



POTATOES

This lesson aims to bring awareness to the history and lifecycle of potatoes. This lesson also looks at the importance of potatoes to Nebraska Agriculture.

LEARNING OBJECTIVES

By the end of the lesson, students should be able to:

- Students will be able to describe the importance of the agricultural industry to Nebraska.
- Students will be able to correctly describe the process of planting, growing and harvesting potatoes.
- Students will understand the history of the potato.
- Students will be able to identify chronologically the various locations the potato impacted.
- Students will be able to explain how potatoes fit into a healthy diet and the nutritional benefits of a potato.

GRADE LEVEL

4-5

LESSON LENGTH

45 minutes

RELATED ACTIVITIES

MATERIAL AUTHOR(S)

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NEBRASKA STATE STANDARDS

Grade 4

- SS 4.2.12 Students will recognize and explain specialization and why different regions produce different goods and services.
- SS 4.3.2 Students will compare the characteristics of places and regions and their impact on human decisions.
- SS 4.4.1 Students will examine chronological relationships and patterns, and describe the connections among them.
- SS 4.4.4 Students will analyze past and current events, issues, and problems.
- LA 4.3.2 Listening: Students will develop and demonstrate active listening skills across a variety of situations.
- LA 4.3.3 Reciprocal Communication: Students will develop, apply, and adapt reciprocal communication skills.

Grade 5

- SS 5.3.2 Students will compare the characteristics of places and regions and draw conclusions on their impact on human decisions.
- SS 5.4.1 Students will examine chronological relationships and patterns, and describe the connections among them.
- SS 5.4.4 Students will analyze past and current events, issues, and problems.
- LA 5.3.2 Listening: Students will develop and demonstrate active listening skills across a variety of situations.
- LA 5.3.3 Reciprocal Communication: Students will develop, apply, and adapt reciprocal communication skills.

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PREPARATION FOR TEACHERS

Potatoes are often a favorite food for students. From French Fries to potato chips, potatoes are an increasingly important part of the United States food consumption, but also an increasingly large part of the Nebraska economy. Nebraska's environmental diversity is making Nebraska a leader in crops other than corn and soybeans.

Potatoes are one of most important agricultural crops worldwide, accounting for 388 million tons produced¹. This is 776 Billion pounds potatoes!

Potatoes considered the 3th most important food crop for humans worldwide, behind rice and wheat.² Potatoes are the most abundant non-grain food product on earth with over 4,000 varieties known to exist.³

Potatoes are easier to grow and cultivate than other staple crops, such as wheat and oats. Most importantly, potatoes have become known for containing most of the vitamins people need. For each acre of land cultivated for potatoes can feed 10 people.⁴

Globally, China produces the most potatoes with the United States fifth in global production.⁵ In 2016, the United States produced 44 Billion pounds or 22 million tons of potatoes. This number averages to 43,000 pounds per acre.⁶

In 2018, Nebraska was tenth in potato production in the United States.⁷

1. Idaho
2. Washington
3. Wisconsin
4. Oregon
5. North Dakota
6. Colorado
7. Minnesota
8. Michigan
9. Maine
- 10. Nebraska**
11. New York
12. Montana
13. California

¹ <https://www.potatopro.com/world/potato-statistics>

² <https://cipotato.org/crops/potato/>

³ <https://cipotato.org/crops/potato/>

⁴ <https://www.potatogoodness.com/potato-fun-facts-history/>

⁵ <https://www.potatopro.com/world/potato-statistics>

⁶ <https://www.nationalpotatocouncil.org/potato-facts/>

⁷ <https://downloads.usda.library.cornell.edu/usda-esmis/files/47429915b/wd3762993/w9505608b/post0219.pdf>

ACTIVITY 1: WHO'S GOT THE POTATO?

Use a map to illustrate the movement of potatoes around the world.

This activity can be used as either part of a unit on agriculture or on social studies.

MATERIALS LIST:

- World Map laminated with soft (loop) Velcro coins on the countries of Ireland, Peru, Russia, Spain, United States.
- Laminated image of potato with rough (hook) velcro coin on the back.

