

## Sweet potato as my sweetheart!



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There's no doubt that Hangzhou is an incredibly beautiful city, yet the idea that one's hometown is always the best place in the world perhaps has deeply rooted in our mind. Though it may seem kind of strange to foreigners, that's what happens in China.

Brought up in a small county where sweet potatoes are grown here and there, I have got used to having sweet potato congee as breakfast since I'm a little child, but I would never believe this simple snack could mean that much to me before leaving my hometown for the campus I'm in now.

Attending college took me to a brand new journey compared to my past 18 years, and so does everybody else I suppose, which filled my life with a lot of exciting experiences at first, while as time flies, the thrilled feelings died away and homesickness began haunting and took up my heart.

Hence, whenever coming across some food relating to sweet potatoes, I would seize the opportunity to taste

those snacks represented by my hometown. Now I'm going to tell you an interesting anecdote about it.

The other day I came across a bowl of sweet potato congee in a small restaurant of Xiasha (there's a fantastic picture above demonstrating it); what's dramatic is that I was recalled of my sweet memory at home immediately, to illustrate, I seemingly saw the scene of my warm-hearted grandma offering others with hot congees and preparing delicacies for me as well, which was actually the waitress handing out dishes and serving the customers around, then something awkward happened when I called out my little brother's nickname loudly, due to the thought that I'm already at home. Of course everybody stopped to watch me as if I was nuts, which drove me blush at once.

Anyway, these special experiences did not get me out of sweet potatoes, if any, even added to my love of them for restoring those sweet old days to me. Therefore, it's natural to draw the conclusion that sweet potatoes have become my sweetheart in reality.

Meanwhile, the main purpose of my writing this article is to call for your attention on the tremendous benefits that eating sweet potatoes will bring, because not only can it provide us with various nutrition, but arouse our appetite by its attractive appearance. Besides simple starches, raw sweet potatoes are rich in complex carbohydrates, dietary fiber and beta-carotene, while having moderate contents of other micronutrients, including vitamin B5, vitamin B6, and the like.

The following study may illustrate the incredible effect of sweet potatoes better for you.

A 2012 study of 10,000 households in Uganda found that 50% of children who ate normal sweet potatoes suffered from vitamin A deficiency compared with only 10% of those on the high beta carotene variety. Also, The Center for Science in the Public Interest has compared the nutritional value of sweet potatoes to other foods. Considering fiber content, complex carbohydrates, protein, vitamin A and potassium, the sweet potato ranked highest in nutritional value.

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