Some foods are very healthy in their natural form, but change when they are processed. An example of this is a potato. Potatoes are high in carbohydrate, fiber, and vitamin C. Not all foods made from potatoes are equal in nutrition, though. This activity will help you see how processing affects the nutrition of potatoes.

Directions: Use the nutrition labels below to complete the information for each type of potato product, then use that information to answer the questions on the next page.

### Baked Potato

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Vitamin C</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 potato (148g/5.3oz)</td>
<td>100</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
</tbody>
</table>

### French Fries

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Vitamin C</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving 1 medium order (147g)</td>
<td>100</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
</tbody>
</table>

### Hash Brown Patties

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Vitamin C</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving 1 Pattie (About 84g)</td>
<td>120</td>
<td>11%</td>
<td>5%</td>
<td>7%</td>
</tr>
</tbody>
</table>

### Potato Chips

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Vitamin C</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving 1 oz</td>
<td>150</td>
<td>16%</td>
<td>5%</td>
<td>10%</td>
</tr>
</tbody>
</table>

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Grade Level: 5 to 7
Answer the following questions using the information from the last page.

1. Compare the total fat content of the different types of potato products. Rank them from lowest to highest.
   1. ______________________________
   2. ______________________________
   3. ______________________________
   4. ______________________________

2. Compare the Vitamin C content of the different types of potato products. Rank them from lowest to highest.
   1. ______________________________
   2. ______________________________
   3. ______________________________
   4. ______________________________

3. Compare the sodium content of the different types of potato products. Rank them from lowest to highest.
   1. ______________________________
   2. ______________________________
   3. ______________________________
   4. ______________________________

4. What happens to the Vitamin C in a potato when it is processed into other products?
   ___________________________________________________________________________________
   ___________________________________________________________________________________

5. Which of the potato products do you think is most nutritious? Explain how you came up with this answer.
   ___________________________________________________________________________________
   ___________________________________________________________________________________
Nutrition Label Comparison - Answer Key

Question 1:
1. Baked Potato – 0 g
2. Hash Brown Patties – 7 g
3. Potato Chips – 10 g
4. French Fries – 22 g

Question 2:
1. Hash Brown Patties – 2%
2. Potato Chips – 10%
3. French Fries – 30%
4. Baked Potato – 45%

Question 3:
1. Baked Potato – 0 mg
2. Potato Chips – 160 mg
3. Hash Brown Patties – 250 mg
4. French Fries – 290 mg

Question 4: Vitamin C is lost when the potato is processed into other products.

Question 5: The baked potato is the most nutritious. It has the lowest fat and sodium content, as well as the highest Vitamin C.