DIRECTIONS:

- Attach the world map to a wall.
- Begin by asking students where they think potatoes come from.
 - Answer: Peru
- Attach laminated image of potato on Peru and discuss information for Stop #1. Then ask students where they think Potatoes went next and why. Move potato to Stop #2. Discuss information that stop, ask students where next move is and why, move potato to next stop, and repeat until finished with all Stops.
- Ask students where they think potatoes will go next OR ask students what other foods have traveled around the world. Examples include Maize/corn, Coffee, and chocolate.

MAP STOPS:

Stop #1 – Peru

- Earliest accounts known of potatoes being cultivated date back to the Incan Indians in Peru sometime between 8000 BC and 5000 BC in the High Andes Mountains.
- The Incas were also the first dehydrators and they preserved their potatoes for storage by dehydrating and mashing them into a substance they named chuñu. Chuñu could be stored for up to a decade, providing the local community with insurance in case of natural disaster.

Stop #2 - Spain

- With the arrival of the Spanish Conquistador's in 1532, the Peruvian potato was about to make history. While searching for gold, the Spanish employed Incan men as miners, and observed them eating chuñu. As time passed, they adopted chuñu as part of their ships provisioning and they took them back to Spain on return voyages over the next 40 years.
- Some Spanish farmers cultivated potatoes as livestock feed.
- The Hospital de la Sangre in Seville was buying potatoes as part of their housekeeping as early as 1573. This implies that potatoes were being grown in Spain for a number of years in order to build up stocks.
- From Spain, potatoes slowly spread to Italy and other European countries during the

late 1500's but the amount of suspicion and contempt for the potato was evident everywhere in Europe since its origins were from a heathen society. Others felt that the potato plant's resemblance to plants in the nightshade family hinted that it was the creation of evil spirits meant to poison them and their families. Even very poor peasants refused to eat from a plant that produced something as ugly as a potato.

Stop #3 – Ireland

- There is no exact documentation as to who brought the potato to Ireland. Many stores say that Sir Walter Raleigh, Sir Frances Drake, or Sir Thomas Cavendish was the first to bring the potato to Ireland. Ireland, though, was an active trading partner with Spain and the introduction of the potato could have been through normal trade. We know for certain that there were potatoes being grown in Ireland by 1596.
- The wet and warm Irish climate was very favorable to potato farming and the isolation of the island kept many devastating insects away from their fields.

Stop #4 – United States

- The first permanent potato patches in North America were established in 1719, most likely near Londonderry, NH, by Scotch-Irish immigrants, who had accepted the potato as a regular part of their diet.

Stop #5 – Russia

- Frederick the Great of Prussia saw the potato's potential, but when faced with the challenge of overcoming the people's prejudice against the plant, used a bit of reverse psychology. He had his servants plant a royal field of potatoes and stationed a heavy guard around it to "protect it from thieves." The local peasants naturally assumed that anything worth guarding was worth stealing, and so they snuck into the field and snatched the plants for their home gardens. Of course, this "stealing by the commoners" was entirely in line with Frederick's wishes.
- Catherine the Great of the Russian Empire ordered her subjects to begin cultivating potatoes, but many of her subjects ignored this order, as the Orthodox Church, which argued that potatoes were suspect because they were not mentioned in the Bible. Potatoes were not widely cultivated in Russia until 1850, when Czar Nicholas I began to enforce Catherine's order to combat hunger.

VARIATIONS:

Younger Student Variation:

- Use this lesson as a way to introduce vocabulary words such as:
 - o Conquistador
 - o Dehydration
 - o Cultivated
- Use this lesson as way to discuss disaster preparedness, such as fire drills.
 - o The Incas prepared for disasters by saving food. What are some ways we prepare for disasters? Fire Drills at home and school. Flashlights with good batteries at home. Etc.
- Use this lesson as a way to think about travel and transportation – how do they take food when they travel – and food safety.

