SWEET POTATO SQUARES INGREDIENTS

Ingredients

1 Tbsp olive oil
4 Sweet potatoes/yams, cubed
1 tbsp ground cinnamon
Kosher salt to taste

Directions

Preheat the oven to 400 degrees. Cut sweet potatoes into small cubes. Arrange them on separate baking sheet and coat with olive oil. In a small bowl mix salt and cinnamon for sweet potatoes. Bake for 10 minutes. Flip. Bake for 10 more minutes or to the consistency you prefer. Allow to cool before serving.

Directions

1. _____________ Wash hands and surfaces (tie hair back)
2. ________________ Preheat the oven to 450 degrees.
3. ________________ All... Cut sweet potatoes into cubes.
4. ________________ Arrange them on the baking sheet
5. ________________ Coat sweet potatoes with the olive oil
6. ________________ Add salt to small bowl
7. ________________ Add cinnamon to salt
8. ________________ Mix salt and cinnamon with a spoon
9. ________________ Sprinkle seasoning evenly over potatoes
10. _______________ Put in oven
11. _______________ Take out of oven carefully using 2 oven mits (turn off oven)
12. _______________ Put on serving dishes


**Clean Up**

13. ___________ set up sink w/ **HOT** water and soap

14. ___________ get dish towels (used for drying wet dishes) & dish clothes (used to wash dishes)

15. ___________ wash and rinse dishes w/ **HOT** water

16. ___________ dry dishes

17. ___________ wipe tray clean, and stack cleaned and dried dishes back on tray

18. ___________ wipe stove top and **DRY** dish towel

19. ___________ wipe counters and table top w/ **WET** dish cloth

20. ___________ sweep floor (broom and dustpan located by the windows)

21. ___________ rinse food and soap suds out of sinks

22. ___________ dry and sparkle sinks and faucet

23. ___________ Put dirty dish towels and dish clothes into **appropriate** laundry basket

24. ___Everyone___ Initial that you completed your assigned jobs, turn in recipe sheet to teacher
Directions: Based on your understanding of nutrients please provide a list of the smoothie ingredients in the space provided and its corresponding nutrient(s). Also list the benefit it provides to the body (hint: flash cards may be helpful).

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<thead>
<tr>
<th>Ingredient</th>
<th>Nutrient(s) provided</th>
<th>Benefits to the body</th>
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