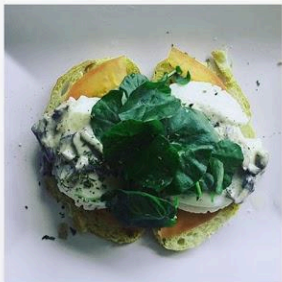




What's for

DINNER?





Yummy Sweetness?

By Jared Martinez

Picture this... biting into a white soft and chewy block of sweet candy that becomes into a chocolatey meteor shower for each bite. Every bite you consume becomes a white chocolate river of sweetness with stone-like sugars flowing through your mouth. 'Hershey's Cookies and Cream' is the tooth addiction sweetener. This the junk food that individually love due to experiencing these dreamful moments of devouring my sweets. It can bring the sensation of enlightenment, giving your brain receptors so much pleasure for your taste buds.

While this is just one food that is not too good to eat daily in a person's diet, one thing that stood out to me in my daily diet is that all I consume can be all processed food or something filled with unnecessary ingredients. In my recent essay, "Americans on Food", it sites how "...the American people have lost touch with their consumables on where they come from and what they are manufactured out of". This gives supporting details how we can see what is wrong of what foods Americans are addicted to any kind of food. This makes us rethink of what negative benefits these lovely goodies give us.

During the DHS food challenge, it gave people the chance to see and the difference of their diets. It gave a little bit of insight to the people who never accepted the healthy eating food life choice. In other words, it gives people a choice in which to live a healthier lifestyle by looking overhead on which are the positive and negative effects on the way we eat. Anyone can find out how and where our nourishments are made, and/or have the action to try the healthy foods someone who hasn't followed upon.

Meanwhile, during the visit of our Culinary arts class, the food that the class presented to us was all non-processed foods and much of a healthier nutrition has been tested and approved by us as guests. The foods gave us a different perspective in taste and feeling through how the food is different with its natural ingredients. Many of us thought many positive ideas and gave a great point to why we should be eating healthy, such as being non-processed. This provides new insight to us as a class by being able to try foods we haven't been served that has been fully non-processed and giving us a little moment how these foods can taste good and make you feel good.

In terms of food, my life will change if I have chosen the healthy way of living. It can change the way I feel when consumed food, maybe give a much better way of managing a daily diet, and possibly tell others how beneficial healthy and unprocessed foods can be well beneficial. While now thinking back of the foods consumed by all people, especially Americans, can go listing through the ingredients and see what effects will do to us.



ADDICTION TO PROCESSED FOODS

By Xevion Harrison

It is a golden crispy, hot-skinned, juicy sensation, which makes a very pleasant crunch sound when I take a bite, and it's white warm juicy texture, which leaves my mouth wanting more. I might just be able to recapture my first fleeting childhood taste of when the crust and the flavorful white meat first hit my tongue. The enjoyment of the crunch when it first hits my tongue, is almost indescribable for me. The great aftertaste remains in my mouth, it leaves my experience with this food wanting it to never end. Although fried chicken is sometimes not the most healthiest thing to eat it leaves me satisfied considering I have ate chicken for most of my life. I will probably never think differently about it for as long as I live, no matter how unhealthy it is.

Fatty foods challenge my current diet. I am almost addicted to chips, candy, meats, and other bad foods. I'm very used to all of them, I've been eating them for so long without a break that they are a part of my daily diet now. It would be close to impossible for me to quit. The fried chicken I eat can have a high caloric intake. Obviously this isn't very good for me with only 24% protein and high saturated fat. My diet isn't really on the healthy side. I'm not looking forward toward quitting because I'm one of those people who cherish what they eat and don't take anything for granted or waste my food. I'm honestly fine with what I consume because it's getting me through the day and keeping me alive and running. I'm perfectly fine with that and it's not really a challenge. As the "What's wrong with what we eat article says" "Were not born craving skittles and whoppers"-(Bittman pg#1) we were trained to want these processed foods.

My DHS Food Challenge was a little rocky. I ate only two good meals that were somewhat healthy. They were a bowl of fruit and a parfait from Mcdonald's which had sugar in them. I then ate doritos with a sandwich. My overall food challenge was pretty inconsistent which isn't very good. I knew it was going to be a real tough challenge in the first place. But I did the best I could do what with I had even though I didn't completely finish the food challenge. I still found my challenge to be successful because that's probably the most healthy I've eaten in a really long time. So that in itself is really an accomplishment to me. I achieved something I thought was something almost impossible even if it was only eating healthy for little less than a half of a day. I feel content and happy about what I have done Mark Bittman says "Our demand for these things,drives us to consume way more calories than are needed for us. This is why I think I had more of a problem with the challenge.

Before the going to visit the culinary class, I had thought good food only could be from produced food but I was terribly wrong. They had food I've never tasted before and it gave me a different mindset on all of it. I had a big change of mind on some things they made a parfait which had crunchy granolas and juicy fruit like blueberries and strawberries. These fruits splattered when you took a bite out of It directly on your tongue, all this with zero sugar added. So that made it healthy and delicious at the same time which Is very rare. So every now and then I try to eat a vigorus meal instead of consuming a produced meal. And once I start being consistent with it I'll be in even better shape then I'm in now. Which means no sodas, bad chips, and cut down on the produced foods which is going to be hard. I'm up for the task but the visit to culinary arts really taught

me a lot ,and made me think twice before I ate something.

In terms of food I'm going to cut down on some food like hot cheetos, and soda, and other unhealthy things. But I'm not ready to stop completely and drop everything. I think for now I'm too addicted to it but slowly I'm drawing away from It because it's really not good for you. me being an athlete it's really not good for me and I'm going to try my hardest to cut it off.



Change Is Strength

By: Jarren Gomez

Imagine coming home from a long day of school and your stomach is growling because you decided to skip out on the malnourished food they serve at your school. You walk into your house and you smell delightful spices and aromas coming from the kitchen. Mother is chopping up crunchy bell peppers and zesty onions so she can dump them into a sweet brown broth. She cuts up the chicken and dumps it into the pan so it can absorb the broth and become so tender that it breaks apart once it has entered your mouth. She juices a lemon so you may accent the chicken's spice with a sour tang. The smells are making your mouth water and it is impossible to hold yourself back. These scents are not any ordinary scents, these are the ingredients being thrown together to create mouthwatering chicken fajitas. However, these ingredients may create a middle ground between healthy and unhealthy food, I have yet to develop a relationship with this dish opposed to the farmers who kill them.

According to the article, "Ever Wonder if You Could Kill What You Eat? We Did the Other Night", Makenna Goodman argues that the killing of chicken is not for sport. The killing of animals should never be for sport, only, "for the sake of food". The importance of knowing how our food lived before we consumed it is vital so we may never forget the sacrifice animals and humans make to survive. Similar to the beliefs of Goodman, Michael Pollan discusses how not only animals and humans make sacrifices but the planet does as well. Customers go day by day purchasing food at the nearest supermarket without asking themselves what it took to package, ship, and create this food. Corresponding to the article, "Farmer in Chief", the food system requires the use of series of fossil fuels which account for, "thirty-seven percent" of greenhouse gasses added to the atmosphere. The challenge of eating unprocessed foods is one that most Americans face in the fight against obesity.

Along with readings about eating healthy and respecting our food, English 11 teacher Mr. Tsuyuki issued the, "DHS Food Challenge". The objective of the challenge was to eat healthy for two days without any processed foods or consume high amounts of animal products. I did not partake in the challenge because it was very difficult to restrain myself from high sugary foods. Eating healthy is a lifestyle choice that can only benefit the ones who choose to do so. Restricting the consumption of processed food and animal products is no easy task. One must research where their food came from so they know what they are putting into their bodies.

An experience that impacted my view of food was visiting the culinary class because I learned that eating healthy does not have to taste bland. Creativity is a large part of eating healthy because one must cut out the highly processed foods that most people are used to. The Culinary class prepared dishes with ingredients that they all picked themselves and created delicious foods that they could trust. They did not use animal products, just simple vegetables and fruits. I now know that meat is not a necessity, it is just a perk that comes with spicing up your meals.

In terms of food, I have become more suspicious about what had to be done for the meal in front of me to be prepared. The addition of any chemicals or antibiotics into my food will cause me to eventually become vegetarian and live a green lifestyle. I consume more meat than the recommended amount but that is not something that worries me because I have a strong mind when it comes to food. I enjoyed the experience of learning what people do to lead a healthy lifestyle.



Rethinking What I Eat

By: Kalina Jenkins

My favorite candy ever. If I were ever stranded on an island and could only bring one thing with me it would be my favorite candy. Its epic sweetness should be illegal. They're just so good. The chewy goodness, almost like a fresh red vine but softer. Slight tanginess. It's delicious sweet tart tasting filling is like a rainbow in your mouth. And I eat them all the time! But, after doing the DHS food challenge, I honestly still eat them, just not as often. After doing my food unit essay, my research taught me that proportion is everything.

My current diet actually doesn't consist of much. I don't usually eat breakfast, I eat lunch and it usually something processed and I eat dinner at least four times a week maybe three and the meal is usually along the lines of something like pasta or vegetables with meat as like seasoning instead of the meal itself. But after I do a lot during the week, I'm literally always doing something. Between Color guard practices, art classes, and my confirmation classes plus homework, I have come to realize that I do the grab- and-go method.

The DHS food challenge, again, was very hard for me. Mostly, because, again, I'm always busy. It was just easy for me to grab something quick like maybe a piece of fruit, or my favorite candy or a cup of noodle etc. It was definitely easier than sitting down and actually making a healthy meal. Not that I don't eat healthy when I do make dinner. But I don't eat regularly. It was hard for me as well because there just wasn't anything I couldn't think of anything to eat. It attempted it in the morning and then lunch came around and I had a salad but by dinner I was screwed because my friend bought me pizza.

In the Culinary Arts class we got to try good food that was healthy for you. As a class, we tried three different dishes. My favorites were the baked potato slices with avocado hummus and the homemade yogurt with berries, oats and honey on top. What I pulled away from this experience is that these dishes are simple and easy to make, you just have to take time out of your day to make it. Also, that if you are open minded to the fact that eating healthy won't always taste great, because the first dish he gave us wasn't all that great, but you can always add to a dish to make great. For example, the first dish he gave us, I would've added some lime.

In terms of food, I've put in some thought, and my conclusion is this: My life isn't going to drastically change because of this experience. I think that it takes time and consciously thinking about what you're eating to change your eating habits. I'll definitely take the things I've learned into consideration though. I will certainly think about putting down that ten-pack of Sweet Ropes at the store and go for some potatoes, avocados and seasoning and do something great.



Rethinking Dinner

By Daniel Reynoso

Cooked in a large metal pot, it has a very thick red color that is slightly spicy. The chunks of pork that break down when it touches your tongue. A component slightly hidden near the edge of the pot has a yellowish coloration but has a slightly bland flavor. Everything mixes together to make a harmonious soup that complements its different components. It is Pozole. To me, before the dish was healthy, but now I learned that this food is unhealthy because the pozole holds large quantities of meat, which is usually pork, and corn inflated corn that is usually kept in a can. The pozole also includes a red broth that is imbued with chili and salt. While pozole can seem healthy, it looks like it can be deceiving. The pork you eat is way more than the weekly recommended amount of meat from the FDA, which is supposed to be eaten weekly. This amount is eight ounces.