Older Student Variation:

- Ask older students to research topics such as:
 - o Spanish conquest of the America's.
 - o Incan and First Nations food-ways.
 - o Compare foodways of Incans to First Nations in your area.
 - <https://cipotato.org/media/repatriating-native-potato-varieties-peru/>
 - o Irish Potato famine of 1840s.
 - o Other plants related to potatoes.
- Could potatoes grow in space?
 - o If appropriate, ask students to watch the 2015 movie "The Martian"
 - Ask students to investigate if the movie is accurate?
 - <https://cipotato.org/site/mars/>
 - Ask students to think of other crops that could be grown in space and how they would accomplish that?
 - https://www.nasa.gov/mission_pages/station/research/10-074.html
 - <https://www.popsci.com/nasa-growing-food-in-space/>
 - <https://www.theatlantic.com/science/archive/2019/01/plants-flowers-international-space-station-moon-mars/581491/>
- Global Trade
 - o Thinking back to the lesson, potatoes play a role in international trade.
 - o Ask students to think about other crops that are grown in Nebraska. Then ask them to use the Nebraska Department of Agriculture's website to investigate crops that are exported around the world

REFERENCES:

<https://www.smithsonianmag.com/history/how-the-potato-changed-the-world-108470605/>
<http://www.vegetablefacts.net/vegetable-history/history-of-potatoes/>
<http://www.klondikebrands.com/potato-history>
<https://www.historyireland.com/early-modern-history-1500-1700/the-introduction-of-the-potato-into-ireland/>

ACTIVITY 2: HOW POTATOES GROW

Using materials in this lesson, classes will grow their own potato and study the life-cycle of plants, using the potato as an example.

MATERIALS LIST:

- Clear cup
- Toothpicks
- Water
- Small uncooked white potato
 - Seed potato is best, but a small white potato from the grocery store will work
- Photos of potato in stages of growth
 - Appendix 1
- Photos of potato harvest and storage
 - Appendix 2

DIRECTIONS:

- Gather the clear cup and potato
 - Make sure potato will fit in cup with space around the edges and from the bottom
- Stick four toothpicks in the sides of the potato, arranging them so they will stick out of the middle, suspending the potato in the cup.
 - Note – If the potato is hard, wear gloves when inserting the toothpicks to avoid poking your skin
- Suspend the potato inside the cup, using the toothpicks to support the potato from the rim of the cup.



- Add enough water to submerge the bottom of the potato.
 - If your potato already has a growing eye, place that end in the water.
 - Use Appendix 1 to show how the eye or sprout of the potato is the beginning of the growth cycle and what will happen next

- Place the cup in sunny window or under a grow lamp. Keep the water level consistent and change the water if it begins to get cloudy.
- When roots are established and the plant has two sets of leaves, you can transplant it to a pot or plant it outside
 - Potatoes will grow outdoors in Plant Hardiness Zones 2-11
 - If you are unsure of what your Plant Hardiness Zone is, use this website <https://planthardiness.ars.usda.gov/PHZMWeb/> for find your location and hardiness zone
- Once plants has sprouted, discuss the rest of the growing cycle and discuss harvesting of crops using materials in Appendix 2 and 3.

VARIATIONS:

Mutli-Experiment Variation

- Begin multiple crop plants at the same time. For Example:
 - Peas
 - Sweet Potatoes
 - Radishes
 - Avocado
 - Use same technique for growing Avocado as you do for potatoes, except use seed/center of the avocado instead of the whole avocado

And keep logs to compare growth rate over time and difference in environmental need of each type of plant

Multiple Student Variation:

- Each student or pair of students can have their own potato, rather than one potato for each class

Older Student Variation:

- Ask older students to look at the science behind larger scale potato production and crop storage.
 - Ideal soil temperature and soil types for potato farming.
 - Answer: Nebraska's water resources, sandy soils and favorable climate promote great potato yields.
 - Answer: Potatoes require a cool but frost-free growing season of 75 to 135 or more days. The ideal potato growing temperature is 45° to 80°F.
 - Does Nebraska have the conditions? What other factors make Nebraska a good place for growing potatoes?
 - Answer: Central location for transportation to markets.
 - <https://lancaster.unl.edu/hort/articles/2002/potatocare.shtml> Why are standards so exact for potato storage? If we can start potatoes in water, why are they not done so commercially?

