



The Story of

FRENCH FRIES

by Gloria Koster

Table of Contents

A Tasty Treat.....	4
The First French Fries.....	8
From Potato to French Fry.....	16
Fries Around the World.....	24
Make Your Own Oven Fries	28
Glossary	30
Read More	31
Internet Sites	31
Index	32
About the Author.....	32

Words in **bold** appear in the glossary.

A Tasty Treat

A family orders lunch at a fast-food restaurant. “Would you like fries with that?” the server asks.

“Yes,” says the mom. “That’s our favorite part of the meal!”

A girl helps her dad make dinner. They are having hamburgers. But there are no fries in their freezer.

“Let’s make our own,” says the dad. “We have potatoes and oil. That’s all we need.”





French fries come in different shapes and sizes. There are more than 15 different kinds of fries! They can be thick or thin. They can be curly, waffle cut, or crinkle cut.

No matter how you slice them, people around the world love french fries. Americans eat more than 4 billion pounds each year. They even have a holiday for this special food. National French Fry Day is celebrated each July!



The First French Fries

Where did french fries come from?
It depends on who you ask. France, Belgium, and Spain all claim credit for this tasty treat.

Belgians claim to have created fries in the 1600s. One story says that locals used to eat fried fish. But one winter, the river froze. People had to find something else to eat. They chopped and fried potatoes instead.

French fries are the national dish of Belgium. In that country, they are called frites. That's French for fries. Many towns have french fry stands. One city even has a french fry museum!

The Friet Museum is the only museum dedicated to fries.



People in France were not always potato fans. They thought potatoes made people sick. They only fed them to pigs. In 1748, it became illegal to grow or eat potatoes.