My current diet is slightly healthier when I started this challenge, but it still has a long way to go. I still eat really unhealthy food that is purchasable anywhere and in large quantities of meat. An example of this unhealthy eating that almost all Americans have is on average a regular American can eat 204 pounds of red meat per year. For myself, I think I eat slightly more than the average American. While this seems like a little, this does not even include any other type of meat, poultry, fish, or produce an American consumes. Slowly the food industry made us crave food that is not actually food. They made us crave absolute garbage, such as candies, chips, and sodas, which are the worst for our bodies. While looking for information, this really opened my eyes to this shocking information.

When I started the food challenge, my thoughts were it was going to be easy, but I soon learned something which stuck with me till today. That type of food is processed food. This type of food is everywhere in today's society. You have to try really hard to escape it. The salt you use to cook is processed, or the rice you were planning to use to cook is bleached, which is processed. Near the end of the challenge, I was craving sugary items, but I stopped myself by only drinking water that was infused with fruits or a fruit smoothie. Overall, this challenge was a difficult experience for myself, who craves for sweet and salty things.

When I went to the culinary arts class, I thought I will be completely bored out of my mind, but I was wrong. When I went near the culinary room, I could smell the spices permeating from the classroom. The first meal the students served us was a seafood dish. Underneath the shrimp was a cucumber, there was also oregano and thyme. The dish had a slightly spicy and sour taste to it. The last dish was a yogurt dessert that had honey, granola, and blueberries. The dish had a tart taste with a slightly sour aftertaste. If I had a chance to participate in this experience again, I will gladly join in the sampling of the dishes.

In terms of all the different types of food, I can change your life for the better or the worse. In my opinion, every decision anyone makes is based on their self-control. Without self-control, many people make bad decisions to eat out every day or order extra side of grease. With self-control, you will make better choices in your life, such as exercising and eating healthy. Ultimately, the one who decides to eat that unhealthy burger that is dripping with grease and a side order of fries or that healthy salad that you make in your own home is yourself. If people do not change the way they eat sooner or later, it will come back to haunt them when they are older.



How A Healthy Lifestyle Begins With Your Broad Selection of Food

By Joseph A. Gallardo

Imagine yourself entering a restaurant and right when you step in, the wonderful, sweet scent of honey barbeque smacks you across the nose! You then get a thick image of a scrumptious, tangy, crispy char and suddenly your tongue begins to drown in your own saliva, along with a mighty growl similarly pertaining to that of a hungry polar bear coming from your empty stomach. “Mom, Dad! I’m having a full stack of ribs tonight!” Now, even though I love barbeque ribs, I do know that they are not technically healthy for me and there are many other creative ways to eat healthy. In my Culinary Arts experience, I have come to attention that eating healthy can look good, smell good, and taste good too. Also, in the DHS Food Challenge, my teacher advised all his students to eat healthy for two days straight, which was a huge challenge for most of us. For the past two months or so, my english class has been covering the topic of how Americans have distanced themselves from the food they eat. Utilizing the excerpts that we read and annotated, I can conclude that my eating habits are not ideally healthy. These experiences and articles have given me a new lens on food and I can now rethink and have a better understanding of what is good for me and what is not.

In my Culinary experience with getting fed creative healthy food, I learned that eating healthy is not a bad thing, and can be done easily if you have the ingredients and creativity. You can substitute foods you like with similar foods for example: instead of eating a piece of meat with your meal, you can switch it up with a handful of healthy organic mushrooms. Similar to that, the Culinary class prepared the food with as much green as possible, giving it a healthy and more organic look. All three dishes that they made were satisfying and gave me a new perspective on how I can prepare foods if I were to choose to begin eating healthy.

Just like the Culinary experience, Mr. Tsuyuki had us take two days off of our normal eating habits to eat nothing but nutrition-endorsed, green foods. I was not able to participate in this challenge because it was hard for me to find at least three meals a day for two days of healthy eating. The only thing that I could have made and eaten at home at the time was only salad. I was not going to eat salad for 6 meals straight, and this was before we went to the Culinary Arts room to see the different and creative ways to eat healthy. This makes me rethink how eating healthy would affect my life in several ways, and I would die if I had no choice but to eat healthy everyday for the rest of my life. I do not think that I can get accustomed to not eating my favorite foods. This challenge made me realize that eating healthy on a consistent basis is not easy for one who lacks creativity.

To further exemplify how this food experience has changed my perspective, reading and annotating all the food speeches and articles has also made me reconsider the love I have for my favorite foods. In Makenna Goodman’s “Ever Wonder If You Could Kill What You Eat”, she explains how killing her own chicken to eat has drawn her to make a closer connection with the food she eats. Juxtaposing to this, I do not personally kill pigs or cows for Ribs or any other type of meat. I simply just eat it and I do not think twice about where it comes from. Also, in Tara Lohan’s “Urban Foraging”, she introduces the concept of walking around a city, searching for organic foods either grown or simply produced naturally in the environment. While on the hunt for food, Lohan says that her experience with her sideman forager Brill has given her

a whole new look on the environment and she now has that perspective on the world's natural agriculture. Utilizing this, I now know that I can eat healthy for free if I decided to go out and forage.

As you know, my love for Barbeque Ribs is like no other, but since I have received a new perspective on food, I can now distinguish the bad from the good and the good from the better in terms of healthy eating. This experience has helped shape my lens on what real food is and I now have a better idea of what healthy food really is.



Looking For A Change In Nutrition

By: Ruth MacDonaugh

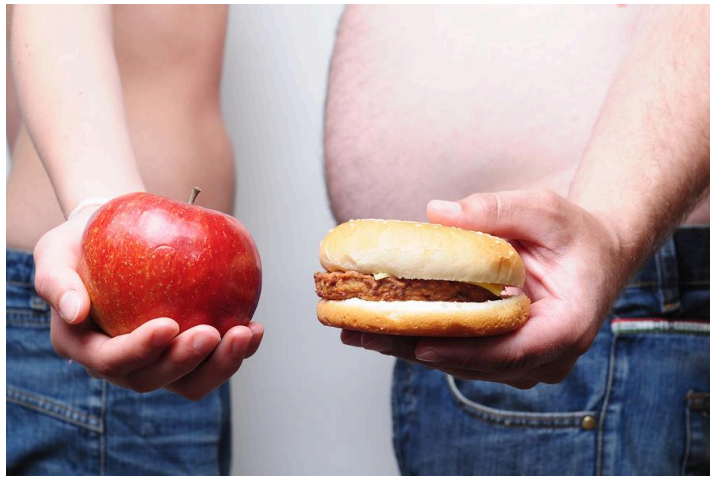
Every morning I wake up and think about the warm delicious meal I will be getting later on that day. I eat this meal almost every other day even though I know about all the non-healthy ingredients this meal contains. I still enjoy getting it almost every morning and looking forward to it when I wake up. I still manage to purchase it from one of the biggest fast food chains in the world knowing about all the non-healthy ingredients. The English muffin, sausage, melted cheese and the egg all combined makes my morning even brighter and gives me a warm filling stomach that I like to have to start my day. McDonald's egg mcmuffins are my favorite go to meal in the morning because it's a very quick process by ordering it and getting my hands on it to put the very non healthy delicious breakfast sandwich into my mouth.

I have learned several things while learning more about the foods us Americans consume daily. The super processed foods us Americans eat are only getting worse and it's having a huge impact on American people because it is making them a part of the obesity ratio. Also, learning about the importance of a healthy diet lead me to learn how not all healthy foods taste bad. There can be a lot of nutrients and vegetables in a "healthy dish" but it might taste so good to the point where we would not even know that those things were in the dish. In Mark Bittman's video that talked about "what's wrong with what we eat" he stated that "you eat more plants, you eat less other stuff you live longer". I believe that Bittman's assertion is that if you eat healthier you could live longer.

My experience with the DHS food challenge gave me a whole different perspective on food. The challenge was a two day process where you should learn to change your eating habits, stay away from processed foods and learn to choose the healthier food options. I attempted this challenge for about half a day until I had nothing "healthy" to eat because that night, my family was eating out and the whole meal was processed. Even though I did not complete the DHS food challenge I did learn many things and it did give me a different perspective on foods and whether or not I should still eat them or not knowing all the bad things that could be in the meal.

The Culinary arts class at my high school and my English class teamed up and the students involved in that culinary arts class got the opportunity to prep my English class three dishes that can be served as appetizers. With the little amount of time that was spent in the culinary arts kitchen I was able to taste those three dishes and realize that foods that aren't processed can still be very appetizing. This experience definitely provided me with a new insight into eating healthy.

In terms of food, my life will change a lot. I think me being a very active athlete playing soccer year around I will need to eat the nutrients that an athlete needs. My life will change in the part that I cannot eat anything I want. I need to eat healthier foods with the nutrients that will prep me to be a better soccer player and keep me a very healthy active player. My eating habits will change but it will only be for the better. After learning about all the processed foods and how bad they are for you it really gave me a better perspective of what I should and should not be eating.



FROM UNHEALTHY TO HEALTHY

By Quintin Duran

It contains a gooey, delicious, cheese center and bread drenched in butter, accompanied with ham that will make your mouth water. Haven't guessed what I'm describing yet? Well it's the most delicious meal ever: a grilled cheese with ham. But after going through this unit I see this delicious meal differently. That whole sandwich is overly processed and not at all healthy. As a result of what I read in the many texts in class, the DHSFoodChallenge, and the Culinary Arts experience, when I eat this dish now it tastes different because I realize what I'm eating and that this sandwich could seriously affect my health.

There were many points in this unit that made me assess my current diet and how I could improve my diet. Like how 60% of the food we eat is from packaged food because I love to eat food that has been processed but even though I know it's not the healthiest. And that most of my diet consists of meat that could possibly end up giving me a fatal disease unless I cut back on my meat consumption. Finally, how the white powder that I end up eating because it's in most processed food is ultimately nutritionally worthless. That's why I decided to give the DHSFoodChallenge a chance to see if eating healthier is better than my current diet.

During the DHSFoodChallenge I was able to experience a whole new set of foods that I would not usually eat in my daily life. For example, I was eating a salad instead of the greasy fast food that I usually eat every day. Also during this challenge I didn't eat any meat which made me feel for some reason like I had more energy. I think because of the healthy food I was eating it gave me the energy that I needed allowing me to get more stuff done, not like when I eat meat and it makes me drowsy. But the food that I experienced in the Culinary Arts room opened my mind even more.

