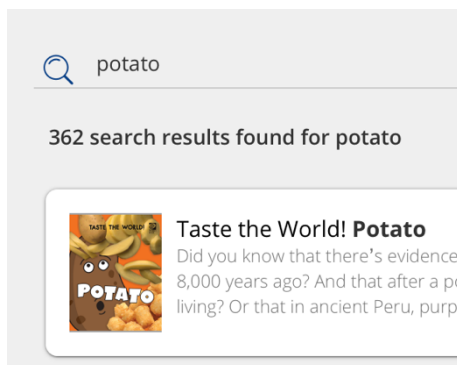


DID YOU KNOW a potato is made up of about 80 percent water and 20 percent other materials, mostly starch?

**Try out this recipe!**

1. Open the search function
2. Type "Taste the World"
3. Pick **Potato**
4. Read about the history of the potato.
5. Find the **French fries** recipe.
6. Make the recipe and enjoy this healthy alternative to fried chips.



## Food Facts:



Archaeologists have found evidence that potatoes were grown in Peru some 8,000 years ago.



Potatoes have more potassium than a banana, and more vitamin C than an orange, and more fibre than an apple.



If a potato is green, it means it has been exposed to the light. This means that the potato will have a bitter taste.

