



# Colorado

## SAN LUIS VALLEY

## POTATOES

# Activity Book

- Potatoes are a delicious vegetable that can be part of your healthy diet!
- Potatoes have zero fat or cholesterol!
- A medium potato (5.3 ounces) with its skin has only 110 Calories!
- Potatoes are an excellent source of Vitamin C and a good source of Potassium and Vitamin B6!
- In fact, a Potato has more Potassium than a banana!

**Solutions & More at:**  
**COLORADOPOTATO.ORG**

**DID YOU KNOW?**  
Potatoes were the first vegetable to be grown in space!

There are many different types of potatoes. In Colorado, we grow over 70 different varieties! These varieties are put into five types!

## **MIX AND MATCH THE DESCRIPTION WITH THE TYPE!**

**These potatoes have deep purple to lavender skin and purple or white flesh.**



**These potatoes have brown colored skin and white flesh.**



**These potatoes are finger shaped and come in a variety of colors.**



**These potatoes have red skin and white flesh.**



**These potatoes have tan to golden skin and yellow to golden flesh.**



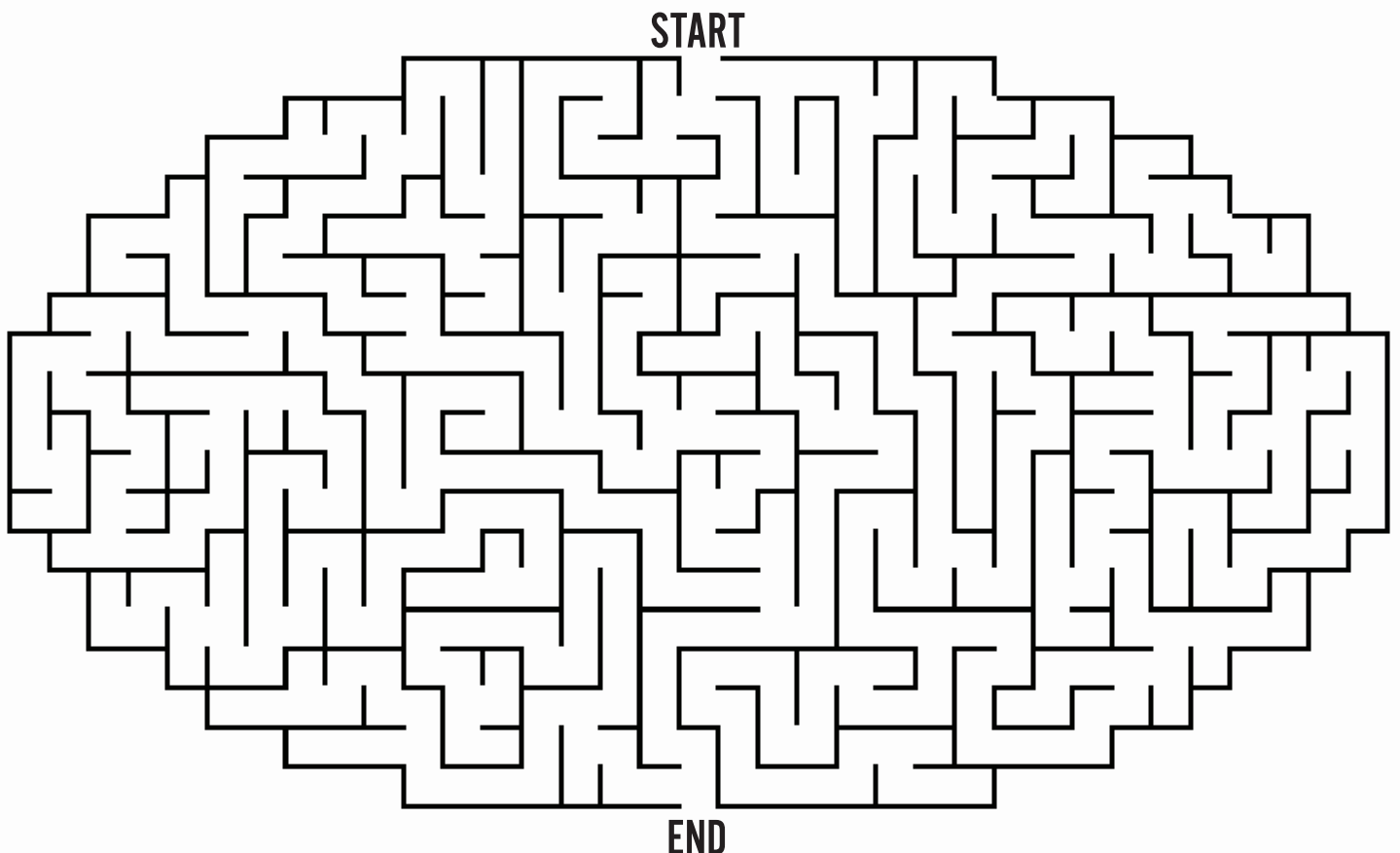
Potatoes are filled with so many good things! See if you can find them all!

