Potatoes

Potatoes are one of the most versatile foods out there. They _____ (bake), _____ (fry), _____ (mash), to name just a few. Their starch _____ (use) for loads of applications, just have a look at a few food labels.

By now potatoes _____ (grow) around the world, however, thousands of years ago they _____ (start) out in South America only. It was only a couple of centuries ago that potatoes came to Europe and other regions in the world. By now, it's one of the world's main staple foods, being a main source of energy for a lot of people.

As for any plant food, most of a potato _____ (make) up of water, about 80%. The rest of it is mostly carbohydrates (18%), of which most again is starch (more than 85%). There's barely any fat in a potato and only a little protein. It _____ (contain) various vitamins and minerals.

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