Should You Have Fries with That?



Research FRIES and JOIN in the DEBATE

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Nelson Literacy Directions

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1 Potatoes or Fries?

Are **Potatoes** Healthy?

Yes, potatoes help keep us healthy. They contain energy in the form of carbohydrates. If a potato is eaten with the skin on, it will be high in vitamin C, too. Potatoes also contain fibre, minerals and other vitamins, which our bodies need to stay healthy.

Why Are Fries Thin?

Fries are long, thin strips of potato. They are thin so they can cook quickly in oil or fat.

WHAT'S VITAMIN C?

Vitamin C is essential to the human body. Eating foods with vitamin C helps the immune system fight off viruses and also assists the body to heal any injuries it may have.

History

A History of French Fries

In the 1800s, France was one of the first countries to deep-fry potato strips. "French" relates to the way the fries are cut into very thin strips, like matchsticks.

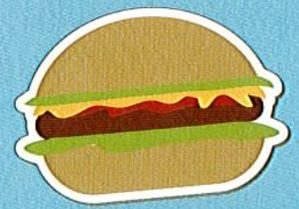
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What Do YOU Call Fries?









Potatoes can become LESS healthy when we:

- deep-fry them in oil
- peel the skin off
- make potato chips.

Potatoes are MORE healthy when we:

- bake them in the oven with the skin on
- boil or steam them
- mash them with milk and a little olive oil or butter.



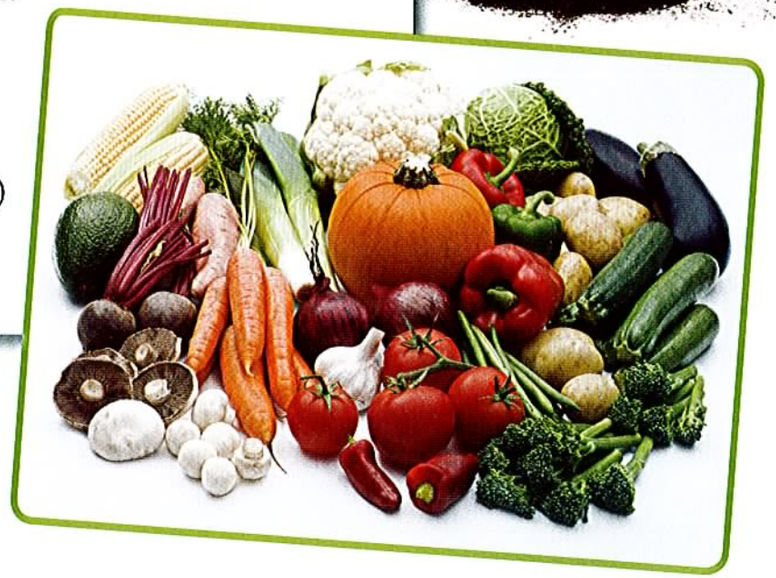
Health

How Many Vegetables Each Day?

Nutritionists say we should eat between three and five serves of vegetables every day. Try to eat vegetables of different colours, such as:

- *red (tomatoes)*
- *orange (carrots)*
- *green (broccoli)*
- *brown/white (potatoes)*
- *yellow (squash)*





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Trans Fat Oils

Restaurants and fast food shops may cook fries in oils that contain trans fats.

Small amounts of trans fats can be found in meat and dairy products. Food with trans fats lasts longer than other foods. But trans fats are unhealthy.

Scientists warn that trans fats may cause cancer and heart disease.

Not Hot Enough

If the oil for frying is not hot enough, fries can soak up extra oil.

Eating too much oil and fat can make people less healthy and overweight.





There are a good range of vegetable oils to choose from.

Oils or Butter?

Most vegetable oils are healthy if they are not processed too much. Cooking oils made from vegetables are healthier than cooking oils made from animal products, such as butter. Good cooking oils include canola oil, sunflower oil and safflower oil.



Frying Fries in HOT Oil

Frying fries in a very hot oil results in eating less fat because the fries soak up less oil. The hotter the oil, the quicker the outside of the fries crisp up, too. That means less oil can get into the inside of the potato.

BAKE Fries in the Oven

Baking fries in the oven in a little oil is a healthier way to cook them. Also, baking fries destroys fewer vitamins in the potatoes as they cook.

2 A Healthy Potato Pyramid



Fries made from peeled potatoes and cooked in animal-based oil



Fries made from peeled potatoes and cooked in hot vegetable oil



Fries made from unpeeled potatoes and cooked in hot vegetable oil



Peeled, oven-baked potatoes





Oven-baked or boiled potatoes with the skin left on



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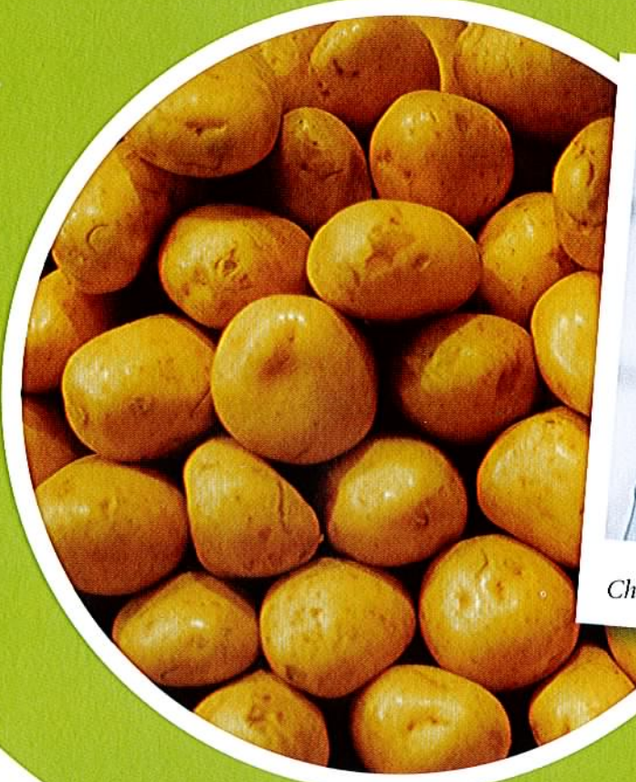
Who Invented Potato Chips?

A chef called George Crum from the USA invented the snack we know as potato chips or crisps, in 1853. One night, he cooked French fries for a guest at a restaurant. But the guest sent the French fries back to George because they were too thick.

George sliced a potato into very thin slices and cooked them in extra hot oil. They turned out thin and crispy, and the guest loved them! George became famous for his potato chips.



a painting of George Crum





Chips are a crunchy snack!