ACTIVITY 3: DIFFERENT TYPES OF POTATOES

This lesson looks at various types of potatoes and asks students to use close looking skills.

MATERIALS LIST:

- Potato Variety Worksheet
 - Appendix 3
- Pencils, Pens
- Tape Measure
- Examples of the following types of potatoes (if possible in your area)
 - Purple
 - Russet
 - Yellow (Yukon Gold)
 - Red
 - Fingerling
 - Petite (also known as Baby or Creamer potatoes)
 - White

DIRECTIONS:

- Ask students how many different varieties of potatoes they think are grown around the world?
 - Answer: Over 200
In 1806 the [American Gardener's Calendar](#) included only one variety of potato but by 1848 that number grew to almost one hundred. By 1860, American output of potatoes was calculated at 100 million bushels, 90 percent produced by the northern states, with New York the single largest producer, followed by Pennsylvania, Ohio, and Maine. Idaho, the present-day largest producer of potatoes, actually did not begin growing potatoes until 1836.
- (If you have different kinds of potatoes available) Ask student to visually inspect the different potatoes. Encourage them to note difference in size, shape, and color.
- Have the students then complete the Potato Variety Worksheet, then discuss worksheet as a class.

VARIATIONS:

Video Variation:

If your learners prefer videos, check out these YouTube videos created by PotatoesUSA, the marketing organization for the 2,500 commercial potato growers operating in the United States <https://www.youtube.com/playlist?list=PLela2y1LXK5AUBPZ8jhiS9LeL5G60aQPI>

Younger Student Variation:

- Use this lesson to:
 - Introduce new words such as:
 - Variety

- Introduce fractions
 - Cut a potato into two pieces – this is $\frac{1}{2}$
 - Cut $\frac{1}{2}$ into two pieces – this is $\frac{1}{4}$
- Concepts such as bigger than and smaller than.

Older Student Variation:

- Ask older students to research topics such as:
 - Klondike Rose potato, Burbank potato, or other varieties of potatoes not covered in the lesson.
 - Ask them to look at what makes that potato distinct, what is the nutritional information/content, where is it primarily grown.
 - Are Sweet Potatoes really potatoes? If not, why are they called that?
 - Answer: No.
 - Answer:
 - In common**
 - Sweet potatoes and potatoes are both root vegetables.
 - Both originated in South America.
 - They are both the storage tuber for the above-ground plant.
 - They come in red, white, orange, and purple varieties.
 - Both are rich in starch and fiber.
 - Both have differing varieties of different textural quality, such as dry, moist, and waxy.

Potato	Sweet Potato
Above ground sections are poisonous	Above ground sections are not poisonous and can be eaten as a green vegetable
Potatoes contain slightly more potassium than sweet potatoes, giving us 3% more of our daily allowance with each cup of cooked food	Sweet potatoes have a higher level of beta-carotene that our bodies convert to Vitamin A A cup of cooked sweet potato contains 3,000 times the amount of vitamin A as a potato
belong to the Solanaceae, or deadly nightshade, family	Belong to the Convolvulaceae, or morning glory, family
Plant and tubers are harvested	Tubers are dug up while leaving the plant itself alone

ACTIVITY 4: YUMMY IN MY TUMMY: Potato Nutrition

Using materials in this activity, students will learn about the nutritional benefits of potatoes, how potatoes can be part of a healthy diet, and uses of potatoes.

MATERIALS LIST:

- MyPlate Worksheet
 - Appendix 4
- Colors (crayons, colored pencils, markers, etc.)
- Potato Nutrition Label Sheet
 - Appendix 5
- Potato Processing in the United States
 - Appendix 6

DIRECTIONS:

- Using from MyPlate.gov discuss with students the proper balance of foods needed for a healthy diet.
 - Potatoes are in the Vegetables section of MyPlate.
 - The recommended serving of potatoes is 1 cup, diced, mashed, 1 medium boiled or baked potato (2 ½" to 3" diameter).
 - Use Appendix 5 to supplement discussions about calories, and vitamins needed to maintain health.
- Then, using the MyPlate Worksheet, ask each student to draw what a balance meal would be, using potatoes as their vegetable.

