Day 7

Article

Stop the War on Fries!
By Susana Flores and Arun Khanna, Word Generation Reporters

Did you know that the potato is a vegetable? We didn’t! We were reading some articles about the government’s campaign to make school lunches healthier and read a statement made by a congresswoman from Ohio. She said: “I don’t know why we are picking on the potato. It’s a great vegetable.” Arun and I looked at each other. A vegetable? That changes everything! So, we read on. We read that Congresswoman Schmidt and other members of Congress think that the “war on fries” should end. They point out that french fries can be nutritious because they have fiber and potassium. They’re also cheap.

Some people who work in schools say they don’t mind getting advice about good nutrition. But they think it’s wrong to eliminate or limit certain foods. The food director in Burlington, Vermont, says that potatoes grow well in his part of Vermont and that children in his school district are growing their own. The children are eating the potatoes they grow!

But nutrition experts say it’s not the potato that’s the problem. It seems that we’re eating potatoes way too often! Furthermore, baked potatoes are much more nutritious than french fries or ‘tato tots. Experts say that eating potatoes twice a week is all we need (that includes what you eat at home)! They say that we need to focus more on making kids healthy.

So, what do you think?

Should we eliminate a cheap, nutritious food, or should we eat fewer french fries? I guess we learned that just because the potato is a vegetable doesn’t mean it’s always good for you!

Please use the lines below to write to us with your comments.

___________________________________________________________
___________________________________________________________
___________________________________________________________
___________________________________________________________
___________________________________________________________
___________________________________________________________
___________________________________________________________
___________________________________________________________