer.

TIPS

1. Space: The more room the plants have to grow the better, so remember this when selecting your bucket.
2. Light: Plants need light to grow, so make sure you put your bucket somewhere in the light – rotate occasionally so that it gets light all over.
3. Water: Potatoes need water to grow, make sure you do not over water it or they will go mouldy. Ensure that the soil is damp. Water every 3 – 4 days.
4. Food: Potatoes need food to grow; this comes from nutrients in the soil. Compost should contain everything your potato needs. You might want to add some extra plant food, if you do read the instructions carefully.

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