DISCUSSION QUESTIONS:

- What form of potatoes did students choose to draw? Mashed, French fries, baked? Ask each student why they chose that form of potato? Use the chart and information in Appendix 6 to look at what potatoes are made into.

VARIATIONS:

Older Student Variation:

- Ask older students to research topics such as:
 - The importance of potatoes in the Alaskan Gold Rush.
 - Answer: Potatoes contain high amounts of vitamin C. Other sources of vitamin C were hard to come by in Alaska. Miners desperate for potatoes traded gold for them!
 - Thomas Jefferson's connection to Potatoes.
 - Answer: Introduced French Fries to the United States.
 - French Fries were introduced to the U.S. when Thomas Jefferson served them in the White House during his Presidency of 1801-1809.
 - King Louis-Phillppe of France's connection to Potatoes.

- Answer: Invented French Fries.
- The royal chef for French King Louis Phillippe unintentionally created soufflés (or puffed) potatoes by plunging already fried potatoes into extremely hot oil to reheat them when the King arrived late for dinner one night. To the chef's surprise and the king's delight, the potatoes puffed up like little balloons.
- Chef George Crum
 - Answer: Invented Potato Chips.
 - Potato Chips were discovered in 1853 when railroad magnate Commodore Cornelius Vanderbilt complained that his potatoes were cut too thick and sent them back to the kitchen at a fashionable resort in Saratoga Springs, NY. To spite him, Chef George Crum sliced some potatoes paper thin, fried them in hot oil, salted and served them. Much to everyone's surprise, Mr. Vanderbilt loved his creation and potato chips have been popular ever since.

Digital Dining Table

Through the generosity of our partners, Raising Nebraska has been able to crate a portable version of our on-site dining table experience! The large touch screen features one of the digital place mats, creating the opportunity for educators to use the experience in their classroom. The Digital Dining Table is available to schools at no cost. To reserve your seat for the portable digital dining table, please contact spolak2@unl.edu.

Lesson plans to support the Digital Dining Table can be found at <https://raisingnebraska.unl.edu/resources/lesson-plans/>

We want to hear from you!

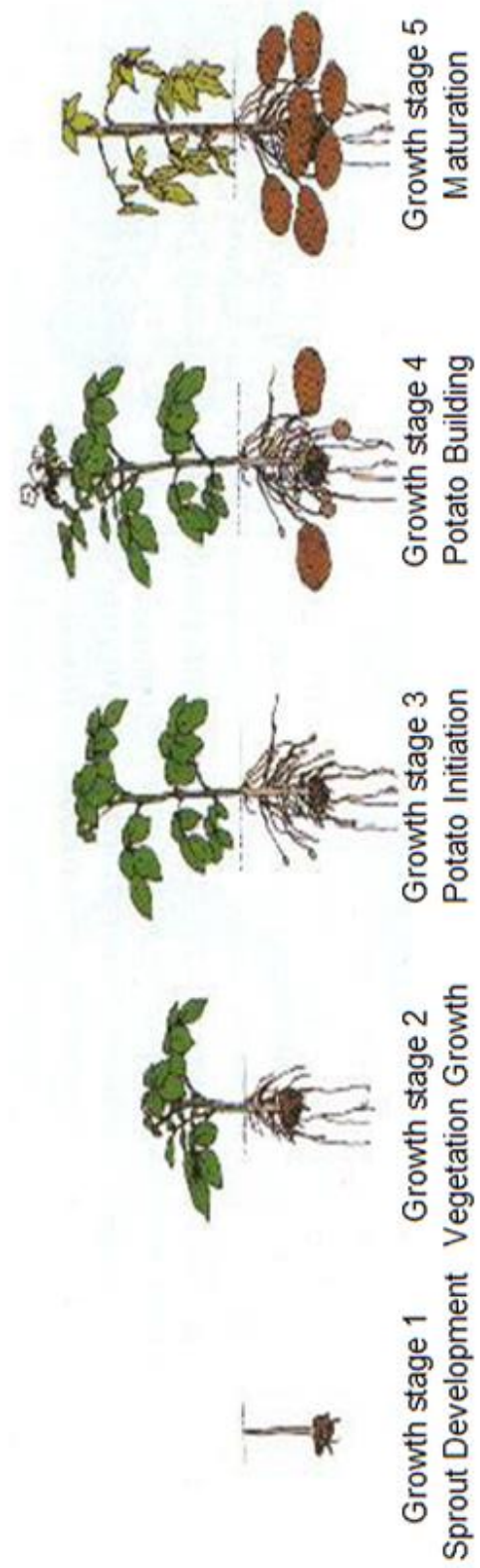
Let us know what you thought of the lesson or send us a picture of youth participating in the lesson.

