

# THE REVY READER

A newsletter with contributions from students, teachers, and Revolution Foods for our school community

Spring Semester, 2009  
Volume 1, Issue 3



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## Acknowledgements

- ◆ Downtown College Prep Alviso
- ◆ Oakland Aviation
- ◆ Charter School of Morgan Hill
- ◆ Arise High School

## The Impact of Revolution Foods

By: Gloria Medio, DCP Alviso

Revolution Foods has revolutionized the way our students feel and talk about food. DCP Alviso, like most middle schools, has been struggling to find ways to have our students make healthier food choices. It is frightening to see our 6<sup>th</sup> and 7<sup>th</sup> graders come to school with energy drinks in the mornings. Besides energy drinks, I have seen students filling up on sodas, chocolate bars, chips, and chili powder. As a result, many of our students opted out of other choices like fruit. Sue Wetzel, who is both a member on staff and a DCP Alviso parent, suggested that we cut the fruit in slices and make it available to the students during lunch and break.

To our surprise, on the first day we cut the fruit for the students they all gathered in the cafeteria

to snack on pears. Everyone was coming for more fruit; Mrs. Wetzel and I thought: "Wow! We should have done this a long time ago!" We have been cutting fruit for the students since then, about a month, and they all love it! In the past, uneaten fruit went bad and had to be thrown out, but not anymore. This is not to say that students have completely stopped bringing the chili powder and sodas, but now at least they know that a healthy snack is always available.

Revolution Foods has helped us encourage a healthier lifestyle on campus. Being able to have our students eat fruits, instead of unhealthy snacks, means that Revolution Foods is making a daily difference in these students' lives. Thanks Revolution Foods!

## Featured Student Profile

**Name:** Maria Ochoa  
**School:** Oakland Aviation  
**City:** Oakland, CA **Grade:** 11<sup>th</sup>

**Interests:** Business, clothes, helping people out in school, life, etc. Going to college and pursuing a degree in business.

**Hobbies:** I like to shop a lot, hang out with my friends, and- believe it or not- school is also my hobby.

**Favorite RF Meals:** Chicken Tamales with Rice, Chicken Noodle Soup, Chili Beans with either chips or corn bread, Pizza.

**Why I Eat Revolution Foods:** I eat their food because it's really good. It is also healthy for my body and helps get me through the school days. Compared to school district food, this is the BEST. I like that

Revolution Foods prepares the food every morning and brings it to us fresh. Their food also has a lot of taste- it's normally food I like or eat at home most of the time, so I love their food.

**Message to Other Students:** You guys or girls should really consider trying Revolution Foods. They're great, they taste good, their food is fresh, and it's great for your health and that is what our schools need. My advice is "try it, you won't lose anything for trying."





*Rice is grown on every continent except Antarctica*

*More than 1 billion people throughout the world are actively involved in growing rice.*

*Jazz musician Louis Armstrong would sign his letters, "Red Beans and ricely yours" celebrating New Orleans traditional rice dish.*

## What's New at Revolution Foods

### IRON CHEF COMPETITION

Revolution Foods hosted two Iron Chef Competition events in January for our school customers. Check out page 4 for details on the winning teams and recipes! A total of approximately 40 students participated in these special events.

- Charter School of Morgan Hill, Morgan Hill, Jan 16<sup>th</sup>
- Arise High School, Oakland, Jan 23<sup>rd</sup>

## Did You Know? *History of Rice*

Rice is the most widely consumed grain in the world and is a staple food for more than half of the people on our planet! Historical records indicate that cultivation first began simultaneously in Asia and Africa dating as far back as 7,000 years. While the first written records of cultivation crop up in China around 2800 B.C., there is still debate over which present day country first cultivated this valuable grain: China, India, Myanmar or Thailand?

Colonists first brought rice to the United States in the late 1600s. Colonial South Carolina and Georgia were the primary rice growing regions where great wealth was accumulated from huge rice plantations cultivated by West African slaves. During the California Gold Rush in 1849, Chinese immigrants came to California bringing with them their knowledge for growing "white gold". Today, Northern California remains one of the top rice producing regions in the U.S. due to this Chinese legacy.

Rice is a type of grass and the grain we consume is actually the seed of the plant. There are over 40,000 varieties of rice, often classified by the shape and

texture of the grain. The two major types are Indica (long-grain) and Japonica (medium grain). American long-grain rice (which includes rice first cultivated in South Carolina) has long slender kernels that stay fluffy after cooking and is the best choice for serving rice as a side dish or as a bed for sauces and stews. Medium grain rice is shorter, plumper and stickier than long-grain and used for Spanish rice dishes called Paellas. Short grain rice is almost round in shape with grains that stick together, making it a good choice for Japanese sushi and Italian rice dishes called risottos.

At Revolution Foods we use brown rice. The rice grain that first emerges from the plant is brown and is still covered with the bran. To get white rice, the bran is removed by rubbing the grains together. Brown rice is more nutritious because the bran contains most of the vitamins, minerals and fiber. Brown rice has 5 times more Vitamin E and 3 times more magnesium than white rice. One thing to consider when preparing brown rice is that it takes twice as long to cook, but this healthy grain is well worth the time!