When we first went to the Culinary Arts room I was sceptical about the food they were going to serve us. Like the shrimp salad created a fusion of flavors that exploded in your mouth that you usually can't get in a fast food joint. While the cilantro hummus dip was my personal favorite because even though it was comprised of the healthiest of ingredients it still had an incredible taste especially with the baked potato wedges though some were way too peppery. And the yogurt sour by itself but with honey, granola, and berries can be a delicious dessert for anyone to enjoy. This unit provided a whole new mindset on the way we eat food.

The overall experience in this unit has opened my eyes to the way we eat food. I saw how much fast processed food I was eating, most of it meat. This DHSFoodChallenge will definitely change my life by allowing me to not eat as much processed food and to eat food like we had in the Culinary Arts experience that is completely healthy for you and tastes incredible. From now on I will cut back on fast food drastically even though it will be especially hard because I work at a fast food joint. But like I said, this unit has opened my eyes to a whole new variety of food that is better than fast food that can trump any burger, and is way healthier for you.



Knowing What You Eat

By: Ben Helms

One of my favorite meals is a steak dinner with garlic mashed potatoes. Just the sound off when the raw marinated meat touches the grill, and makes a sizzling sound that makes your mouth water. The fine aroma of the the garlic in the air that makes me so hungry that I can't wait for those sweet words, "Time for dinner". Once my family and I sat down you would want to savor every bit, because of how good the meat was. There was no need for dessert everyone wanted seconds on the steak and potatoes. This was my favorite meal to eat, but I never put much thought into it of what goes into the meat, or how it gets processed. There was not much thought their all I wanted to do was eat what I like, and not really pay attention to what I was putting into my body.

I recently watched a man by the name of, "Mark Bittman". He explains the process of how food is created, and all the things that go into what we eat. He goes into how our meat is processed, and how that to make one simple thing takes like 500 ingredients. For instance the Steak dinner. That steak could be anything. In fact steak is just too generic for what we call it, because their are so many different kind of cuts of steak that you could have eaten. The funny thing is you'd think that they would all taste the same, but they taste different because of the cut, and also what they feed a cow. If you cut a piece of meat of a cow and it it has fat on it it will hold more flavor, but the big part is what they feed the cow. If you feed a cow with grass the meat will taste more firm and not hold as much fat. If you feed a cow with grain it has more fat and has more flavor.

Did you know that you don't need to eat meat at all. My class and I recently did a food challenge were we have to eat healthy. This was not much of a challenge for me, because all my family does is eat healthy. We have all our vitamins at night, and all the food we eat is organic. We always have steam vegetables. Though even though we were very healthy food eaters. We are constantly shopping, so I already have the willpower to say no to that MC, or that tub of ice cream, and cookies. I personally like being healthy, because I don't usually get sick at all.

One of the reasons I loved the food challenge is because of the ending. When the whole class got to go into the culinary class, and taste the food they made. The food they made was delicious, and the best part was that it was all unprocessed food. They were delicious my favorite one would hands down be the oven baked potato chips, with black pepper, and a green dipping that tasted so good I had to go back for seconds. It was really cool on how they came up with these dishes, and surprisingly how good they all tasted.

With all the good food that is out here that doesn't take that long to make, and make for body appreciate it in the long run is worth it. In my opinion I think that everyone should care about what they eat if they want to live a long, and healthy life. I am going to stay on my journey of staying healthy, and I think that everyone should start making a change caring a little more about what your body likes than what you like.



Controlling the food we consume

By: Claire Puno

Half of the world's population eats rice, especially in Asia and Latin America. As a Filipino we grew up eating rice, we most likely can not go on a day without eating rice. It is grains and very sticky when you cook it, it has different colors including, white, brown, amber, red or black. It comes in different colors, shapes, lengths, and is grown in different conditions. It can be use in different dishes, a lot of people consume it with different dishes. It goes with a lot dishes and it is very good. It's not one of the healthiest food because it is a lot of carbohydrate but still we get nutrients from it like thiamine and minerals.

People lost track on the food they consume because they do not keep track on what they eat, there's too much food around them that they do not even know what's healthy and unhealthy to consume. People can begin to control the food they consume by changing the way they look and think about food, people should learn how to consume the right food for them that will not harm their body. Doing a healthy diet was not very easy for me because I did not like vegetables since being a kid, you will get use to being healthy if you are committed on doing it. But being healthy makes human body so much better, it also affects the surrounding of a person that eats healthy. You can find unhealthy food everywhere but not healthy ones, this is one of the reason why a lot of people choose to eat unhealthy. If the environment change, the people would probably change the way they consume food.

Doing the DHS Food Challenge for two days was not easy for me at all, I did not always eat vegetables and that was one of the reason why it was difficult. People would do this challenge but not a lot of young people. Junk food are everywhere and I personally think that it is hard to avoid it especially when it's affordable to everyone, people would rather choose to consume unhealthy food. Being committed on doing the DHS Food Challenge was a lot better because I know to myself that I wanted to do it not just for the extra credit. Two days doing the challenge was very challenging but it was a good experience and start to try and be healthy in life.

Going to the culinary arts class and trying new healthy food was a great experience especially that it was part of the class. Trying out food that I have never tried before was kind of scary but it was good than I was expecting for, it was a good and fun experience. Those dishes that we tried have changed my perspective on eating healthy. Consuming healthy food is a lot of change if people would actually do it. Eating healthy is a lot of work to do to make it delicious but it is worth the work. Fresh and green food can be fun to eat if people would look at it differently.

Life will change if we eat healthy, food would actually change people's lives if they take it seriously and personally. Food is one of basic need of human being to be healthy and strong enough to perform activities of life more lively. Today food has been developed in new ways. Now it is easy to prepare and change the living standards of people. So that they do not need to spend much time on making their food healthier. I am not really a healthy food consumer, it is a bad diet but there's nothing wrong in trying even it will take time. Food habits has changed over time.



2nd Thoughts on Feasting

An aroma of succulence fills the room and my belly rumbles like a growling dog. The sensation of the cheese on the tip of my tongue and the after-taste of the pepperoni is delicious. What makes this particular food so special is that after eating something that I didn't like, this food takes me tongue to a new level of goodness satisfying my taste buds. Its irresistible pull, I cannot resist. It is the taste, the smell, and the way it looks, which always hooks my senses. There is nothing like a fresh slice of pizza coming out the oven, given to me with its special sauce to dip the crust in, with a green hot chili pepper on the side, and a 2 liter drink you get to choose from.

I like to eat cheesy pizza so much, that I had to read about its nutritional facts. As I read *Ever Wonder If You Kill What You Eat?* People seem to get the idea that we are not greedy but we actually are. To prove that statement we just go to the supermarket and look at what brand we want to buy. Also it quotes in the story "Not only does it relieve stress, a direct cause of tough meat but is far more environmentally sensible." We want to know a back story how we get our processed foods. Even though what I like to eat may not be a healthy choice, I feel as though it taste too good to let go of my unhealthy eating habits. People in the world want to eat healthy but are too lazy to cook something at home. All they need to do is look up a recipe and cook it then you know you at least have the skill to listen and to cook homemade food. In a results of the stories I learned food consist of 3 thing; how it looks, how it taste, and where does it come from.

The challenge that we created for everyone to do as well as ourselves is called the #DHSFoodchallenge. In this challenge we had to eat healthy without eating our favorite proceed food. I did not find the food challenge to be hard, all I had to do is resist my favorite food. The processed food is something that I have to buy, but in order to eat my favorite healthy food I had to just eat the food that my mom cooks, as long as she makes it the way I can benefit from nutrients in the meal. Also I love vegetables so it is really no problem to eat what I wanted to eat. Versus if I has a lot of money I can spend then I would just go to the store where all the goodies are that I can buy. I am taught to save my money for clothing and shoes and accessories. The problem is when she makes those homemade pie it get my tummy rumbling.

In the Culinary Arts class we learned how to evaluate food that is healthy to contrast it from junk food or processed food that we usually eat on a daily basis. The first food I tried was potato chips made from potatoes from scratch and their own special dipping sauce which was made from lots of vegetables in the sauce. The texture was splendid it gave an explosion in my taste buds and made them want more of it. I got another chip without dip and it had a little too much salt and the sauce made it better but it was still pretty good. Another food item that I ate in the class was an onion, when they added many ingredients from the kitchen I was amazed at how something so sour could taste like potato chips. Finally we tried a dessert that was healthy and it too was made from scratch. It blends a lots of favors and it made me think that it was store bought. Really you can make most food healthy and just look online how to do all these healthy recipes. You will leave people believing that everything you made was from the store and in reality you got the stuff out your back yard but spices you have to buy. The sensation of that yogurt gave me an outlook on how healthy food can taste just as good as processed food because food. One thing that I learned is that good eating habits can help you lose weight.

In conclusion this may or may not change my eating habits. I now understand the benefits of healthy eating but some habits are hard to break. It will take practice but one day I know I can change it. As of right now I am making progress to change my eating habits because I know that the results will be worth it in the end. Being an athlete like myself, I that eating healthy as well as exercise will get me the body that I desire. For all you junk food eating people I tell you now, get off your couch and drop the ice cream, go make you a healthy meal. I recommend that if you want to avoid getting Type 2 diabetes and live a healthier longer life, change your eating habits now.



A Little Too Much?

By Vahe Aroyan

Why are Americans always craving processed foods? I'm just as guilty as anyone else is. Even homemade foods are guilty of being processed. People think that because they make a meal at home, it means that it is all natural. If I broke down the homemade foods that I love and have eaten as a child, I will see how many processed products there are in it. Americans need to understand how deadly unhealthy foods have become. Based on what I learned during the food unit in my English class, I now know to think twice before eating something processed and to think about the harm the food can do to my body.

Americans need to control the foods they consume. All Americans have an eating and drinking problem, people always want to consume what they want, not what is good for them. In Pollan's essay, he states that food conditions is in the top "four of the top 10 killers in America." Heart diseases, stroke, Type 2 diabetes, and cancer are in the top 10 of the killers we face. Sugars, saturated fat, and sodium is not something your body needs much of, much more healthy to eat all-natural foods.

The #DHSFoodChallenge was a challenge given by Mr. Tsuyuki to eat "healthy" for 2 days in a row. My experience with the challenge was very difficult. It was difficult for me to figure out meals that I could enjoy but also be healthy. It was difficult for me to cut down on foods with loads of meat with it. In Mark Bittman's speech, he argues that "meat is not a necessary food for us to eat on a daily basis." All I wanted to eat was chicken and beef, but from that speech I knew that it was not right to eat lots of meats. I need to incorporate more plants in my meals and need to work on my diet.

The visit to the Culinary arts room was put together by Mr. Tsuyuki to give us a better perspective on healthy foods. My experience with Culinary arts class showed me that foods can be tasty and also healthy. We had 3 stages in our visit to the Culinary arts room. An appetizer, which was a shrimp salad with cucumber, another appetizer which was avocado hummus with fresh potato chips, and dessert which was an all natural parfait. Although I did not enjoy the meals we had tried, it gave me a better perspective on what tasty healthy food is more like. The Culinary arts did a very good job taking all natural ingredients and making it into a full meal. Practicing this will benefit people all over America.