raisingnebraska@unl.edu

Stages of Growth

Supplemental: Resources and Activities

Appendix 1 – Photos of Potatoes Stage of Growth



Appendix 2 – Photos of Potatoes Stages of Harvest



Harvest



Appendix 3 – Potato Variety Worksheet



Who am I ?- Matching Potatoes



I have a brown-colored skin, and I am light and fluffy. Who am I?

I am moist and round. My skin is smooth, thin and red-colored. Who am I?

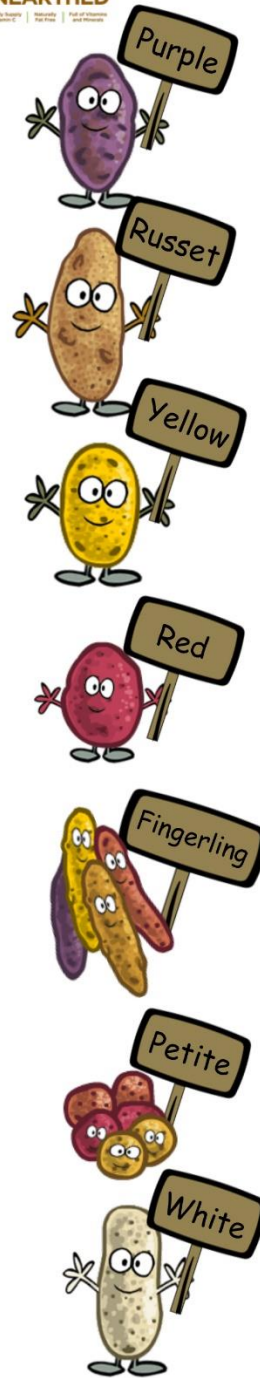
I am tender and creamy. My skin is white and tan. Who am I?

I have golden skin and flesh, I am sweet and buttery. Who am I?

