



From the Land to the Plate: How Is the Potato Transformed?

OBJECTIVE

Understand how potatoes **transform** from fresh food to the different products they consume, distinguishing **simple processes** from **more intensive processes** and reflecting on the impact of these transformations on health.

YOUR MISSION

Choose a **way of consuming potatoes** that you know well and follow its journey from fresh potato to plate.

Step 1 – Identify the potato

- **Chosen way:** ☐ fresh ☐ cooked ☐ baked ☐ fried ☐ chips ☐ instant puree
- **Final product you usually eat:** _____

Step 2 – From Field to Product

Mark the steps you think are part of the transformation:

- ☐ Harvest
- ☐ Washing and selection
- ☐ Section
- ☐ Cooking / frying / dehydration
- ☐ Added fat and/or salt
- ☐ Packaging



WHICH OF THESE STEPS MAKE THE PRODUCT MORE DIFFERENT FROM THE ORIGINAL POTATO? WHY?

Step 3 - Degree of transformation

Rate the product you have chosen:

- ☐ Little transformed
- ☐ Moderately processed
- ☐ Very transformed

WHAT LED YOU TO THIS CHOICE?

Step 4 – Health impact

Reflect and answer:

- Does the product maintain the **original structure** of the potato?
- What nutrients can be lost or what components can be added (fat, salt)?

REFLECTION:



FINAL REFLECTION

If you had to choose between two versions of the potato (less or more processed), **which would you choose and why?**

FOODWISELAB TIP

Boiled or baked potatoes, especially with their skins on, are less processed and tend to be more satiating than fried or ultra-processed versions.