



## **Focus on Potatoes**

### Preparing Potatoes

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Students will be introduced to different potato varieties through a tasting activity and will then watch a video all about how potatoes are farmed in British Columbia. Then, they will be able to explore BC's Potato Story on the interactive Grow BC Map and wrap up by playing a Kahoot game!

#### **Subject Levels/ Suggested Grade**

ADST: Food Studies 9

Food Studies 10-12

Culinary Arts 10-12

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*Field to Fork Challenge 2022*

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| Grade and Subject               | Curricular Competencies  | Content Connections  |
|---------------------------------|--|--|
| <b>ADST:<br/>Food Studies 9</b> | <ul style="list-style-type: none"> <li>Evaluate the personal, social, and environmental impacts.</li> <li>Evaluate how the land, natural resources, and culture influence the development and use of tools and technologies.</li> </ul>  | <ul style="list-style-type: none"> <li>Health, economic, and environmental factors that influence availability and choice of food in personal, local, and global contexts.</li> </ul>  |
| <b>Food Studies 10</b>          | <ul style="list-style-type: none"> <li>Evaluate the influences of land, natural resources, and culture on the development and use of tools and technologies.</li> </ul>  | <ul style="list-style-type: none"> <li>Food trends, including nutrition, marketing, and food systems.</li> <li>Simple and complex global food systems and how they affect food choices, including environmental, ethical, economic, and health impacts.</li> </ul> |
| <b>Food Studies 11</b>          | Critically evaluate how competing social, ethical, economic, and sustainability considerations impact choices of food products, techniques, and equipment.   |  |
| <b>Food Studies 12</b>          | Critically evaluate how competing social, ethical, economic, and sustainability considerations impact choices of food products, techniques, and equipment.   |  |
| <b>Culinary Arts 10</b>         | <ul style="list-style-type: none"> <li>Explore the impacts of culinary decisions on social, ethical, and sustainability considerations.</li> <li>Evaluate the influences of land, natural resources, and culture on the development and use of culinary ingredients, tools, and technologies.</li> </ul>                       | <ul style="list-style-type: none"> <li>Food products available locally via agriculture, fishing, and foraging.</li> </ul>  |
| <b>Culinary Arts 11</b>         | <ul style="list-style-type: none"> <li>Analyze and evaluate how land, natural resources, and culture influence the development and use of culinary ingredients, tools, and technologies</li> </ul>   | <ul style="list-style-type: none"> <li>B.C. agricultural practices.</li> </ul>   |
| <b>Culinary Arts 12</b>         | <ul style="list-style-type: none"> <li>Examine and critically evaluate how culinary decisions impact social, ethical, and sustainability considerations.</li> <li>Analyze and evaluate how land, natural resources, and culture influence the development and use of culinary ingredients, tools, and technologies.</li> </ul> | <ul style="list-style-type: none"> <li>Social, economic, and environmental effects of food procurement decisions.</li> </ul>   |

## Teacher Background

Potatoes are the most grown storage crop in BC. There are endless delicious recipes that feature BC potatoes. Exploring how different varieties are best suited for different dishes will help students understand their unique characteristics, textures and tastes.

## Materials

- 4 different types of potatoes
- 4 pots, plates
- Stovetop
- Fork
- Toothpicks
- A tablet/computer/phone for each student
- Computer/projector with access to the Internet
- [BC Potato Farm Tour Video](#)
- Post-it notes
- Pencils/pens
- Cooking with Potatoes [Kahoot Link](#)
- Student handouts:
  - *Can you Taste the Difference? Potato Tasting Chart*

## Procedure

Before class:

1. Cut up 4 different types of potatoes into bite-sized pieces (each student will need one piece of each potato) and boil them in 4 separate pots for 15 minutes. Stab with a fork to make sure they are soft, and then drain, and rinse in cold water.
2. Put on 4 different plates labelled 1, 2, 3 and 4, like a blind taste test. Put a toothpick in each piece so students can easily grab them for tasting.

Hook:

1. Display [BC Fresh Potatoes](#) page by projecting it onto the board/screen. Go over the types of potatoes and highlight how they list what each variety is best suited for.
2. Ask students if they have ever heard of any of the varieties and if they have a favourite.
3. Handout *Potato Tasting Chart* and invite students to taste each type of potato. Have them write a descriptive word, and the texture of each potato. Once students have tasted all four types have them guess what each type is.
4. Reveal what each type of potato is! You can also discuss how different varieties of potatoes are better for certain dishes and why.

Body:

1. Distribute 6-8 Post-it notes per student.
2. Watch [BC Potato Farm Tour Video](#). Have students record two things that they learned on a Post-it note. They can complete this while watching or after the video is over.

3. After watching the video, have students share the two things they learned in a small group or with a partner.
4. Then give students time to log onto a device and open the [Grow BC Map](#) and locate [BC's Potato Story](#). Give them a few minutes to explore and view pictures and content.
5. Display the following questions:
  - a. How many varieties of potatoes are there? (*over 1000*)
  - b. How many tonnes of potatoes does BC produce per year? (*75,000-100,000*)
  - c. What are three ways potatoes can be prepared? (*answers will vary*)
  - d. What percentage of BC's potato crop is sold for consumption as fresh market potatoes? (*70%*)
6. Have students answer the questions by recording it on a Post-it note and then sticking it under the question.

#### Closing:

1. Set up students to play Kahoot. Distribute devices, review log-in, and how to answer.
2. Launch [Cooking with Potatoes Kahoot](#), and play- award a prize for the winner!
  - a. A tutorial for playing Kahoot is available [here](#).

#### Extension Activities

- [Potatoes for the Plant Unit](#)
- [Spuds in Tubs Handbook](#)
- [BC Potato Recipes](#)

#### Credit

BC Fresh Potatoes: <https://bcfresh.ca/potatoes/>

BC Potato Farm Tour Video: <https://vimeo.com/786736427>

Grow BC Map: <https://www.bcaitc.ca/index.php/resources/grow-bc-guide-bcs-agriculture-resources>

BC's Potato Story:

<https://bcaitc.maps.arcgis.com/apps/MapJournal/index.html?appid=14b672197c5a4cbc96ed98b1c6cebec0>

Cooking with Potatoes Kahoot: <https://create.kahoot.it/share/cooking-with-potatoes/04cc215c-5b7e-454d-b5a1-28e5edb9f638>

How to Play Kahoot in Class Tutorial: <https://www.instruction.uh.edu/knowledgebase/how-to-play-kahoot-in-class/>

Potatoes for the Planet Unit: <https://www.bcaitc.ca/resources/potatoes-planet>

Spuds in Tubs Handbook: <https://www.bcaitc.ca/sites/default/files/2022-11/Spuds%20booklet%202022%20wcover%20FINAL.pdf>

BC Potato Recipes:

[https://www.bcaitc.ca/index.php/recipes?search\\_api\\_fulltext=potatoes&field\\_recipe\\_ingredients=All&field\\_recipes\\_program\\_event=All&page=1](https://www.bcaitc.ca/index.php/recipes?search_api_fulltext=potatoes&field_recipe_ingredients=All&field_recipes_program_event=All&page=1)

## Can you Taste the Difference?

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Class: \_\_\_\_\_

|              | Describe the Taste | Describe the Texture<br>(starchy, waxy, both?) | The variety I think it is |
|--------------|--------------------|--|---------------------------|
| Potato One   |                    |  |                           |
| Potato Two   |                    |  |                           |
| Potato Three |                    |  |                           |
| Potato Four  |                    |  |                           |

Which potato was your favourite?

What are some of your favourite ways to eat potatoes?