J	O	B	W	O	F	F	V	M	K	Y	A	V	D	I
U	F	T	B	I	Z	O	U	I	X	Z	A	I	B	V
I	X	A	B	L	D	I	A	L	T	Y	M	T	O	G
S	E	E	T	W	S	G	K	T	J	A	S	A	Q	L
H	R	G	E	S	R	I	A	K	V	V	M	M	D	Q
J	O	D	A	G	W	C	L	V	G	C	E	I	P	E
X	J	T	K	S	M	E	P	L	O	N	I	N	N	M
N	O	R	I	Z	U	A	B	L	C	G	E	B	G	C
P	O	O	N	O	T	Y	U	S	Q	G	Z	Y	S	Z
M	A	G	N	E	S	I	U	M	G	E	E	F	T	G
Q	B	W	H	W	Z	R	F	W	R	T	X	I	A	X
C	A	K	O	W	T	G	D	H	L	Q	G	J	N	F
S	V	X	D	Z	X	G	P	L	P	L	N	I	C	R
Y	A	K	T	Z	I	E	O	N	E	S	Y	P	L	K
O	T	E	F	J	U	X	P	W	R	I	L	D	V	G

**FIND THE  
FOLLOWING  
TERMS:**

**POTASSIUM  
VITAMIN C  
FIBER  
VITAMIN B(6)  
IRON  
MAGNESIUM**

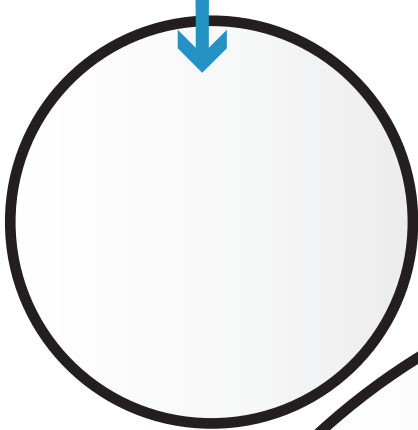
Find your way through the potato maze!



The USDA recommends the following nutrition guide.

# FILL IN YOUR PLATE BY COLORING YOUR FAVORITE FOODS!

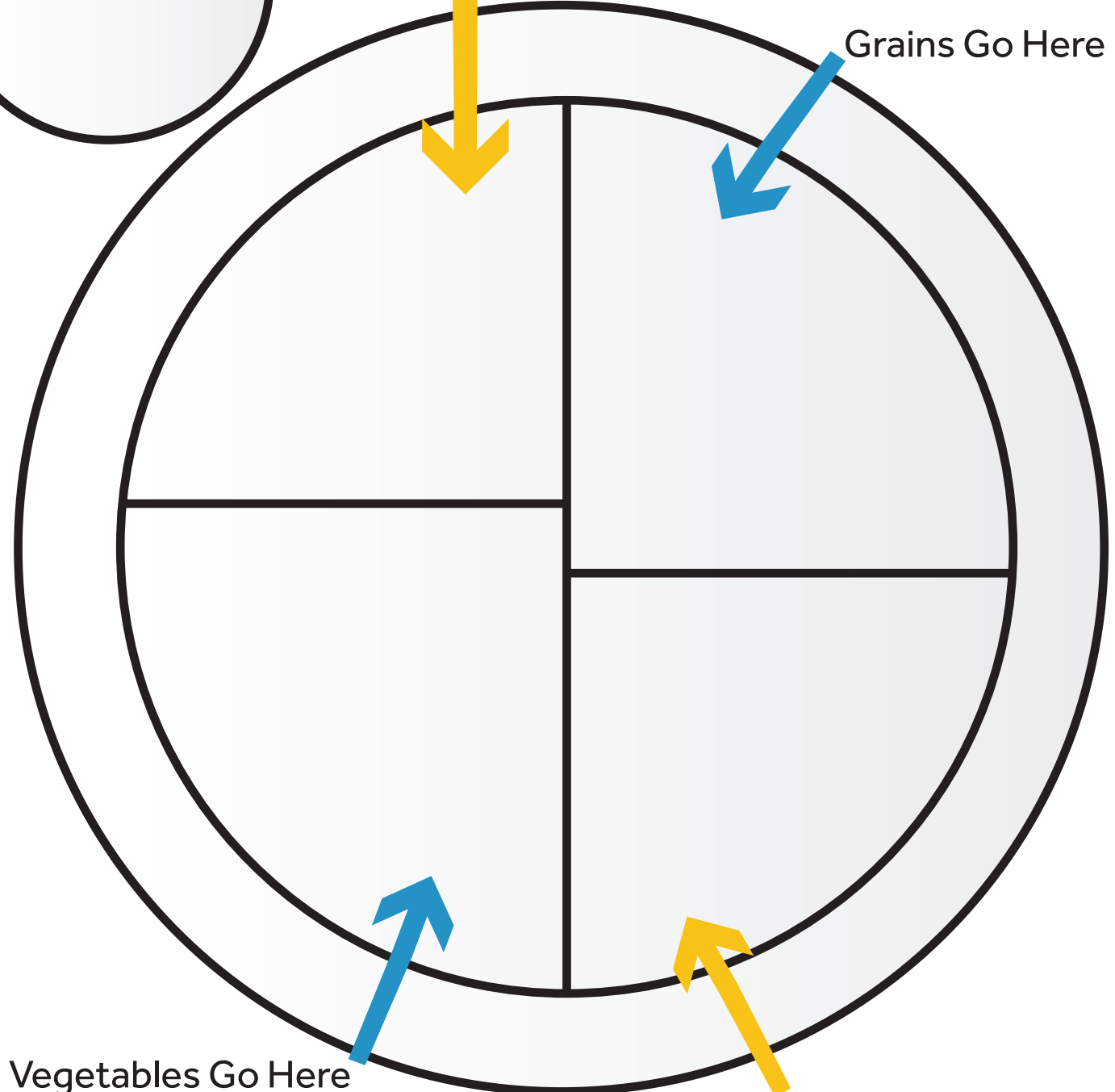
Dairy Goes Here



Fruits Go Here



Grains Go Here



Vegetables Go Here  
(Don't forget the Potatoes!)



Protein Goes Here