The Food unit taught me a whole lot on my perspective on food. Now when I eat food, I am more careful and more aware of what I am consuming. Noticing if meals have processed ingredients or being all natural. Being more careful on the portion of food I consume is also very important. I don't think I will go completely healthy and not eat any processed foods. Processed foods are all around and it is very difficult to dodge them. The only thing holding me back from eating more healthy is the difficulty of finding meals to eat that I can enjoy, I'm sure that there are plenty healthy foods to eat, but sometimes fast foods is just the easier option for some situations I might be in.



The problem with food

By Jesus Cortez

My favorite meal, which I grew up eating isn't the healthiest food on earth. It taste as if it came from the heavens. Making my taste buds cry for more. So time efficient, you just need 3 minutes to prepare this wonder of the gods. The amount of flavor in one cup is delicious. Its golden noodles that make you drool over a cup of "sopa maruchan". Lately in the past few weeks that the class has studied the topic of food my view on this meal has changed. Making me think of serious problems that could affect my life.

Some of the things I learned that challenged my eating habits were some of these problems with nutritional value. "The way we feed ourselves contributes to the greenhouse gases by 37%"(Michael Pollan'). For instance when I heard that some of these foods are not necessarily nutritious I notice that some food has limited my health with nutrients that the body needs. To make things worse, what it took to make these processed foods has produced so much pollution in the air that affect the whole earth. This could impact the climate in the future, making global warming an even bigger problem.

With the things I learned about food I was also introduced to the #DHSfoodchallenge. This challenged the class to put aside processed foods and make healthier choices. The rules were simple, just don't eat anything packaged or made by a machine. At first I thought this was going to be easy but I was wrong. That weekend was my brother's birthday so my family decided to get an ice cream cake and we went to the buffet. I ate beans, rice, and tortillas. The food challenge showed me how unhealthy I was because I did not really have options. I did not last long in the food challenge.

After the experience with the food challenge I felt that healthy foods would not taste as good as processed foods but the culinary arts class has proven me wrong. The class first started off with the shrimp salad which was simply shrimp on top of a cucumber. The shrimp gave the salad a different taste that I did not expect because I thought it was going to have a more of veggie flavor. The second dish was a cilantro el emante hummus dip, which was freshly cut potato slices and a side of hummus made with avocado. This dish had pepper on which gave it spicy flavor. The chips with the hummus had a really good and spicy flavor which was my favorite dish. This showed me that healthier foods can also has good flavor.

With the things I have learned I will still stay with my unhealthy habits but will try to make better choices every once in awhile. The thing that is holding me back is how much time is put in to prepare healthy food. With processed foods you just need a few minutes and it's ready. I'm too lazy to make the healthier choice even when it gives more benefits and also tastes good but some processed foods are too good to miss out on.



Blinded By “Food”

By: Daniel Perez

As a child growing up in California there are many different types of food that you see and taste that you would never believe, from Mexican to Indian and everything in between. Most of these dishes were unhealthy but as time passed the trend of having something delicious but still healthy spread out. From the many times that I as a child have eaten out at restaurants I came to realize that my favorite dish was macaroni and cheese but nothing was better than the homemade stuff. You see in my opinion homemade dishes are always better, the way they fill the house with the comforting aroma of delicious food and just the thought of family. Since I can remember every Thanksgiving Day we would have macaroni and cheese and it stuck from there on out. This dish is not simply just macaroni and cheese it is a simple dish but it has to be executed the correct way or it will not reach its full potential, the noodles have to be cooked just right and the cheese has to be prepared just right while still being balanced and baked the right amount. On the other hand after realizing once again that mac and cheese is not the healthiest dish I only eat it on rare occasions.

In my experiences I have learned that it is harder than it seems to eat healthy for several reasons such as the cost of it, the taste of it, and the time to prepare it. Unhealthy food became a common trend in California usually because it is quick and easy. Since it is so fast paced in California it is convenient for almost everyone, but there is a catch. Almost everything we eat today is processed and no one seems to care. This did not all happen in one day it grew over time and now as Michael Pollan states in his video “In Defense of Food”, our farm system is now “a calorie conveyor belt”. This shows how not only are we eating unhealthy food almost every day but in order to keep a true healthy diet a person has to dedicate more time than is needed to be sure they are eating healthy or even real food.

During the two day period of the #DHSFoodChallenge I came to realize that it was almost impossible for me to eat food that has not been processed since everything from the bread we eat to even some vegetables we eat are processed. The challenge took more effort than people thought and although I could limit the amount of processed foods that were consumed, no matter what I tried there was no way that I could avoid the processed foods. Then that was when it clicked the point of the challenge was not to specifically stop us from eating processed foods but rather to show how hard it was to do the challenge and stay away from the food we eat everyday. Much like the multiple videos we watched and articles we read in class, the #DHSFoodChallenge was meant to open our eyes and realize that change has to be made over time and by more than just students and faculty at one school for us to return to the healthy lifestyle that was ideal in the past.

Teaching students about eating healthy can be one big step to solving our issues with food system. Although there may be an elective for this exact topic, it does not hurt to incorporate this in other classes as well. For example a week ago my 11th grade English class teamed up with the Culinary Arts class for our first ever co-curricular lesson. Our teacher Mr. Tsuyuki got in touch with the Culinary Arts instructor Chef Prince, they both planned out what we were going to do, why we were doing, and how they were going to enlighten us

on the topic while still making it enjoyable and delicious. When the day came we went to their classroom and they presented us with three different types of dishes, they showed us how we did not need certain processed foods such as mayo or cheese to make a dish that would have been the same with it. Overall I learned that although it was a very tedious process it was possible and in my opinion was a much more practical process than eating at a fast food restaurant such as McDonalds and getting less nutrients, blander food, and an unmeaningful meal.

After seeing how far we have come from the food we eat and the way we used to be more involved with it, I feel as if I am more connected and that it is my duty to try and change the way we blindly consume food (Poison) and put meaning back into the process of food. Of course there will always be reasons for why it is not possible for certain individuals to be able to access or be involved with this, but we as Americans can achieve this goal only if we choose to change our ways and open our eyes to the real world and its problems. Although my opinion still stands I do not believe anything will change in other people's lives until they have seen what I have seen for the simple reason that they are blinded by the ease and effortless process of their ability to reach the commodity that they now know as "food".



CHANGE IS GOOD FOR A BETTER LIFE

By-Vanessa Briceno

Served in a clear cup that has berry sauce all around it, consuming the white and very creamy yogurt that is topped with more berries and it sauce it smells very sweet and a lot like the berries that are being towered over by a little bit of yogurt in the end. Before getting a spoonful of the yogurt and the berries I mix it first so that the flavor of the berries and sauce get all over the white and creamy yogurt because doing this makes it taste so much better than getting the yogurt then the sauce and fruit. With every spoonful an explosion of the syrup and seed from the berries fill my mouth. This is so mouth watering that you never want it to end because it is that good. You may be wondering what it is. It is Costco's Very Berry Sundae. What make me love this so much is how sweet it is and the berries. Even knowing that it is not healthy for me I will still eat it and I also do not see it in any other way.

In this unit we learned about food. My current diet is that I eat less meat as possible. I want to be able to only eat the recommended amount of meat. The recommended amount is eight ounces a week. Right know I am eating way more that what I am suppose to. In order to complete this goal I am trying to only get a little bit of meat in a week. For an example I started off by eating a less meat than I use to the first week. Know I am only eating it two to three time a week. I will also eat fish and other things on the days that I don't eat meat, but I don't know if there is only a certain amount that I should be eating of it. Like in Michael Pollan's essay "Farmer in Chief" he wants the newly elected president to make a difference with the national health system because it is in critical conditions. He also says how food is a problem and our eating habits are bad. Even though food may be a problem, the only one that can change it is you.

The DHSFoodChallenge is a way to know who is willing to change your eating habits and who is not. I did the challenge, but forgot to post the images of my food on the instagram page that was specifically for this. Eating healthy was not my biggest challenge, but letting go of the meat was. Being latina our dishes always have meat. So this was hard, but after the second day I was not as bad as the first where I wanted more, but could not because of the challenge. What helped me get through this challenge was Goodman's article called "Ever wonder if you could kill what you eat ? We did the other night." She said how she has grown up in a farm her whole life and that one day people came over and they killed a chicken. It hurts that you have to kill the animal that you have grown on your farm and eating it, but you have to eat. This is what gave me the courage to do the DHSFoodChallenge. After the challenge we went to the culinary arts room to see how healthy food is.

My experience in culinary arts was amazing. I got to try two things that I have never had. In this class we tried three dishes called Shrimp Salad, Humus, and Parfait. Before we got to try the dishes we had to give an explanation of what you think it may taste like. Then when you were done eating it you have to say how it taste

and see if anything you wrote before trying it had changed. For the Shrimp Salad I put that the cucumber compliments the shrimp because it is a fresh vegetable. When I tried it it was very fresh and I thought it was good. Next, the Humus and the potatoes were placed in front of me. I have never had hummus, so I put that the hummus is go to give the potatoes a richer flavor. It did give them more of a flavor, but I did not like the hummus. It had a very odd taste to it for my liking. Lastly, we had the parfait. The parfait had different kind of berries, it had granolas, and honey. This are the meals that we had. This made me look at the way I eat difference because looking at I eat is bad. Changing my habits will help me live healthy and hopefully longer.

In conclusion, I want to change my eating habits. I know that it is going to be difficult, but I know I can do it. Changing my eating habits will help me in life. Food now will be viewed different because of the article we read. Learning about the food will change people's eating habit because you will find the truth about what is in your food.



Challenging Your Food Choices By Xochilt Aviles

I rip open the papery wrapper and instantly my nose is overwhelmed by the richness of the cacao. Carefully, I follow the printed cutting lines of the bar and break off a small rectangular piece. I bring the piece to my mouth and bite into it. Instantly, I taste the rich bitterness of the dark cacao beans that were used. A times, there is another subtle flavour, hints of raspberry, of spearmint, or even little chunks of almond or cashew. Every time it's a different flavor, different brand, but it is always about the same thing, chocolate. For me, chocolate is an essential part of my life. Having said that, I might begin to reduce my consumption of chocolate after learning about processed foods, my experience with the DHS Food Challenge, and the recipes from the culinary collaboration.

During this chapter on food, I discovered and learned all about Urban Foragers, the history of industrialized food and what it is like to raise and kill our own food. Urban foraging means to search in the wilderness of your city for any plants, herbs or even insects, like snails, to cook and eat. As Tara Lohan discusses in 'The Ultimate in Eating Local', foraging leads to "[seeing] things -- food -- where there wasn't any" and eating nutritionally rich foods. Because of the amount of processed foods now, many people are unhealthy. Around the time of the industrial revolution people began to focus on refining grains more and more. In Michael Pollan's 'In Defense Of Food', he points out that "refined flour is the first fast food". This leads the reader to believe that processed foods are not good for your health. At the same time, it encourages to buy fresh produce and instead cook your own foods. However, this leaves meat in question. Meat sold in stores is also processed. Truly, the best way to eat good meat, would be to raise the animal yourself. Makenna Goodman in 'Ever Wonder If you Could Kill Your Own Food?' Talks about her experience about raising and killing her chickens in order to eat. She says that she "wants to know how that animal lived" rather than buying meat in a grocery store, where those animals most likely suffered before their end. Eating fresh foods are far better for you than processed foods.

