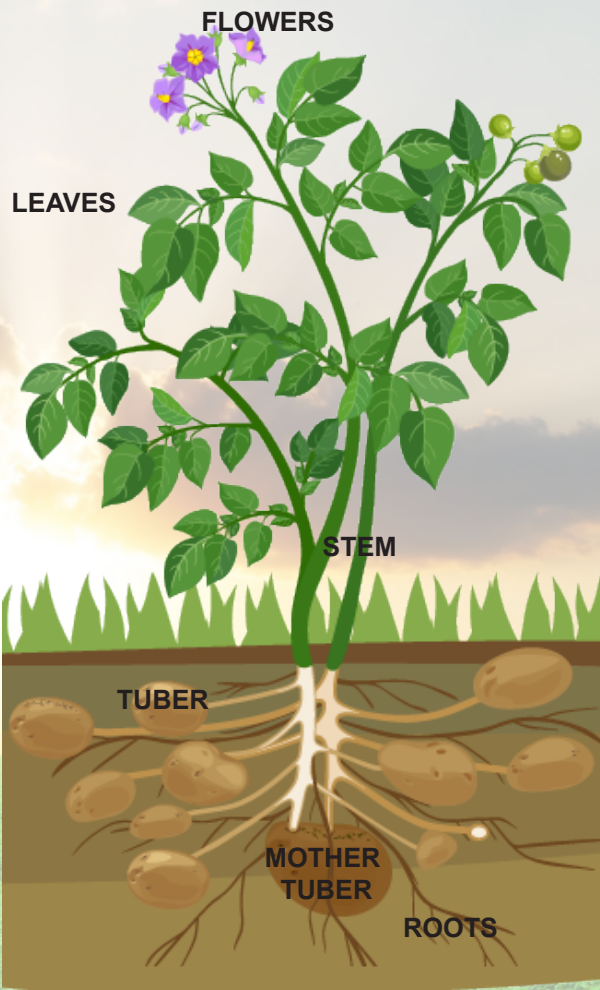


The potato plant grows up to 100 cm tall and produces a tuber - what you call a “potato”. The potato is so rich in nutrients that it ranks as the world’s fourth most important food crop. It belongs to the nightshade family of flowering plants. Most of the potatoes in Alberta are made into French Fries. A medium sized baked potato has around 100 calories, is fat free and gluten free. Potatoes are rich in complex carbohydrates (good carbs) which is an excellent source of energy. They also have the highest protein content of any root vegetable and very high in Vitamin C - a single medium sized potato contains about half the recommended daily intake...more than an orange and an apple. A potato has more Potassium than a banana.

www.albertapotatoes.ca



WORD SCRAMBLE

HOFTRU
DNRUGO
BTRUE
RSCLOEI
GEEYRN

IMTSAUSPO
RFRSEAM
MARKSIGOL
ERHCNF ISREF
OEFRSWL

*PLACE THE WORDS IN THE CORRECT SENTENCE BELOW.

1. The potato is an excellent source of E_____
2. Canadians eat about 85 K _____ of potatoes each year.
3. Another word for Potato is T_____
4. Potatoes are the F _____ most important food crop
5. Potatoes belong to the nightshade family and grow in the G_____
6. Potatoes can be made into F_____ F_____
7. One medium potato has around 100 C_____
8. F_____ grow potatoes for us to eat
9. Potatoes are very healthy to eat; they have Vitamin C and P_____
10. Potato plants have colourful F_____

FUN FACTS

- In 1995, potato plants were taken into space with the space shuttle Columbia. This marked the first time any food was ever grown in space.



-Alberta Farmers produce over 200 varieties of potatoes



-75% of potatoes grown in Alberta are used for processing; they make French Fries or other frozen items and potato chips

-Potato farmers in Alberta produce 1 Million tons of potatoes equalling 2 BILLION lbs



- There are enough potatoes grown every year, to cover a four lane highway circling the world 6 times



“GROWING HEALTHY POTATOES TOGETHER”



Alberta Potatoes

Potatoes are a healthy addition to any meal! They are full of potassium, vitamins and energy giving complex carbohydrates.

Complete this word find and discover many varieties of potatoes and some of the health benefits they offer!!



PGA
Yukon Gold
Milva
Red Viking
mashed
Mozart
Russian Blue
irrigate
tuber
soil
potassium
boiled

potatoes
Norkotah
banana
All red
baked
Charlotte
Sangre
hills
hills
healthy
yellow
chips

good carbs
Bintji
fingerling
Chieftain
hashbrowns
Burbank
Satina
plants
harvest
nutritious
red

Russett
Purple Viking
Candy Cane
french fries
Vivaldi
Verona
Adora
spuds
eyes
vitamin c
fiber