## Recipe Corner - Quick and Easy, Fun and Tasty!

Source: *Revolution Foods*

*Materials/Equipment Needed:*  
Freezer

**Frozen Lemon/Lime Treat\***  
Yields approx. 4 treats

2, 6 oz. lime all natural low fat yogurts  
2, 6 oz. lemon all natural low fat yogurts

Place each yogurt in the freezer over night.  
Remove yogurts and serve.

\*Yogurt will taste like a lemon or lime sorbet—yum!



## Places to Visit - MANGINI AG MUSEUM AND GARDEN

*Mangini Agricultural Museum and Garden* is located at the County Fairgrounds in Antioch and consists of a museum, classroom, garden, and picnic area. The educational program focuses on agriculture, food, nutrition, and the environment. The goals of the program are to educate youth about the origin of food, our agricultural heritage, environmental issues, and facts about farm animals. The facility offers hands-on educational programs, tours, and seasonal events

Students have an opportunity to discover the agricultural history of the

county and to explore science concepts in a garden setting. The visit includes grade specific activities in the museum, garden, and classroom. Activities may include an agricultural or garden scavenger hunt, exploration of a plant part or plant needs, harvesting, and/or tasting fruits and vegetables from the garden.

Program costs: \$1 per student.  
Location: 1201 W. 10th St., Antioch, CA 94509  
Contact phone: (925) 776-4295  
Email: [edprogram@sbcglobal.net](mailto:edprogram@sbcglobal.net)  
Website: [www.ccfair.org](http://www.ccfair.org) (Ag Museum Link)



Photo from [www.ccfair.org](http://www.ccfair.org)

## Name that Fruit



**What do I taste like?** Sweet flavor, with a hint of raspberry, and more intense in taste and smell than a regular orange

**Where am I from?** Originally from Sicily, but now also cultivated in California and Texas

**What am I good for?** Vitamin C, Potassium, anthocyanins (anti-oxidants)

**How do you eat me?** I taste great as a snack, tossed in a salad, or used in marmalade, zest, or in gelato.

**What's my name?** If you think you know what I'm called, send an email to:

[nutrition@revolutionfoods.com](mailto:nutrition@revolutionfoods.com)

Winners will be recognized in the next Revolution Foods High School Newsletter!

## WORD JUMBLE

Unjumble the words on the left and match them to their description on the right.

1. SCHF  
\_ \_ \_ \_

2. santtraf  
\_ \_ \_ \_ \_ \_ \_ \_

3. oniuqa  
\_ \_ \_ \_ \_ \_

4. snarppi  
\_ \_ \_ \_ \_ \_

5. STrB  
\_ \_ \_ \_ \_

6. topul  
\_ \_ \_ \_ \_

A. A hormone used in meat and milk production that causes livestock to grow faster; it is harmful to humans and livestock.

B. A cross between two different fruits, in season May - Sept; it comes in different varieties with names like "Dapple-dandy" and "Flavorosa."

C. This is an acronym for a man-made sweetener used in juices, baked goods, soda, and even bread!

D. This grain is high in protein and originated in the Andes of South America.

E. Increases cholesterol and risk of heart disease, used in fast foods and baked goods.

F. This root vegetable is a relative of the carrot and is high in fiber and Vitamin C.



## Newsworthy Notes

Iron Chef: *On your mark, get set, battle!*

In January Revolution Foods hosted two Iron Chef Battles right here at our facility in Alameda. On two separate occasions, students from Charter School of Morgan Hill and those from Arise High School in Oakland competed in fierce “quick-fire” challenge to create the best cold wrap. Judging criteria included flavor, presentation, and nutritional value. It was a tough decision, but ultimately it was Turtle’s “Asian Sesame Wrap” that scored the highest at the Morgan Hill competition, and the JJ’s “Little Piece of Heaven” that won the prize among the Arise students.

We wanted to share these delicious recipes and highlight the excellent work done by all the students who competed. It was an honor to host both schools and watch the students’ culinary creativity at work. Great job!

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**School: Charter School of Morgan Hill**

Winning Team Name: The Turtles

Wrap Name: Asian Sesame Wrap

**Ingredients:**

- Flour tortillas
- Boneless chicken breast, precooked
- Romaine lettuce
- Apples
- Cooked penne pasta
- Jack cheese, shredded
- Shredded carrots
- Asian Sesame dressing



Asian Sesame Wrap

**Directions:**

1. Cut up the chicken, romaine lettuce, apples, and pasta.
2. Using a large bowl, mix the chicken, lettuce, apples, pasta, shredded carrots, and shredded cheese.
3. Add Asian Sesame dressing and toss everything so that ingredients are coated with the dressing.
4. Put the mixture in the center of the tortilla and wrap it up burrito style. Enjoy!

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**School: Arise High School**

Winning Team Name: The JJ’s

Wrap Name: Little Piece of Heaven



**Ingredients:**

- Whole wheat tortillas
- Boneless chicken breast, precooked
- Romaine lettuce
- Shredded carrots
- Red bell peppers
- Tomatoes
- Shredded cheese
- Caesar dressing

Arise students working in the kitchen

**Directions:**

1. Cut up the boneless chicken, lettuce, bell peppers, and tomatoes.
2. Open the tortillas and spread the Caesar dressing on top.
3. Place all the ingredients on the tortilla; wrap it up and enjoy.