My experience with the DHS Food Challenge was fun and not very challenging. I live a vegan-vegetarian lifestyle, so it was not difficult thinking up healthy, veggie-filled recipes to eat. However, while I do not eat animal products, I do eat processed foods that are vegan. For example, Oreos are an 'accidentally vegan' food, which means that they were not intended to be vegan originally, but ended up being so. Like Oreos, there are plenty of other vegan foods that are processed. I enjoyed the challenge because it did set a goal for myself to not eat any processed food that weekend. Usually weekends are when I consume the most junk food. Michael Pollan's 'In Defense of Food' stated that there has been "a shift toward increasingly refined foods". In this statement, Pollan is referring to the increasing amount of people who prefer to buy their food boxed or frozen for whatever reason, it is difficult not too in this day and age. However, this challenge encouraged me to cook everything from scratch, and it really paid off. Everything I ate was delicious and healthy!

Eating at the culinary class was a fun and delicious experience that taught us how to cook food in a healthy way. We were served three separate dishes. The first was a shrimp salad mix served on a slice of cucumber. Although I do not eat meat, I tried this one. However, I did not like it, specifically because of the meat. The second dish was an edamame hummus dip with baked potato slices. I absolutely loved this one. The edamame hummus dip did not actually contain any ingredients regular hummus, but it was incredibly good. The last one was a homemade yogurt parfait with granola and berries. The yogurt was surprisingly good and inspired me to make my own version at home, except using coconut milk instead of cow milk. The collaboration with the culinary class inspired me to cook new recipes to enjoy eating.

My change in food choices came this year in January. It was not because of a specific life-changing moment or a new year's resolution, it was sudden and unexpected. One morning, I woke up and did not feel like eating any meat. The same thing happened the next day and the next day and I continued this way till today. However, I did begin to learn about vegan and vegetarian lifestyles for a few years. While it can sometimes be difficult eating out with friends, I do enjoy

eating the way I do. Though I cannot predict the future, I am sure that I will continue to eat this way for a long time, if not the rest of my life.



Jollibee[®]

Jollibee

By Humphrey Abarquez

My family and I are waiting in line like no other customers. It was no other regular fast food restaurant but a Filipino fast food restaurant filled with Filipino people that I may have met and seen a lot in this exact same place. It became a point of familiarity to ordering the same exact meal every time I come to this restaurant at West Covina, California. As soon as we get our orders set, we are given this time bomb of when our food is ready to be picked up at the front. As the time bomb detonates, I can sense my innerness wildebeest untamed in the wild waiting for its food to come. One box of steamy rice meal with a burger meat patty smothered with gravy, a spaghetti meal for my sister but also for me to share, and one piece of fried chicken for me from my mom's meal. All consumed by me, and for dessert is a plain burger smothered with special pink burger sauce. My favorite and unhealthy fast food place, Jollibee.

Evaluating the impact of food knowledge on our own lives is essential. One essential evidence is consuming sodas or other sugar brands is very unhealthy, according to Mark Bittman "...the world consumes one billion cans or bottles of Coke a day" and connects to Americans not rethinking "...to consume way more calories than what's good for us." ("**What's Wrong With What We Eat**" - **Mark Bittman**). Meaning people distance themselves from the amount of food they consume and consume more calories than they should. But in my experience, I have changed my habits by not drinking soda anymore and limiting my consuming high excessive amount of food. Another point is people need to rethink their lives and live a healthy life. A healthy life can be avoiding fast food restaurants and daily exercise. For example, Tom Colicchio, an American celebrity chef, states "...people don't understand: obesity is a symptom of poverty. It's not a lifestyle choice where people are just eating and not exercising." Tom is referencing obesity as a symptom of poverty because it is society that does not make changes to teaching kids a healthy body. As for me, I have learned to exercise more and always be outgoing not a couch potato.

As a class we were forced to do the Food Challenge by our English teacher Mr. Tsuyuki. I did not do the DHS Food Challenge because it was very difficult to cope when unhealthy was always there to bare and I like discipline on ways of eating a healthy fruit or vegetable. But, I have witnessed what a healthy food is by looking at my colleagues' food challenge blogs and posts. Overall, I did not know the basis of consuming a healthy food or lacked discipline on consuming healthy base foods.

After our food project, we got an opportunity to visit the culinary arts class to learn the bases of eating three healthy food samples and how difficult it is to prepare a healthy neat meal. This experience helped cope with my consciousness and to step out of my comfort zone and consume some of the food I have never taste or eaten before. For example, the first sample we tasted was shrimp with cucumber, the cucumber was new to me and it took huge peer pressure and courage to try it. Another thing I learned at the culinary arts visit is how difficult and neat it is to prepare a healthy meal. A healthy meal must be prepared with certain seasonal ingredients and not cooked fried or was only meant to be eaten as a healthy food. Overall, I learned to step out of my comfort zone during this experience and preparing a healthy meal is difficult.

All in all, in terms of food I now avoid fast food restaurants and limit eating processed food. Lastly, the last step is to eat high amounts of consumable healthy food and step more out of my comfort zone.



Rethinking Dinner

By Brianna Ponce

As I open the bag of chips, the smell of chili and cornmeal reaches my nose. My mouth waters at the smell of it. I go into the bag and grab a couple of the bright red treat with my right thumb and pointer finger. I can feel the small grains of chile on my fingers. I bring this chip up to my mouth. I put them in my mouth and instantly hear the crunch of this amazing bright red chip. I can feel the chile instantly burning my mouth as I chew. I don't think this is enough. I go to my fridge and grab a cold lemon from the drawers. Getting a knife, I slice the lemon in half. I squeeze the lemon into the bag and I shake it around so the rich spicy flavored chip has lemon juice. Reaching inside the bag, my fingers grab the Xxtra Flamin Hot Cheetos and I put the sour but hot Cheeto into my mouth and enjoy every moment of it.

There were several important points that I learned that challenge my current diet. One was how processed foods were made. The foods that were processed were taken apart and then put back together which lost its nutrients. Also how we eat too much fast food. We should go back to making more home cooked meals instead of going to a fast food restaurant. And lastly how we don't grow our foods naturally. It would be better for us to grow our own foods because of how much healthy it would be.

My experience with the #DHSFoodChallenge is that I had tried to do it but it didn't turn out so easy as I thought it would be. I thought it was going to be a walk in the park. I realized I ate a lot of processed foods. More than I thought I did. The more I thought about how much processed foods I ate, I thought about the TED Talk we have seen. Me, trying to do this challenge, supported a lot of Michael Pollan's ideas. He had talked about how much people have diabetes and have a bad eating problems.

My experience with the culinary arts class was actually very educational. I didn't realize how complicated but good non-processed foods were. Chef Prince had explained to us how they made the foods and what they had to buy and what they had to do so nothing was processed and also healthy. For example, when they brought out the potato chips and hummus, instead of frying the potatoes, they baked them so they were healthy and to season them, they used pure salt and pepper. This experience did provide new insight for me into eating healthy and eating less processed foods.

In terms of food, I don't think my life will change. I think what is holding me back is that I eat too much processed foods. I play sports so after a game, usually we go out to eat at some fast food restaurant or get food that isn't really good for your body. Something that also is holding me back is that my family is always on the go because my brother also plays sports. So we have to get something quick to eat on the go. It's hard to say no to foods that aren't good for you when you're hungry and need something to eat. Also, I think I just like processed foods too much to change with food.



Rethinking Dinner

By: Emily Diaz

As I open the microwave I take out the steaming cup out, being careful not to spill any of the savory and delicious content. The 3 longest minutes of the day finally come to an end and the convenient meal I'm about to enjoy is filling me with excitement. I set down the cup and squeeze the juicy lemons I cut from the tree into the hot soup, I add one last ingredient before indulging, and its Tapatio. The bright red, spicy liquid that slowly drips into the cup, filling the contents with spiciness and tanginess was the last thing I needed to add to my dinner before it was done. As I wrap the noodles around my fork, I slurp the juicy and the perfectly cooked noodles, tasting the sourness from the lemon and the spiciness from the Tapatio. Getting occasional pieces of fake vegetables and enjoying the convenient meal. Cup of Noodles has got to be one of my favorite foods, however I am thinking of making changes to this habit because of my experience with the Culinary Arts class, the #DHSFoodChallenge and the several sources we read in class.

I know that one way that my diet is challenged is because I consume too much meat, that is mainly the problem with most Americans. Mark Bittman discusses how Americans over consume meat and they don't eat enough plants. Specifically he states that "Over Consumption of animals[...] is the problem". I can admit that I don't consume as many vegetables and fruits as it is recommended to. Bittman also stated that it is important to cut down on the amount of meat we eat since so many health problems are caused by meat. Therefore I will try to reduce the amount of meat I consume and I will try to eat more plant-based meals since they have more health benefits.

My experience with the #DHSFoodChallenge was unique since I could not last the two days that I was supposed to. I knew it was going to be difficult since I eat an extremely processed and unhealthy breakfast at school. Also along with that I did not have much of a say in what I ate for dinner since my mom says that when she cooks we have to eat what she cooks. Being from a Mexican family we don't really think if the food we are consuming is healthy we just think about the taste. Therefore when my mom made enchiladas, refried beans, and potatoes I knew the meal was not healthy enough and I failed the challenge.

Collaborating with the culinary arts class really changed my perspective on what healthy food should be. They introduced new ways to incorporate healthy unprocessed foods and use them in delicious ways. The first dish that the class provided was a shrimp salad, I was not too pleased about his dish due to the fact that I am not a fan of any type of seafood. However, I know that if I did like seafood I would have enjoyed it. On the other side, the Edamame Hummus, along with the baked chips, were delightful. The crunchy chips, which were healthier than fried chips, went along perfectly with the creamy "Edamame Hummus". The hummus was perfectly seasoned and although the chips were a little pepper heavy they balanced each other greatly. Lastly the dessert, which was a yogurt "Parfait" balanced the tart yogurt with the sweet honey and berries in a great way. Overall this interaction showed me recipes using foods in a way I didn't think about before.

Even though most of my diet consists of home cooked meals and my parents dont allow me to eat out that often I still eat a lot of things have little to no nutritional value. I want to pursue a cleaner diet that contains less meat and less instant meals, right now I don't have much of a say in what I eat since I eat what my parents cook, if there's nothing prepared, that's usually when I rely on instant noodles since I get home from school hungry. Hopefully when I have my own home in the future and I can control the food I eat my eating habits for the better.



Rethinking My Diet
By David E. Romo

A specific type of food that I eat often that isn't quite healthy for my health is food from Los Cinco Puntos. The food from here is so good that you can see the steam coming off as you open the wrapper, the softness of the freshly made tortillas, and the sound of the knife cutting the meat as it is being prepared right before you. As you begin to eat, you get the flavor of the salsa and the meat together creating a perfect flavor combination. You can really taste the quality and the love that went into making the meal. The tacos from here are one of the best meals I have eaten.

