

Pasta is now a vegetable in U.S. schools

30th January, 2020



Pasta has been reclassified as a vegetable in U.S. schools. An overhaul of national dietary regulations has resulted in pasta now counting towards the vegetable requirements in

school lunches across the USA. The new school guidelines were released by the U.S. Department of Agriculture last week. The rules stipulate that: "Pasta made of vegetable flour may credit as a vegetable, even if the pasta is not served with another recognizable vegetable." Pasta can only be regarded as a vegetable serving if it is made with potato, soy or other starchy, vegetable-based flour. Shocked critics of the new rules joked that bread could be regarded as a vegetable as that is also made from flour.

Other changes outlined include the halving of fruit given to children for breakfast and the provision of a greater selection of burgers, fries, pizza and other high-calorie food that is full of saturated fat and salt. The Agriculture Secretary defended the guidelines. He said the new rules would reduce food waste. He said the new policy was necessary because, "a more common-sense flexibility is needed to provide students with nutritious and appetizing meals". The guidelines reverse the Hunger-Free Kids Act of 2010, which was championed by Michelle Obama. A health expert said: "This makes absolutely no sense. Politics and industry pressure should not interfere with what is best for children's health."

Sources: indeoendent.co.uk / metro.co.uk / indy100.com

Writing

Anything made from vegetables is a vegetable. Discuss.

Chat

Talk about these words from the article.

pasta / vegetables / overhaul / regulations / guidelines / potato / soy / starch / flour / fruit / breakfast / burgers / salt / nutritious / health / expert / no sense / interfere

True / False

- a) Pasta was reclassified to conform to international dietary regulations. T / F
- b) The regulations say pasta must be served with "recognized" vegetables. T / F
- c) Only pasta from vegetable-based flour constitutes a vegetable serving. T / F
- d) Critics joked that the rules would deem bread as being a vegetable. T / F
- e) The new rules halve the amount of fruit given to children for breakfast. T / F
- f) The Agriculture Secretary said the new rules would reduce food waste. T / F
- g) The secretary said the new rules would provide more nourishing meals. T / F
- h) A health expert said the new rules were nonsensical. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|------------------------|-----------------|
| 1. overhaul | a. specify |
| 2. requirements | b. get involved |
| 3. released | c. summarised |
| 4. stipulate | d. nourishing |
| 5. joked | e. needs |
| 6. outlined | f. specialist |
| 7. defended | g. jested |
| 8. nutritious | h. recondition |
| 9. expert | i. justified |
| 10. interfere | j. issued |

Discussion – Student A

- a) What do you think of vegetables?
- b) How important are vegetables?
- c) Is pasta really a vegetable?
- d) Do you think we could grow pasta from trees one day?
- e) How healthy were your school lunches?
- f) What are your favourite vegetables?
- g) If pasta is a vegetable, is bread also a vegetable?
- h) What advice do you have for the Department of Agriculture?

Phrase Match

- | | |
|---------------------------------------|-------------------------------|
| 1. Pasta has been reclassified | a. food waste |
| 2. An overhaul of national | b. school lunches |
| 3. vegetable requirements in | c. of the new rules |
| 4. soy or other starchy, vegetable- | d. sense |
| 5. Shocked critics | e. of saturated fat |
| 6. halving | f. as a vegetable |
| 7. high-calorie food that is full | g. based flour |
| 8. the new rules would reduce | h. needed |
| 9. a more common-sense flexibility is | i. dietary regulations |
| 10. This makes absolutely no | j. of fruit given to children |

Discussion – Student B

- What do you think about what you read?
- What do you think of halving the fruit given to kids?
- What is a very healthy breakfast?
- Why are children being given high-calorie food for school lunch?
- How much 'common sense' is in the new rules?
- How nutritious and appetizing is pasta?
- What will the guidelines do for obesity in the USA?
- What questions would you like to ask the Department of Agriculture?

Spelling

- Pasta has been ceirfeialdss as a vegetable
- An overhaul of national yiaterd regulations
- new school iusldinege
- The rules etautipsl that
- other rstayhc, vegetable-based flour
- bread could be regrade as a vegetable
- the vgaihn of fruit
- food that is full of auedstatr fat
- common-sense efliytixbil
- nutritious and iaentzippg meals
- This makes ltobusyela no sense
- should not rretnifee with what is best

Answers – Synonym Match

1. h	2. e	3. j	4. a	5. g
6. c	7. i	8. d	9. f	10. b

Role Play

Role A – Carrots

You think carrots are the best vegetables. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): tomatoes, potatoes or garlic.

Role B – Tomatoes

You think tomatoes are the best vegetables. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): carrots, potatoes or garlic.

Role C – Potatoes

You think potatoes are the best vegetables. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): tomatoes, carrots or garlic.

Role D – Garlic

You think garlic is the best vegetable. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): tomatoes, potatoes or carrots.

Speaking – Vegetables

Rank these with your partner. Put the best vegetables at the top. Change partners often and share your rankings.

- | | |
|--------------|------------|
| • sweet corn | • carrots |
| • garlic | • broccoli |
| • potatoes | • peppers |
| • tomatoes | • eggplant |

Answers – True False

a	F	b	F	c	T	d	T	e	T	f	T	g	T	h	T
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Answers to Phrase Match and Spelling are in the text.