



★ **SENSORY ACTIVITY**

One Potato, Two Potato, Sweet Potato, Plain Potato

OBJECTIVES:

1. Children describe the feel, smell, taste, and color of sweet potatoes and potatoes.
2. Children compare sweet potatoes to regular potatoes.

WHAT YOU MIGHT NEED:

A few sweet potatoes and a few potatoes, some cooked and some raw (whole)

Spoons and forks

Peeler

Medium pot for boiling potatoes

Stove or hot plate

Lemon juice or vinegar (for putting in water and soaking sweet potatoes to keep them from browning)

Chart paper, markers

WHAT YOU MIGHT DO:

- Boil or roast a couple of sweet potatoes and potatoes.
- Introduce sweet potatoes and potatoes to the children. Ask them to compare the sweet potatoes and potatoes. How are they the same? How are they different? Do they have different shapes? Are they different colors? How do they compare when you cut them open?
- Offer children tastes of cooked sweet potato and cooked potato. Have children compare the textures and flavors.
- Give children spoons and forks to explore the texture of cooked sweet potatoes and cooked potatoes, if desired. Children can mash potatoes, spoon potatoes out of skins, rake potatoes with a fork.
- Make a chart comparing sweet potatoes with potatoes.
- Given children a hand stamp for exploring a new vegetable!

