

The USDA serving guide.

## Food For Thought

What's on the school menu today? French fries, chips, or baked potatoes? Believe it or not, a battle is being fought over what is on your school lunch tray. The U.S. Department of Agriculture is responsible for creating nutritional guidelines for school lunches and wants to limit the amount of white potatoes and other starchy vegetables to one cup a week, or two servings. This proposal affects everyone from the potato farmer to the cafeteria worker to the students eating the tater tots. Not surprisingly, all of these people have differing opinions...

#### Eat Your Broccoli

Supporters of limiting potato servings argue that potatoes are often served fried or topped with high calorie items like sour cream, cheese, and bacon. They also worry that when students are given a choice between French fries or something like carrots or green beans, they too often choose the fries. Poor eating choices made early in life lead to obesity and numerous long-term health problems like diabetes and heart disease.

## Did you know?

The school cafeteria is the largest restaurant in the country, serving over 31 million students every single day.

#### More Please...

Serving sizes in school lunches are based on grade level and age.

### Would you like fries with that?

Opponents of the proposed change offer that potatoes are full of nutritional value, and aren't always served in unhealthy ways. Fries can be baked rather than fried, and baked potatoes can be topped with healthier alternatives, like salsa. They also argue that potatoes are a cheap and plentiful option for a vegetable serving and that limiting potatoes would increase school lunch costs across the nation.

#### Interested?

The people on all sides of this argument have an **interest** in the outcome of the debate. That just means they are interested or concerned with how things end up. People pay attention to things that will likely affect their lives.



Students? Potato Farmers? Schools?

# <u>Icivics Worksheet P 2 Answers Interest Groups</u>

Jianjun Gao

**Icivics Worksheet P 2 Answers Interest Groups:** 

## Icivics Worksheet P 2 Answers Interest Groups Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has are more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Icivics Worksheet P 2 Answers Interest Groups**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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