I did not think much of my diet before this unit. Once we started this unit I started to understand how bad my diet was. I learned that my diet consists of purely processed foods and that can be very bad for my health. As it says in the article "Calorie Conveyor Belt", "Processed foods are one of the best inventions for getting people food easily and quickly but it is one of the worst for human health." This is the reason why I need to change my diet even if it is going to be a challenge.

My experience with the DHS food challenge was not a good one. I tried to complete the challenge but in the end, I couldn't do it. I think the reason that I could not complete the challenge was because processed food is everywhere in my daily life and non-processed food is hard to find. I believe if healthy food was more present, I would be able to eat healthy and go on a diet to become more healthy.

What I learned from the collaborative activity with Culinary arts was, healthy food can be good if you prepare it right. The food that was made did not have anything processed and it actually came out good. The hummus and the fresh potato chips were actually a very good combination. When I tried to do the #DHSFoodChallenge, I couldn't because processed food was all around me. Also due to the fact that I didn't really know how to eat healthy. If I would have known how to cook healthy food like that I'm pretty sure I would have been able to do it.

My health is something very important and it should be taken seriously. In this unit I learned just how important my health is and how I am damaged by processed foods. Towards the end of the unit, it came to my attention that I could change the way I eat by focusing more on natural foods, and more towards the healthy side. Overall this unit showed me in depth the truth about food and it's affect on my health.



Healthy Epiphany

By: Perla Barraza

They are crispy, salty, and golden slices of potato. My favorites are from fast food joints and restaurants. They have a promising flavor of potato with a slight hint of salt embodied by a skinny and small silhouette. Others are more crispy and greasy from being submerged in an ocean of boiling hot oil. The savory explosion that takes place in my mouth has me hooked. I still think French fries are delicious despite of knowing how heavily processed they can be. I am more conscious of what they consist of so I eat them in moderation and not overdo it.

Choosing fresh unprocessed ingredients is harder than it seems due to one not knowing the true origin of our food other than grabbing it at the grocery store, which made me realize that I don't know the true process of where certain meals I consume come from. Tara Lohan stated that People yearn to "understand where their food comes from" and to "participate in that food system." This evidence made it crystal clear to me that, even though I believe I am eating healthy due to the fact that I or my mom prepares my food is not entirely mystery free. The farthest we know about what we buy is the local "Ralphs", which is hard to acquire the food from their roots ourselves because we simply don't have the time.

An important piece from "In defense of food- "Calorie Conveyor Belt" is the fast food we eat is triple the fat on "sugar, on fat, sugar, and salt". This is the description of fast foods which is very damaging to me when I eat fast food which is two times a week. I am very conscious that it hurts my health, eating fast food is all about how convenient it is not about its nutritional value in my case. According to "Health.gov" Fatty and sugary foods are high in calories but lack "Vitamins, minerals, or fiber." I eat my vegetables and fruits daily so I receive my vitamins, minerals, and fiber. I so very often give in to sweets like cookies and chips which is not okay because they have no nutritional value and can be very fatty if I went overboard.

I loved participating in the DHS food challenge it was a fun way to change up my meals and realize how much better it feels to eat clean. The challenge tied in with Tara Lohan's text on Urban Foraging. The challenge consisted of cooking with not heavily processed foods which relates to Urban Foraging in a sense of the process of finding the healthiest ingredients. The Food challenge had elements from what we learned incorporated in an experiment to test what I knew about how to eat healthy and to remember to resist temptation.

The Culinary arts class experience made me see the true hard work it is to make every dish from completely unprocessed ingredients. The dishes were great and I felt very healthy after consuming them. The experience made want to try cooking totally unprocessed and to pursue eating unprocessed and natural. Overall the experience made me respect natural cooking more than ever.

In terms of food I will definitely think twice about what I eat and appreciate that the simplest ingredients are the truest. I won't eat healthy and unprocessed 100 percent but I will try to incorporate more of it in my life. It's hard to stay away from fast food because living in Southern California there are fast food joints in every corner. This experience was a wakeup call for me to start caring about what I put in my body.



Rethinking What We Eat

By: Jeremie Xavier Bituin

When I open this delicious, non-nutritious, burning beauty snack, it makes me happy to smell the hot cheese powder. When I eat it, it gives me excitement like having your first kiss in every bite with a single piece. The crunchiness is music to my ears. After I finish, I always suck my finger in way I'm sucking a lollipop and feeling the hotness of the cheese. Feeling the hotness flow down to my throat and into my belly. Inhaling fast so the spicy powder dissolves in my mouth. The adrenaline that the hot Cheetos gave me, making this chips my number one snack. Fast food is deadly satisfying, that's why people love to eat unhealthy food.

One of the important points that I learned that challenge me is when the food is less expensive especially fast food. A lot of fast food is cheap and affordable so people including me are having trouble eating healthy food so I prefer to forage. In the article "The Ultimate in Eating Local" by Tara Lohan, it states that "it's fun, less expensive, more nutrients." Processed food are all over the market, so it's hard to find fresh ingredients to the food we're eating and it's better forage or our own food. Since processed food took over the market and there is a frozen or canned food making easier for the consumers to cook or to open. Eating unhealthy food can cause us deadly fatal disease. In the article written by Michael Pollan, "Farmer in Chief" it states that, "diseases linked to diet: stroke, cancer, and heart disease." Balance what we eat and avoid too much processed and fast food at all times.

The "DHS Food Challenge" gave me an experience on how to be healthy. It's hard like a solid rock to do this challenge because you need to have a meal plan for just two days and it's hard to find fresh ingredients. I've tried to eat healthy before by eating minimum meal but I never tried to eat healthy for two days and it's hard. Being healthy is not bad at all, but people need to sacrifice time and dedication to be healthy.

Our class and the culinary collaborated to give us a perspective of eating healthy. What I learned from the collaboration was eating healthy can be good if we prepare it right. The culinary class prepared three dishes, this dishes are freshly made with 100% fresh ingredients. The first dish was a fresh cucumber topped with fresh prawns and seasoned with vinegar. Second dish was a fresh baked potatoes with hummus made with avocado. The last dish was a dessert, a freshly made yogurt. All of this dishes are 100% fresh. Dish with story every single ingredients, flavor, aroma, and bite.

My love for food will never die, food changed my life. It's because of food I met friends, food can be a way to get close to family. The way I eat food will change for sometimes. Healthy to unhealthy and fresh to processed. I can't change the way I eat because there is a lot of processed food that is holding me back from being healthy. Processed food is all around and it will never be stopped spreading and again being healthy is a choice.



Rethinking Dinner

By: Elizabeth Alonso

From a young age, I have grown into a world filled with processed foods. I believed that it did not matter whether a type of food had multiple processed ingredients or none. Although processed foods are considered unhealthy that does not take away from the fact that they taste delicious. The rich taste and smell of the well cooked meat topped with melting cheese, fresh lettuce and tomato all in between two semi toasted buns. All this deliciousness paired with freshly fried cut potatoes with a hint of salt. From this food experience I have learned that even the simplest kinds of food like a hamburger and fries can have a great effect on our health.

Through the articles and videos that we have seen I realized that nothing is technically considered healthy. Processed foods have been developed to become a part of our diets and is the reason so many Americans have health problems. Looking back at my experience with healthy eating it is sort of difficult because I do not cook for myself. Having to depend on my mother to cook is a big challenge in terms of cooking healthy meals. A certain quote that I recently read in an article really stuck to me which is “We’re not born craving whoppers and skittles” (Bittman P.1). The way I interpreted this quote was that originally we did not need processed foods so why do we so desperately need it now? This made me realize that processed and fast foods are not necessary to our diets and controlling our eating habits will only be good for us.

The DHS Food Challenge showed me how difficult it is to find foods that are not processed. Throughout the day I did the challenge I experienced some hunger due to the fact that I was not sure what kinds of foods were classified as healthy. I consumed things like smoothies made with mostly green vegetables and oatmeal. I did not fully finish the challenge because I did not have enough time to prepare something healthy. During the day and a half that I did participate I saw how difficult it was to stay away from fast foods and other unhealthy goods. Everywhere I went I would see a lot of unhealthy foods and although I did not consume anything like that it was still pretty tempting.

The collaboration that occurred between our class and Culinary Arts was very eye opening. I never knew how much you can substitute unhealthy and processed ingredients with natural ingredients. I did not like most of the food because it contained ingredients that I am not very fond of like shrimp. The only dish that I enjoyed was the potato slices with hummus since it did not feel like it was full of condiments. It was a good experience because it taught us how eating healthy can not only taste good but can positively contribute to our health.

It is easy to say that my life would change in terms of the food that I consume but it would be challenging to actually attempt it. The articles we have read have changed my perspective on food completely. The only thing holding me back from eating healthy is my laziness. Time is also a key factor in my unhealthy diet because I do not have enough time to make a healthy dish due to having a lot of homework and going to club meetings. It is easy for me to eat things that do not take a lot of time to make. I should probably make time to make a proper meal that not only tastes good but gives all the nutrients needed.



Loving Processed And Healthy Foods

By Bianca Delgadillo

Throughout my life I have eaten many different dishes, but there is one dish that sticks out to me. This dish makes me feel comfort and cheerfulness, from the creamy sauce to the savory chicken and the long pasta strings. The best part about this dish is the smooth, garlicky, peppery, cheesy sauce. I have been eating this dish for as long as I can remember and now having a better understanding of processed foods it has made me look at my favorite meals differently. Although this dish will always be my favorite meal, the experience I get while eating it has changed from a great experience to just thinking about the amount of processed foods I am eating.

After watching and reading all those articles it has been a challenge on my current diet. My home is filled with lots of processed foods and protein. Now knowing that, “Diseases [can be] caused by deficiencies” (Michael Pollan: *Excerpt from In Defense of Food*) I have been more aware of what I eat. The diets of Americans consist of mainly processed foods and they are not getting the nutrients from natural foods, which cause scurvy (vitamin C), anemia, etc. Tara Lohan states, “the food tastes better” in *The Ultimate in Eating Local: My Adventures in Urban Foraging*. Eating natural foods has a unique taste and a way of finding it is in foraging. This article caught my attention and made me think of new ways to incorporate more natural foods into my diet.

Even though I only did the DHS Food Challenge for one day it made me realize how accustomed I am to eating processed foods in my everyday life. I was able to grasp the idea of American’s diets and most of their diets only consist of protein and processed foods. I was surprised to find that even the meals I thought were healthy for you had some sort of a processed component. Throughout the unit there were videos and articles, which helped me see that nowadays people do not care about where their food is coming from and how it will affect them in the long run. I was one of those people before the food challenge. With the experience of the challenge my diet has changed a little, by cutting down the amount of processed foods and protein.