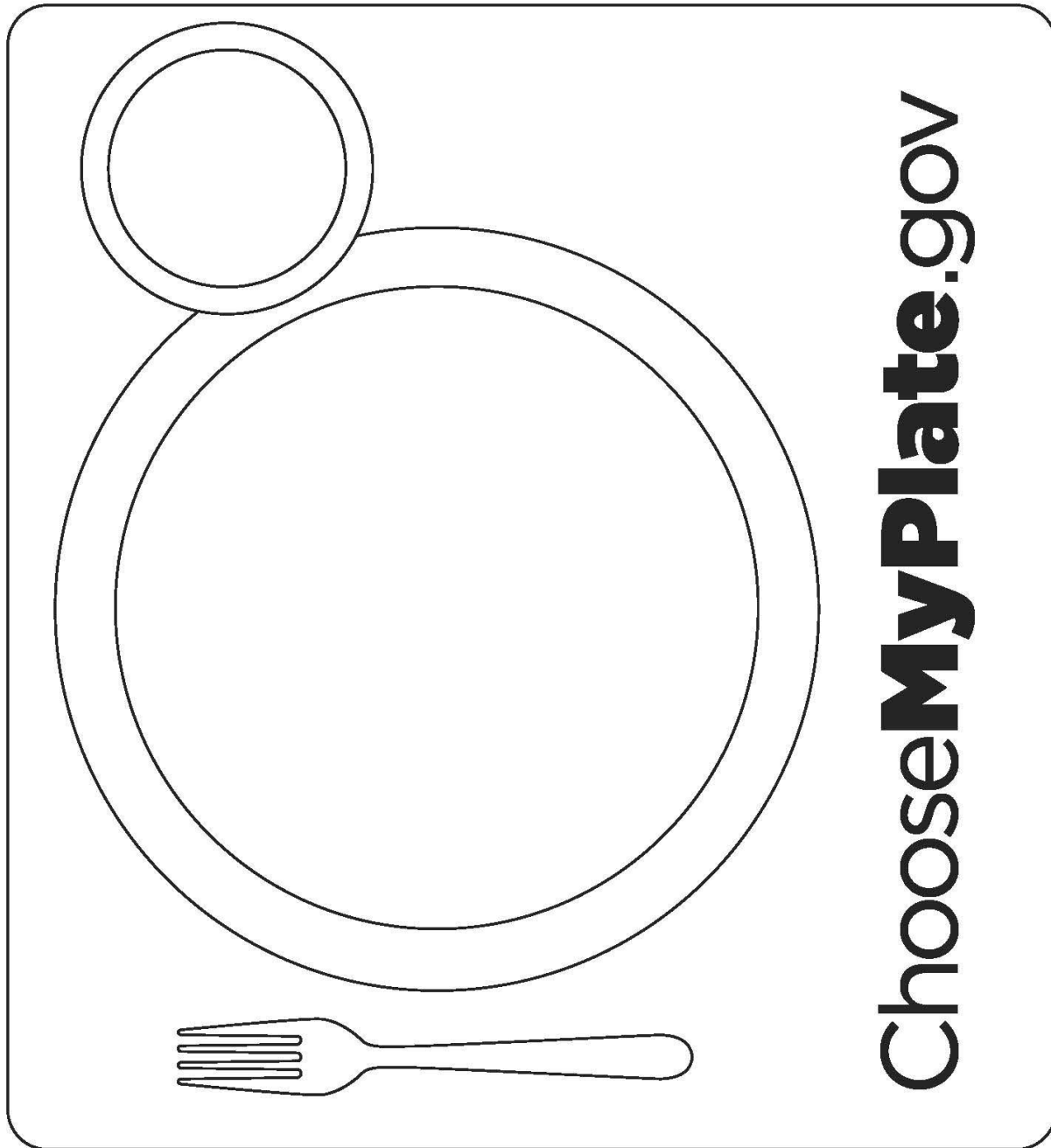
I am vibrant and moist. My skin is purple. Who am I?

I am firm and have a moist texture. I am also shaped like a finger. Who am I?

I am small, and sometimes even bite-sized. Who am I?



Appendix 4 – MyPlate Worksheet



Appendix 5 – Potato Nutrition Label



The Facts

Potato Nutrition Label

DID YOU KNOW?

Potatoes provide key nutrients at an affordable price. Potatoes have the highest score per dollar (along with sweet potatoes and carrots) on eight important nutrients – potassium, fiber, protein, vitamins C and E, calcium, iron and magnesium!

ONLY 110 CALORIES PER SERVING

SODIUM- AND CHOLESTEROL-FREE

MORE POTASSIUM THAN A BANANA

Potassium helps maintain normal blood pressure

AN EXCELLENT SOURCE OF VITAMIN C

Vitamin C may help support the body's immune system

Nutrition Facts	
Serving size	1 potato (148g/5.2oz)
Amount per serving	110
Calories	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.1mg	6%
Potassium 620mg	15%
Vitamin C 27mg	30%
Vitamin B ₆ 0.2mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FAT-FREE

GLUTEN-FREE

A GOOD SOURCE OF VITAMIN B6

Vitamin B6 plays an important role in metabolism

STATISTICS

Stats based on one medium potato (5.2 oz.) with the skin.
Source: Potatoes USA

Appendix 6 – Potato Processing in the United States

Potato Processing, United States: 2014-2016			
Utilization items	2014	Crop year 2015	2016
	1,000 cwt		
Sales			
Processing			
Chips and shoestrings	73,960	56,807	60,266
Dehydrated (including starch and flour)	48,707	48,016	48,015
Frozen french fries	152,832	152,329	156,985
Other frozen products	9,208	13,573	12,695
Canned products	435	985	1,234
Other canned products (hash, stews, soups)	886	730	698
Other (including fresh pack, potato salad, vodka, etc.)	6,907	6,420	6,000
Total	292,935	278,860	285,893

Source: Potatoes 2016 Summary (September 2017), USDA, National Agricultural Statistics Service.

