



Potato Chips

By Karen Zhang



薯片香香脆脆，无疑是一种美食，可是大饱口福也要付出代价——多食薯片极易上火。在中国，薯片被大多数人视为一种“垃圾食品”，毫无益处又会引起咽喉不适，然而在美国，薯片却是最受大众欢迎的食品之一，不仅仅是薯片，由马铃薯制成的各类食品在餐桌上随处可见。

These days I crave^[渴望得到] Lay's Wavy chips. I'm surprised at myself that I like chips. In China, potato chips are considered junk food. Parents go nuts^[变得疯狂] if they see their kids munching^[大声嚼] too many potato chips. I was taught to believe deep-fried food can cause a sore^[疼痛的] throat and pimples^[脓包]. When I was a kid, I had to hide behind my mother's back to enjoy a few pieces.

However, in America potatoes are a staple^[主要的] food. Home fried potatoes are usually on the breakfast menu in American diners. There are a number of varieties of potatoes, some of which are imported from Mexico. Americans can prepare potatoes in dozens of ways, as creatively as Chinese prepare rice. Just in the first month after my arrival in America, I had tried French fries, baked potatoes, mashed potatoes and potato chips. (Thank heaven Mom was not around.)

Karen in America

A common American lunch usually comes with a sandwich and a side dish, including apple sauce, soup, veggie salad or chips. I was shocked when I was first introduced to potato chips as a side dish. At Panera Bread, a chain deli^[熟食店] popular among university students, I saw a whole shelf of various potato chips and the like. They're stashed in red, orange, white, and green bulging^[膨胀的] bags. How can potato chips count as part of a meal?

My American classmates loved having chips in class. That's something Chinese students are not allowed to do—snacking in class. When we had an evening class, my classmates often told me a bag of chips was their supper. I was in disbelief. Do they know what they eat is not healthy, at least by Chinese standards? How can a bag of potato chips fill up a stomach? Having potato chips is like chewing a gust of wind—nothing hits the spot.

Anyway, I'm not sure if my craving for chips these days is a sign of my positive adaptation to the American diet. I always regret it after I have several mouthfuls of chips. My mother's voice will reverberate^[回响] in my mind: Don't cry when you have a sore throat and pimples on your face! 🙄

