

THE GREAT FRY DEBATE

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ST HELENA HIGH SCHOOL

Students were asked to debate whether or not french fries can be part of a healthy diet. Culinary students learned about nutrition - what the body needs and how the body uses these nutrients. Chemistry students looked at how our bodies bond fats specifically. Students conducted research to find experts that would support their assigned pro or con side of the argument. In the process, they needed to learn how to decide if a source was credible and where to find good evidence and research to back their position. During the debate, students needed to effectively communicate their position and be ready to rebut arguments made by the opposition.

Teacher Reflection

This project was welcomed by the students, with a chance to learn to deep fry and eat potatoes; it was a success on all accounts! Not only did the students appreciate the cooking and eating aspect of this project, they gained a better understanding for empathy and the ability to see all sides of an argument. Students collaborated well this time around and were more willing to work with each other to fight for their right to eat french fries! (or to avoid a heart attack)

Student Reflections

I liked learning how to make fries from scratch because it is a simple task to help understand what happens to the oil. I also liked learning how to conduct a good, fair debate. Having to look at both sides of an argument helped me be more prepared for rebuttal.

— Erin, 11th Grade Culinary 1

Being able to cook french fries helped me in understanding the process of how they are cooked, but also helped me get to know my teammates.

Having some sort of relationship formed over that cooking day helped me when I had to work with them during the project and debate. We never argued, we helped each other out, and we won the debate because of our ability to work together. In the end, the project was a success because I learned a lot from it: about french fries, their role in health, how to make them, and how to debate.

— Francesca, 10th Grade Chemistry

