



Hey kids, become a
FOOD EXPLORER
and check this out...

Sweet Potatoes



Did you know...?

- Sweet potatoes grew in prehistoric times. Dinosaurs may have eaten them!
- Sweet potatoes are really sweet roots that grow underground.
- Early explorers got sweet potatoes from Native Americans in 1492 and took them back to Europe.
- We call sweet potatoes “yams.” But real yams are a different vegetable with rough, scaly skins.
- George Washington grew sweet potatoes on his farm in Virginia.



DELICIOUS AND NUTRITIOUS

Sweet potatoes are one of the world’s healthiest vegetables.

A SUPER SNACK IDEA

Cut a sweet potato into slices, spray them with olive oil, and bake them in an oven at 400° F for 15–20 minutes to make delicious sweet potato fries.

SWEET POTATO HUMOR

Why did the sweet potato farmer plow his field with a steamroller?

Because he wanted to grow mashed sweet potatoes!