

FOOD AND NUTRITION



WHAT IS POTATO RÖSTI?

Potato rösti is a tasty dish made from grated potatoes. It is fried in a pan until it is golden and crispy. Rösti is a popular food that started in Switzerland. People enjoy it as part of a meal or even on its own as a snack. Potato rösti has been around for hundreds of years. It was first made in Switzerland in the 19th century. Farmers often ate it for breakfast to give them energy for the day.

HOW IS IT MADE?

To make potato rösti, you need raw or cooked potatoes, a little salt, and oil or butter. The potatoes are grated and pressed into a round shape. Then they are fried in a pan until they are crispy on the outside and soft on the inside. Some people like to add onions, cheese, or herbs for extra flavour.

WHY IS IT GOOD FOR YOU?

Potatoes are full of energy and important nutrients like vitamins and fibre. Rösti is also cooked in a way that makes it light and not too heavy. When eaten with vegetables or salad, it can be part of a healthy, balanced meal.

FUN AND DELICIOUS

Making potato rösti is easy and fun, especially for families. It is simple to prepare and can be made in different ways by adding your favourite ingredients. Rösti is loved all over the world because it is both crispy and delicious. Potato rösti is a great way to enjoy potatoes and a fun dish to make with your family. It shows how simple foods can become something special and tasty!

FIND OUT MORE...

[Facts about Potato Rosti](#)

EXAMPLE QUESTIONS:

1. What is potato rösti made from?
2. Where did potato rösti first become popular?
3. When was potato rösti first invented?
4. What are some ingredients people can add to potato rösti for extra flavour?
5. Why is potato rösti good for you?