An Interview with Mr. Sweet Potato

Hi Mr. Sweet Potato! You are looking great today. We would love to learn a little more about you what you can do for our health.

Q: So, Mr. Sweet Potato, what is your secret for strong, healthy eyes?

A: Well class, I'm packed full of Vitamin A, which helps eyes stay strong. By eating orange vegetables, like carrots and sweet potatoes, you can have strong eyes too!

Q: If Vitamin A keeps your eyes healthy, what keeps the rest of your body healthy?

A: Well, I contain Vitamin C, which helps the immune system fight off infections, so I never have a cold or the flu. I'm also full of potassium and fiber. Potassium keeps the heart and muscles strong, while fiber is important for a healthy stomach and intestinal tract. My nutritional talents can help keep you stay strong and healthy as well.

Q: Well now that we know how your body stays healthy, could you tell us how you stay so bright and colorful?

A: Well, beta-carotene is the secret for my orange color. While it won't turn you orange like me, it will provide you with disease-fighting health benefits.

Q: We often hear of you around the Thanksgiving holidays. Are you around all year, or do you just come around for Thanksgiving?

A: I'm always around for a nutritious snack, and I taste great even without toppings. Those sugary toppings make me way too sweet for my own good. You should try having me year-round and not just in a sweet potato pie. I taste great boiled, baked, raw, and roasted.

Q: Well, since you're around all year, where should we look to find you?

A: I prefer that you find me in the fresh produce section of your local supermarket, but I can also be found with the canned or frozen vegetables. If you want a great vegetable experience, try finding me at a local farm or produce stand.

Q: There's a rumor that sweet potatoes and yams are one and the same. How true is this?

A: Actually, yams and sweet potatoes are similar, but different vegetables. Yams are a little drier than sweet potatoes, and they are also a little less sweet. I'm sort of partial to sweet potatoes myself.

Q: Anything else you'd like to tell us Mr. Sweet Potato?

A: Just remember that I'm a delicious vegetable that can be eaten during meal or snack time, and I am packed with vitamins and minerals to keep your body healthy. Although you usually see me hanging around for Thanksgiving and Christmas, I would love to be enjoyed by you and your friends all year long. I've really loved speaking with you and hope you like snacking on me soon!

Q: Thanks again for talking to our class today and teaching about the nutritional benefits of eating sweet potatoes. Have a bright and healthy day!