National Potato Council, 2018 Statistical Yearbook, Page 77

- Most Potatoes grown in the United States are made into French Fries (55%), 21% are made into potato chips, 4% are frozen, and less than 1% are canned.
- 17% of potatoes grown in the United States are dehydrated.
 - These are the potatoes that are made into potato flakes, pressed chips (like Pringles) or used in dog food!
- 2% of potatoes grown in the United States become potatoes you buy at the store – baked potatoes on your plate!
- Potatoes grown in Nebraska become all of these kinds of potatoes!

Nationalpotatocouncil.org/potato-facts

Growth and Development

- Planted in early spring, soil temperature has reached 45 degrees F.
- Soil moist but not water logged.
- Nebraska's water resources, sandy soils and favorable climate promote great potato yields.
- Nebraska location is a central marketing advantage.
- Stored and marketed directly by the producers creating year round jobs.
- Potatoes require a cool but frost-free growing season of 75 to 135 or more days. The ideal potato growing temperature is 45° to 80°F.

Potato Certification Association of Nebraska in Alliance, Nebraska

- Potato Yield - 480 CWT/ACRE
- Production - 9,072,000 CWT
- Value - \$97,978,000

Harvest and Storing <https://lancaster.unl.edu/hort/articles/2002/potatocare.shtml>

Appendix 7 – What does CWT Mean?

A hundredweight, abbreviated Cwt, is a unit of measurement for weight used in certain commodities trading contracts. These commodities include potatoes.

In North America, a hundredweight is equal to 100 pounds and is also known as a short hundredweight. In the United Kingdom, a hundredweight is 112 pounds and is also known as a long hundredweight.

The purpose of the hundredweight was that it provided a standard of measurement, simplifying the trading of certain goods among countries. This was especially true when dealing in items that were traded in large quantities. Along with the agreed upon measurements for short and long hundredweights, it was accepted that 20 hundredweights created a ton, where a short ton weighed 2,000 pounds and a long ton weighed 2,240 pounds. At times, the hundredweight was also referred to as a cental or a quintal, and was also known by the abbreviation cwt.

Within the United States and United Kingdom, the hundredweight was most commonly used to measure tangible commodities. Many food items, such as cattle, oil seeds and grains were measured in hundredweight, along with items like paper and certain chemicals or additives. Rice, and other similar futures, may also be measured in hundredweight.

The use of hundredweight has gradually declined in favor of contract specifications in pounds or kilograms.

Additional resources and activities

- Potato Olympics –
<https://numeracy4life.wikispaces.com/file/view/Potato+Olympics.pdf>
- What a seed needs to grow.
<https://s3.wp.wsu.edu/uploads/sites/2071/2013/12/APL.pdf?x56665>
- Potatoes in the Classroom
<https://www.coloradopotato.org/potatoesintheclassroom/>
- Coloring sheets and activities
<http://www.nourishinteractive.com/nutrition-education-printables/category/58-fun-potato-facts-for-kids>
- Longer lesson about plants and light
<https://4-h.org/wp-content/uploads/2016/02/PotatoMaze.pdf>
- More potato fun facts
<http://www.vegetablefacts.net/vegetable-facts/potato-facts/>
- Additional potato nutrition facts can be found at:
<https://www.nationalpotatocouncil.org/potato-facts/>
- Staple Food Crops of the World
 - For grades 6-12+
 - show how many tons of cassava, maize, plantains, potatoes, rice, sorghum, soybeans, sweet potatoes, wheat, and yams were produced per country as an
<https://www.nationalgeographic.org/maps/wbt-staple-food-crops-world/>

References:

- *Potatoes USA* - <http://www.potatoesusa.com/>
Potatoes USA is the marketing organization for the 2,500 commercial potato growers operating in the United States.
- *Potatopro.com*

<https://cipotato.org/crops/potato/potato-facts-and-figures/>