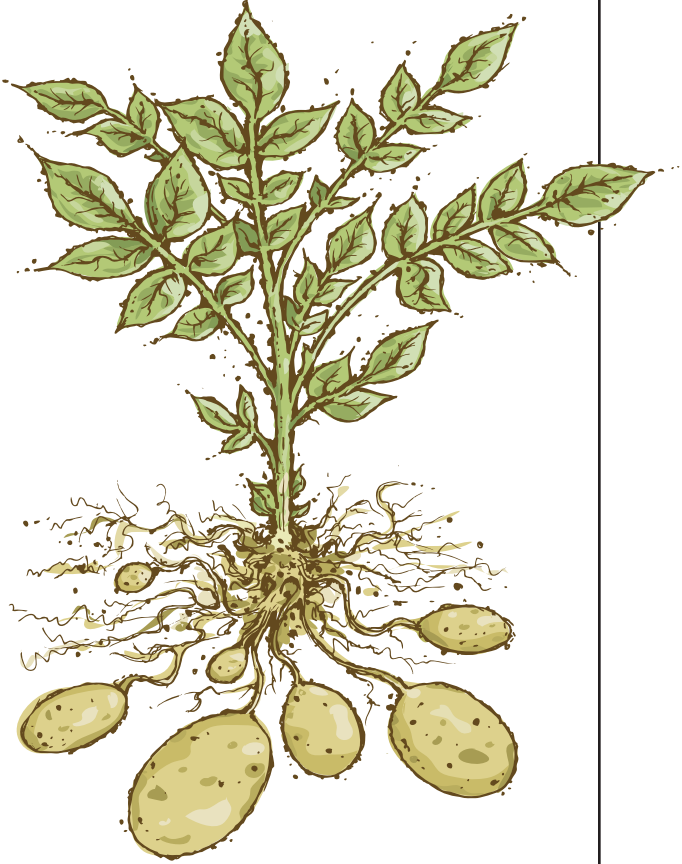


THE OREGON  
**POTATO**  
GROWN FOR SCHOOLS



**Potato Power!** Potatoes provide great fuel for busy kids. They contain complex carbohydrates, which provide the best source of energy for active play and sports.

### HARVEST BITES

- Circle all the potatoes on this menu.
- How many did you find?
- Can you name at least three key nutrients found in potatoes?

Possible answers: carbohydrates, fiber, potassium, vitamin C, iron, vitamin B6

## Shop for Colors!

Find the fruits and vegetables that are hiding in this puzzle: apples, apricots, avocado, carrot, corn, peas, potatoes, raisins, spinach. Look for them on your next visit to the grocery store or farmers' market.

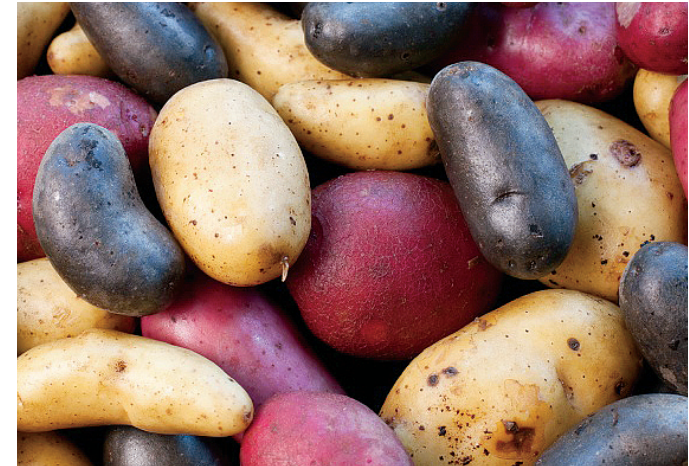
A P R I C O T S  
P S C I T P O R  
P O D A C O V A  
L C A R R O T I  
E X L N P E A S  
S P I N A C H I  
N Z Y A C O R N  
P O T A T O E S

Adapted from: Produce for Better Health Foundation, 2005.

## RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 ½ – 5 cups per day	4 ½ - 6 ½ cups per day
Females	2 ½ – 5 cups per day	3 ½ – 5 cups per day

If you are active, eat the higher number of cups per day. Visit [mypyramid.gov](http://mypyramid.gov) to learn more



### Grown in Oregon

A wide assortment of potatoes are available from Oregon farmers, including several types of russet potatoes, Yukon gold, and red varieties.

## Healthy, Fit and Ready to Learn

Take the first step toward better health by offering your child a variety of fruits and vegetables every day. A half cup of cooked potatoes provides fiber, vitamin C, potassium, vitamin B6, iron, and energy rich complex carbohydrates.

