



Body Building with Sweet Potatoes

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Reader's Theater



Narrator: Well, we all know that sweet potatoes are vegetables right?

Everyone: YES!

Narrator: But I'm guessing that you didn't know how good they are for you!

Spencer Sweet Potato: Did you know...

Kid 1: Well, spit it out Spencer

Spencer: I am a delicious and nutritious vegetable for you to eat!

Kid 2: Why should we believe that?

Spencer: Because it's true!

Kid 3: We should let Spencer explain himself.

Spencer: Thank you! Now I have many very important nutrients.

Kid 4: Why do we care about nutrients?

Kid 1: A body needs nutrients to grow, work, and heal itself.

Kid 4: Oh, ok.

Kid 2: Nutrients are carbohydrates, protein, fat, water, vitamins, and minerals.

Spencer: Ya! Inside me are carbohydrates, amino acids, water, vitamins and minerals and I am FAT FREE!

Kid 1: What are amino acids?

Spencer: Amino acids are the building blocks that make up proteins like those in muscles. The mineral phosphorus also helps to build muscle.

Kid 4: Really, what else can there be?

Spencer: Lots! There are minerals magnesium, manganese, calcium and iron.

Magnesium helps your nerves and muscles work, manganese helps your bones grow normally, calcium helps make our bones and teeth strong and iron helps blood transport oxygen to your body.

Kid 2: Oh my, could there be more?

Spencer: You bet. Have you ever heard of beta carotene?

Kid 3: Sure. It helps prevent some forms of cancer.



Kid 4: Carrots are orange due to the beta carotene, right?

Spencer: They sure are. And I'm really full of beta carotene.

Kid 4: Ok. But you'll need to keep coming with the good information if you want me to eat sweet potatoes.

Kid 1: How many good things do you need? Well, I'm sure Spencer has a few more.

Spencer: I sure do! I also have vitamin A and vitamin C.

Kid 2: Can someone remind me why our bodies need vitamin A and vitamin C?

Kid 4: I know this! Vitamin A helps our eyes to be healthy.

Kid 3: Vitamin C helps our bodies fight infection.

Spencer: I am so awesome! I am full of nutrients, I'll help your eyes, I'll help prevent some forms of cancer, I'll help your bones and muscles develop and grow, help your body transport oxygen and I'll help your body get better when you're sick.

Kid 4: Ok, you've convinced me.

Narrator: Now we need to make our Spencer Sweet Potato.

How to make Spencer Sweet Potato

Under Eyes:

Vitamin A because this helps your eyes stay healthy, see in dim light

Over Heart:

Iron which helps transport oxygen

Mouth:

Calcium helps support bones and teeth

Tummy:

Fiber helps our digestive system, helps us feel full

Band-Aid:

Vitamin C helps our wounds heal

Arms:

Phosphorus helps build muscles

Magnesium helps our muscles and nerves

Legs:

Amino Acids building blocks of proteins, helps our muscles

Manganese helps our bones grow normally

Adapted from Spencer Sweet Potato, Lesson Plan Fitness/Classroom Resources www.nc.sweetpotatoes.com

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