

SIMPLE POTATOES

three ways.

*wrap me in foil, bake me in the oven
and make me into a jacket potato...*

mash me...

*chop me and bake me as
wedges... sprinkle with
cheese if you like!*

Did you know?

All carbohydrates get converted into **glucose**, which our brains need to function. Glucose gives us the energy to learn, grow, think and play.