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# Fried Twinkie Fad Hits Arkansas

**LITTLE ROCK, Ark.** (AP)—In the South, where some joke that the four basic food groups are barbecued, baked, broiled and fried, state fairs are filled with booths that sell everything from corn on a stick to turkey legs.

For dessert, an odd new treat has emerged: fried Twinkies.

Phil Dickson of Hot Springs has sold about 1,000 of the batter-dipped, deep-fried snacks, topped with powdered sugar, since the Arkansas State Fair opened.

“It’s amazing to me,” Dickson said Monday. “The response has just been tremendous.”

The Twinkies, which, before frying, have 160 calories and five grams of fat apiece, are impaled on sticks and frozen until firm, then dipped in a batter similar to that used for fried fish.

Deep frying and the powdered-sugar coating adds still more calories and fat, of course.

“The inside creamy part stays cool, while the outside is warm,” said Rhonda Yates, a postal worker spending her vacation helping Dickson with the Twinkie booth.

Fairs in Arizona, California, Kansas and Washington also are expected to roll out fried Twinkies in the fall.

Suzanne Hackett, the general manager of an English restaurant in New York City called the ChipShop, said the fried Twinkie was born in her eatery out of boredom.

“We had a very slow night in the restaurant so we decided to buy a bunch of junk food and deep fry it,” Hackett said Monday. “And the Twinkies just tasted so good.”

Frances Price, a clinical nutritionist with Arkansas Children’s Hospital, said that parents should be cautious about their children’s diet but that eating treats is just part of being a kid.

“There is room in the diet for some treats. You can’t exclude it completely,” Price said. “And at least fair food is part of a family activity, where families walk up and down the midway.”

Joel Counts, a tourist from the Los Angeles area who tried his first fried Twinkie, said it was excellent.

“It tastes like a Twinkie but it has a little extra flavor because of the frying,” Counts said. “And the powdered sugar just tops it off.”

# Twinkies With a Twist

Use information from the story to answer **True** or **False** to the following statements. Write **True** or **False** on the line next to each statement.

- \_\_\_\_\_ 1. An English restaurant in New York City didn't have many customers the night its workers decided to fry Twinkies.
- \_\_\_\_\_ 2. Before a Twinkie is deep-fried, it is pierced with a stick and then frozen.
- \_\_\_\_\_ 3. Workers at The ChipShop agree that the batter-dipped food tastes a lot like fried fish.
- \_\_\_\_\_ 4. The deep-fried snack is served with whipped cream and sprinkled with sugar.
- \_\_\_\_\_ 5. Fried Twinkie booths are opening at state fairs across the country.
- \_\_\_\_\_ 6. At the Arkansas State Fair, about 10,000 people have tried the unusual concoction.
- \_\_\_\_\_ 7. First-time customer Joel Counts thinks frying Twinkies gives them more flavor.
- \_\_\_\_\_ 8. One serving of the new creation has 160 calories.
- \_\_\_\_\_ 9. Most of the food sold at state fairs is perfect for people on fat-free diets.
- \_\_\_\_\_ 10. Nutritionist Frances Price advises parents to allow their children to eat treats once in a while.
- \_\_\_\_\_ **Bonus:** One reason the inside part of a fried Twinkie stays cool is because the dessert is cooked for only a short time.

## Snack Food Survey

Junk foods are snack items that are high in fat and low in nutritional value. How much junk food do you eat a day? Instead of guessing, find out for sure by keeping a list of the foods you eat for the next few days. What kinds of healthy food could you substitute for some of the highly-processed snacks? Do you have a favorite treat?