The event we had with Culinary Arts shocked me because the non-processed dishes were great. Going into this I thought I would just learn about bland foods, like salads without dressing or toppings. All the dishes I tried were really good, especially the baked potato chips with hummus dip which made me realize that I can have an healthy and enjoyable diet without the hassle of eating boring foods. The dishes exceeded my expectations and were refreshing and light. With the knowledge I got from the unit it has made me think twice about my diet.

Being so adapted to eating processed foods in almost all my meals will make it harder to change my diet. Even though this is the case I am still going to try to change my diet little by little. My life won’t change drastically from this because taking these little steps will help me adapt myself to a new lifestyle and better lifestyle.



Cheesy Goodness

By Karina Alvarez

Coming home from being broken down and having my energy drained from a place where I am locked up for 8 whole hours. As I look outside the window of my mothers car I see every house that goes by just think about the flavorful cheese and bursting with flavor. The only thing keeping me from my mouthwatering delightful joy are these walls filled with all the dull, spiritless and waiting to get out kids. Once the freedom comes I would have to drag my own two feet to reach my destination of having a cheerful bite of the amazing cheesiness which tastes as good as bacon and looks as yellow as the rising sun that hits my face every day. I walk up to the metal door with sweat coming down my face as I reach for the handle. Once I open the metal door a burst of smell that is so cheesy comes to me and slaps me in the face. I ran up to it and the way it sits there looking right back to me with its noodles covered with cheese. The amazing smell of different cheeses and just by looking at it makes me want to get my sunglasses because of the raising yellow that comes from the noodles. Then I take a bite and my eyes widen as I chew the lumpy, hot, cheesy, extremely chewy, bursting out with flavor, delightful, cheese so stretchy it hits me on my face at I put it in my mouth. I will never forget the delicious flavor of macaroni and cheese. Mac and cheese may not be a healthy meal but this is something I could never stop eating.

When you start something it will always come as a challenge. A diet for example healthy people would say it is so easy, only because they are used to it but a non-healthy person starting a diet could be maybe the biggest challenge of their life. To being healthy is actually very easy if you put your mind into it, it is just having to actually start it is the hard part. Once a person stops eating what they love it becomes hard to continue it. In other words once that person sees or smells their favorite unhealthy snack they are going to immediately go back to it with no shame. Well maybe after they finish their snack that is when they would feel the shame. This happens to many people and they always regret it afterwards. It is not just food, people are being unhealthy by what they do or even what they drink that could also be the big problem. How could people resist the food if everywhere they go there is a fast food place with a drive thru so now they could be just wait in their car and not move a muscle when they are getting their food. It is not always the unhealthy food consumers fault. When they are in the diet how could they eat healthy if everything is a fast food place and bad for the people.

Having to do the DHS food challenge was surprisingly easy but then hard at some points because I would like to consider myself a healthy person but then again we did this challenge when I was invited to a family party. The hardest thing was having to go to that party and only having to eat the vegetarian salad my cousin made for herself. Once the two days were over I did not really feel a change because I just ate what I

usually do but I did really want to go back in time to that party and eat everything they had. It was very interesting having to post what I eat and as well as seeing other people's post and see if they are suffering with this challenge. For me the hardest thing was how I am going to start it. Continuing is easy because you are getting used to it but starting it is the absolute hardest part for me. This was a really fun and interesting experiment, I would be willing to try this again.

Culinary is a beautiful art if I do say so myself. I love food so much it is crazy. This experience really provided a new sight in healthy food. We went to our culinary class and they made us some healthy treats. Dish number one lead me to think that cucumber, shrimp, and a splash of lemon. As a person that does not like shrimp or seafood to be more exact, it actually took me a while to reach out and grab this cucumber salad. The combination of those food were very appealing and especially the splash of lemon. Then dish number 2 came, it was potato chips and dip. The dip was very similar to a hummus with a flavor of avocado and cilantro and the potato chips were homemade with a lot of pepper and sea salt. My initial reaction was that it looked better than it tasted. The only thing I liked was the potato chips. Last but not least the third dish, this dish was my absolute favorite. The presentation was amazing as well as the taste. It was yogurt with honey and berries, strawberries, and some homemade granola. My reaction to this meal was that it was going to taste amazing and all I could say is that this was my favorite and I would love to eat it every day and especially knowing that it is healthy makes it 10 times better.

Food is the main thing in my life and pretty much everyone. Everyone has their own way of eating whether it is being healthy or just straight out junk food they just love it. I think I would change the way I eat because I do eat healthy but once in awhile I would enjoy a taco from taco bell or a burger from McDonald's. Nothing is necessarily holding me back from eating healthy it is more like I already do just I do eat out once in awhile. Do not get me wrong this challenge was incredible but I do have to say there is not much of a change for me.



Healthy Living

By Faith Awolesi

Usually when I eat this dish, I do not think of the downsides to eating it because I am mainly focused on the taste of the food. I do not think of how the meat is probably processed or how bad it is for my health because it is fried. My mouth waters as I begin to think about the savory flavor that is about to enter my mouth: Honey Barbeque. When I take my first bite, I start to think about how good it tastes after every bite and how I want more. I love this food because every time I eat the Honey Barbeque wings, they leave me wanting more. After doing the #DHSFoodChallenge it changed my view on what I should and how much I should eat. It helped me see that the food I think is healthy is not really health but the media makes it seem like it is the best food for us.

Processed food has taken over in many homes and it has lowered the value on a decent home cooked meal. Home cooked meals have lost their value and Americans do not cherish them as much as they used to. They used to be mandatory and eating out was a rare occasion, it only happened if the parent was too lazy to cook something. Eating healthy and changing a food habit does not mean just going to a local supermarket and buying what we think is healthy, there is another way to changing the way we eat. Foraging has become a very popular thing and it is very reliable. It educates us on certain foods we did not know about and it can also change your perspective on the food that we think is not food but is actually food. Foraging beats going to a boring old supermarket any day and it has its perks.

The food challenge helped me start something I should've started a long time and that is eating healthy. Changing the way I eat is kind of difficult because I have to think about which foods are processed and which foods aren't processed. During the food challenge I had to watch out for the snacks I eat and the meals I would eat. I could not put ranch any salads that I ate because ranch is considered fat. Overall the whole challenge was challenging because it makes you really consider everything that you put into your body. It mentally challenges you to change your eating habits and to do a different routine than you normally do.

The culinary arts experience showed me that food can be tasty looking and not bland. Eating those dishes made me want to try them out myself and show it to my family. If I were to show them to my family, they would want to continue and try to make new healthy meals and stay on that healthy path. Tasting the food the culinary teacher prepared

for our class was not as bad as I thought it was going to be. They were really good and the way they looked made me want to try them and even try to see if I could do the same thing at home. My favorite dish was the last one and that was the yogurt with granola, honey and berries. At first, I thought it was going to be bitter and not taste well but it was actually very delicious and my tastes buds wanted more. Going to culinary helped me understand that health food is not bland and that the visual part is intriguing and it made me think “What is in this dish?!” This was a memorable experience and I am glad that they combined the classes to get this done.

This food challenge has changed my life slightly. It changed my view on things and made me realize that just because the food is good does not mean that it is good for you to eat. Not only did eating balanced meals and exercising made me feel really good inside and it gave me this energy that I normally do not have when eating the junk food. Americans need to start taking more care of their bodies and watch what goes into it. They can go on fun adventures or foraging, to find food that they would not normally find at a local supermarket. I believe that if we put as much effort into buying the processed food then we can put the same amount of time in buying healthy food.



Processed Addiction

By Peter Carrillo

When my hunger strikes processed chips are my daily snack. The package reads “made from real cheese”. Once I open the bag I can smell that spicy addicting chili powder as it permeates my nostrils. The minute that robust flavor hits my tongue, it wakes my senses, I then shove many more in my mouth. The red, yellow, and orange bright attractive bag of Hot Cheetos reels me in. After all that I learned in class about processed foods, I now feel differently about Hot Cheetos, because they are so very unhealthy, and I realize that I should choose to eat them less.

Americans nowadays are not making smarter choices, because of our busy lives they are mostly eating at fast food restaurants due to time constraints. Not surprisingly, there is food experts, nutritionists and Doctors that are trying to change people's eating habits to make them eat healthier. In fact there are professionals that help others to eat fresh and educate them on healthy diets. According to Mark Bittman ted talk “if americans eat 50% less meat-it's not enough of a cut, but it's a start.” People are changing their eating habits and eating less meat, but still not enough of people are making this change. In this day and age one would assume we would just eat products for good nutrition, but we eat in such a bad way, it's not good for us.

My experience of the DHS food challenge that I didn't take part in, I looked through the pictures and saw other students experiences, when they changed their eating habits to be healthy. According to the pictures on instagram people posted pictures of healthy foods instead of processed foods and eating a little bit of meat. The challenge seemed difficult, I think that's why so many people fail because eating poorly is so convenient. One point that struck me was how people are eating now which is fast food restaurant “there so-called lifestyle diseases..... That are far more prevalent...”. People are helping other people to change their eating habits to be healthy, so people would not end up with diseases. The DHS food challenge helped people to try to change their eating habits to give them an idea that being healthiness can help you live better.

In culinary arts what I experience was I tried new healthy food which they looked delicious and small which help me know what to eat. The culinary arts chefs know what is not process and what is process which they can make delicious healthy food. When I tried the delicious yogurt with granola they told me about it that how healthy it is and what they did with it so it won't be processed. So the experience of trying the healthy food it may help me change my mind of changing of my eating habits. The culinary arts class was a great trip to learn different food to give us an idea and show us to the right path of being healthy.

In terms of food, I have not yet changed my eating habits as of yet. I have developed an awareness however, which has led me to read the nutritional value of what I put in my mouth. I plan on eating better, but my urgency has not yet developed. The truths behind processed food has scared me but not enough to give up the infamous “Flaming Hot Cheetos.” I have a feeling that processed foods, no matter what the trends are on eating healthy will always be around because of the addiction people have on it.



FOOD IS MONEY

By Roberto Bejarano

It all starts with the blue, black, and white wrapper most of them come in. Getting home and laying the package on the counter knowing that in just a few seconds' childish joy and delight will swarm the body of the consumer! Pouring the milk into the cup right under the jug being one of the hardest things to do because the childlike impatience is unbearable. Finally, filling the glass and setting it next to the package, the inevitable opening and peeling of the package is like peeling off the screen protector of a new phone revealing the shiny, glossy reflective finish. The white, rich, filling that make up its guts is like vanilla ice cream, sometimes being too irresistible to just lick every white flake off one of the two black, chocolate cookies that gives it a crumble like feel when you bite down on it. Milk is its best friend. Eating one that has been soaking in milk long enough to become soft, moist and full of delight is almost as good a feeling as finally passing your driver's test. Oreos!

Oreos are far from being known as a healthy snack that is good for your health. It is the exact opposite. The food industry is well known for changing the state of the mass produced foods all across the state, country, and even world. "Miss when you don't have it" this quote from the PBS documentary, "In Defense of Food," explains how with the manipulation of food gives people somewhat of an addiction to whatever was purchased from the store. "It's not very good for human health." What the passage is trying to explain is that the food industry are not in it to find the most healthiest of meals but to find what makes the most money. To support this idea, the quote "they want to maximize their sales" helps support the fact that the food industry is in it for the money, not for the health of their consumers.

