

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?

Core Worksheet Types Of Interest Groups Answer

C. Edward Watkins, Jr., Vicki L. Campbell

Core Worksheet Types Of Interest Groups Answer:

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Practice C. Edward Watkins, Jr., Vicki L. Campbell, 2012-12-06 The primary purpose of this revision remains identical to that of the first edition to show how key personality cognitive behavioral and vocational tests assessment procedures can be used by counselors in their work with clients Too often assessment books only provide the reader with information about tests and assessment procedures They do not however take the next step showing readers how these tests assessment procedures can be used and integrated into the actual work of counseling This revision is designed to fill that void Chapter authors all of whom are experts in their respective topic areas share the theoretical and research backgrounds about a particular test assessment procedure and then provide a case example or examples to show how assessment data can be meaningfully incorporated into the counseling process

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