



Lesson 8: Activity Worksheet

Premade vs. Homemade

foodliteracycenter.org/lesson8

Activity Overview

Students will compare a bag of chips and a bag of potatoes and figure out what would be the healthier choice. This activity can be completed with a bag of potatoes and a bag of potato chips. If these items are not available, this activity includes print outs.

Grade Level

K - 6th grade

Materials

- 1 large bag potato chips or print version
- Bag of potatoes or potato print outs
- Nutrition labels
- Scissors
- Pen/pencil

Instructions

- Show students a bag of potato chips (or print out) and ask them to guess how many potatoes it takes to make one bag of chips.
- Have student(s) demonstrate by piling up potatoes (or print outs) on a plate and count out loud.
- If the student is off, give them another opportunity to guess.
- Explain that it takes 10-12 potatoes--demonstrate 10 potatoes. Ask students if they would ever eat 10 potatoes at one time. Ask if they might eat a whole bag of chips at one time.
- Compare nutrition labels for 1 potatoe and 1 serving of potato chips. Look for "fiber," "fat," and "serving size."

Talking Points

- Which will make you feel full longer? Why do you think you feel fuller from eating potatoes? [Fiber!]
- If chips are made from potatoes, why don't chips have as much fiber? [When cooked at high temperatures, our foods lose nutrients like fiber.]
- What does a bag of chips cost vs. a bag of potatoes?
- Which has more servings? [potatoes]
- Which do you think has more fat? [Provide nutrition labels. This is because potato chips are fried in lots of fat--oil]
- How might you cook a potato? Can you make it with less fat?



K - 6th Grade Activity

Premade vs. Homemade: Print Outs

Potato Chips, 1 lb Bag

Print and cut out.



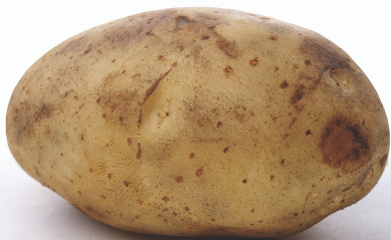
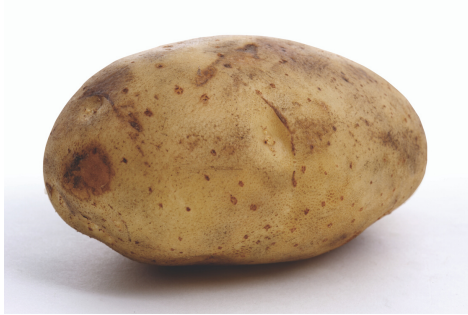
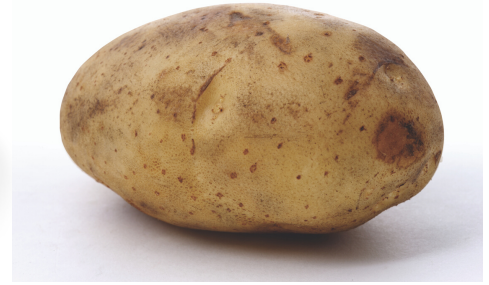


K - 6th Grade Activity

Premade vs. Homemade: Print Outs

Potatoes, 10 - 12

Print and cut out.





K - 6th Grade Activity

Premade vs. Homemade: Nutrition Labels

Instructions

Compare nutrition labels for 1 serving of potato chips and 1 potato.

1. Which has more fat?
2. Which has more fiber?
3. Look at the serving size. Which will make you feel full longer? Why?
4. Potato chips are fried in lots of fat--oil. How might you cook a potato? Can you make it with less fat?

Potato Chips

Nutrition Facts	
8 servings per container	
Serving size About 15 chips (28g)	
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	7%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 15g	6%
Dietary Fiber 1g	5%
Total Sugars less than 1g	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.6mg	2%
Potassium 350mg	6%
Vitamin C	6%
Not a significant source of added sugars.	
<small>* 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.</small>	

Potato

Nutrition Facts	
Serving size 1 potato (148g/5.2oz)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> 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 0g	0%
Calcium 20mg	2%
Iron 1.1mg	6%
Potassium 620mg	15%
Vitamin C 27mg	30%
Vitamin B ₆ 0.2mg	10%
<small>* 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.</small>	



Answer Key

1. Potato chip: 10G
2. Potato 7%
3. Potato, more fiber!
4. Baked potato, mashed potato, hash browns, and many more!