

1. Potatoes are classified as what kind of a vegetable?

tubers-grown underground

2. How are fresh potatoes selected?

look for firmness and the absence of bruises or decay

3. How should fresh potatoes be stored?

store in a cool, dry, dark place at 45-50°F

4. Potatoes contain the following nutrients:

carbohydrate, calcium, phosphorus, iron, potassium, sodium, thiamine, riboflavin, niacin, vitamin C

5. List ways potatoes can be prepared for eating.

boiling, baking, steaming, french frying, pressure cooking, stir frying

6. There are many varieties of potatoes. The most common potato eaten here is the Idaho white potato. Another variety that is popularly eaten for special occasions with turkey is the sweet potato.

7. Potatoes can be purchased in a variety of ways. Other than fresh potatoes, name some other ways.

frozen for hash browns, sliced for au gratin potatoes and julienned for french fries, dehydrated into flakes or granules for mashed potatoes, canned potatoes