I would consider the Duarte High School food challenge an interesting challenge to participate in. It was definitely enjoyable to try but it was challenging to eat healthy if you're on a budget. The places I went to eat had a very pricy menu for healthy eat such as salads and other things that would be considered healthy like baked potatoes and other vegetables. It is definitely something I would recommend to a lot of people for them to try out because it really opened my eyes about how hard it can be to really eat healthy.

Being healthy does not mean just eating salads and vegetables. You can still eat a lot of what you would normally eat, just as long as you change a few ingredients to the dish. Taking a trip to culinary helped me realize that you can eat something like chips and dip and still be healthy about it. It is all in the ingredients. By using more natural ingredients to make up the dish you can still eat your favorite foods and have it still be healthy for you.

Overall, the real reason for all this is to show that it might be different and give a challenge to eat healthy but, it is not impossible. Knowing how manipulative the food industry and companies can be I will be willing to try living a healthier lifestyle. From what I have learned, you don't have to change what you eat you just have to adjust the ingredients it is made from.



Exclusive Fried Chicken

By Justin Hillyer

One of my favorite meals is Fried chicken with Mac and cheese and vegetables and the reason why this is my favorite food because it reminds me of home and that's one of my family traditions meals. The fried chicken is not greasy and processed the vegetables are fresh and the mac and cheese is so cheesy. My experience with processed food has been okay it taste like the real thing but it's not. One time I ate at Mcdonalds and I ordered a big mac and it was a okay burger but a hour later I was throwing up I felt so sick and come to find out that the meat wasn't cooked the way and after that day I'll never eat at Mcdonald's no more. The fried chicken dish I think of it as home because I've grown up eating that same dish we might switched it up and by that I mean instead of vegetables we would mac mash potato's or instead of mac and cheese we would make corn on the cobe but other than that fried chicken is really one of my favorite dishes.

From all the different experience that I've gone through like the story's we have read and the trip to the culinary arts class I've learned that healthy food can also be good to like instead of fried chicken I can eat baked chicken I might not taste as good as fried chicken but it's healthy.

Several key points that I have learned from this little challenge is what Mark Bittman said and he said "we don't need animal products to survive" and I really do agree with that statement because we as people don't need processed food and meat to survive. Mark Bittman points out that there is meat everywhere so in other words that means that you can find meat anywhere and that's what people eat all the time that's why people don't live as long as they want to or in other words hope to. From Michael Pollan's essay there was a question and it said why do you think so many Californians have diabetes? In my honest opinion I think it's because we don't really care about our health and the other part is because people may not really know what is in the food but the main reason is people don't care and in Michael Pollan's essay he points out that now there is processed grains and there working on processing glucose and that's not good because in a couple of years the rate of obesity will go up.

The DHS food challenge was a great experience because I enjoyed eating health and even tho it wasn't that good I would eat healthy if I had to because you are benefiting from it your body will not be full of junk and there's so many good reasons why to eat healthy. The reasons why you should eat healthy is you live longer, it's way better than processed food, it's healthy of course. The dishes I ate for the food challenge was salad with cheese,snapped peas,red onions and spinach the 2nd day I ate fish with green beans and cooked snapped peas but that was a good challenge to do. This support the text we read/ videos that we watched because they passages and the videos we watch influenced us to eat healthy and it showed us how eating healthy can really help you live a longer life. It's just amazing how eating healthy is good for you and you don't have to survive just off of meat.

The Culinary Arts visit was a success but since I'm in the culinary arts class I knew what we were going to eat but making it was very weird it wasn't like seasoning some burger patties and slapping them on the grill, everything was made from scratch we made chips out of potato's and then we made the humus out of mayo and other good stuff and the yogurt was milk with fruit and all the things we ate were healthy and even tho it didn't taste like I expected it was still alright because I and my class benefitted off of those dishes. This has been giving me ideas about doing my own little small challenges like eating healthy every weekend and trying out healthy food that I've never tried before or maybe pick 1 day out of the week and eat healthy all day. But the culinary visit really opened up my eyes about food.

In terms of food I see the difference between real food and processed food I see the difference between healthy food and junk food and I do think this might have a impact on my life because I want live longer and I want be really healthy. I thank my amazing teacher for doing a whole unit about food because I never actually really studied on food and talk about all the great things that food can do. If it wasn't for him I would have still been eating junk food and eating everything but I'm grateful that I know about urban foraging and you don't need meat to survive just as Michael Pollan said. This will affect my eating habits like instead of greasy food and processed food I can eat healthy and cut back on the fast foods because all I'm doing is just putting junk into my body and then later on in life I would have to suffer the consequences and I mean like diabetes, high blood pressure, cancer, and other disease but to answer the question yes this would have a big impact on my life and eating habits.

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The Eating Habit

By Cristian Rodriguez

The types of food I have ate, I love to eat different types of food because I like to experiment other type of culture dishes. My favorite dish I like to eat is a nice sweet juicy hamburger named in-an-out. It's so tasty that it makes me want to just eat it slowly so I can enjoy the wet green lettuce. I think about this dish because it is the best taste all you taste is the sauce with the really red tomato, also with the best taste of the lettuce. The hamburger is wrapped and is being held with the tomato, lettuce, and the slimy sauce.

When the challenge was made I didn't know it was going to be hard to do because the juicy unhealthy burgers were just so hard to give up. Just like some other students had trouble eating healthy because America has become more about the oil and flour. America has turned into fast food eating habit people get so lazy to cook and just go eat the unhealthy food. Like my parents always tell me if I'm hungry I should be responsible for what I'm going to eat, when they aren't with me. Food is really important to choose wisely and how it's made and what its ingredients are because you never know where the ingredients come from.

The #DHSFOODCHALLENGE was a very challenging thing to do because most of the food was made without salt or sugar and it was hard to eat it because it wasn't sweet, the healthy food isn't made with salt it is processed and the food I ate wasn't processed. The types of food I ate were like salad and apple juice but I blended it I didn't drink it from the store. Also when I cooked I didn't really need the stove. Everything that we eat now is being processed by factories and have chemicals in them so aren't really healthy.

During culinary class I experienced that the food we eat isn't the only thing that's good the food we ate in culinary was good too and it wasn't really sweet. The food in culinary class was made with more cooked then processed. When we were getting the first dish it was made with not lots of salt but made with ingredients without salt. The one I liked the best was the desert because when he told us that he added a little bit of sweet so it made it after eating it. I really like the challenge Mr. Tsuyuki gave us because it let us discover that without the sweetness food has it doesn't have to be good healthy food is just as good as the unhealthy one.

The way I will eat later in life is not going to change because I don't always eat unhealthy when I eat I eat healthy and some days I eat unhealthy like on Monday through Thursday my family eats healthy or unhealthy but on Wednesday we eat healthy like a salad or spaghetti. The days I don't eat healthy are when we make a barbeque or when my dad gets invited to go eat. What is holding me back to not eat healthy every day is because I know that food might be bad for you but what's wrong with eating unhealthy for just three days. Also when I eat healthy I don't mess up my body because I run and workout every day.



Rethinking Food

By James David

The smell of breaded chicken, and the aroma of a grilled burger. A visual masterpiece painted into life. The first bite is like a piece of art speaking to me through food like a renaissance of taste and flavor. The crunchiness of the breaded chicken like fireworks exploding into air each time I take a bite. Some may say it's the most unhealthy food out there. Others like me would say "Bad-ah-bop-bah-baah... I'm Lovin' It."

People from around the world know the name and how famous and infamous McDonald's is. For an economic food system, they are known to be inexpensive and the number one cause for obesity around the world. It causes people to be obese, due to the fact that the majority of the food is processed. According to "The Ultimate in Eating Local: My Adventures in Urban Foraging", Tara Lohan discusses how you can stay away from processed foods and make healthier choices. Specifically, she states that "eat a more natural diet." By this, Tara Lohan means that by staying away from processed foods it can help you stay healthier, and allow you to be in better shape.

I did not have the opportunity to take part in the DHS Food Challenge my classmates however did. They had experiences with foods that they did not typically eat. Including the foods such as healthy options of the same protein found in the food in they were accustomed to. My classmate Jake did the challenge, he told me it was very difficult for him. Main reason why it was difficult for him because he plays video games and he likes to play video games and as he plays he likes to have his Mountain Dew by his side as he kills stormtroopers. Another thing he likes with his Mountain Dew is his Nacho Cheese Doritos. All though the

In culinary Chef Prince prepared food for Mr. Tsuyuki's class. Prince talked about how he wanted to expand culinary, instead of having it as an elective. Chef Prince served small portions of healthy and filling food. Prince relates to the article "The Ultimate in Eating Local: My Adventures in Urban Foraging", owing to the fact both discussed about making something bigger than what it is. Prince wants to make culinary more than a program and Tara Lohan wanted to make foraging food be natural thing for us. Both wants to make changes, but Tara Lohan can change the world. Tara Lohan's idea of foraging can help people live healthier and spend less money on processed foods.

In terms of food I actually see the difference between processed and foraged foods. I would like to thank my English teacher for teaching this unit. It will have an impact on my life, because as I get older I tend to love myself more physically and mentally. If I eat healthier it will be expensive but good for my body, but if I eat processed foods it will



Rethink On What You Eat

By: Giovanni Garcia Perez

My favorite meal would have to be something with a bun that is holding a meat in place and covered in some sauce. This would have to be the food that I love because I really love how it has a certain texture when eaten and how the flavor that is mixed with that sauce. But during this unit I have found out that eating a certain type of food is bad for us and we need to rethink on how we eat. This unit is a wakeup call to people who think they are eating healthy while they are not.

The points that I learned in this Food unit is that while eating the delicious food that you love you might be eating something that is not good for you. Like how Michael Pollan “In Defense of Food” states that “we are eating fat on fat” while everyone knows how unhealthy the entire man-made food product is. The food industry or the entire famous celebrity explain how being healthy is the best way to go but we suffer due to the lack of healthy places to go. The majority of the human population is eating food that is not made to help them out. What I learned in my challenge is that food isn’t all about eating junk food it is about how well you can balance your eating habits.

My experience with the DHS Food Challenge was to eat healthy for two days I found it to be quite hard because I can’t control what I eat. Since I have to eat what my mom always prepares, I will always eat something healthy on the weekends. While some of us can eat healthy some people won’t get it and would just go outside and eat at a restaurant. Doing this challenge was fun and a bit hard but it made me learn that eating healthy is something I want to do when I grow up.

My experience with the Culinary class made me see how making healthy foods can be very easy if you know how to do it. I also learned how yogurt can be made by hand and we can avoid eating the yogurt we buy at the supermarket. The way the culinary class demonstrated how we can make anything healthy look good and taste good. The food also made them compliment each other by how they balanced each other like how some part of it was sweet and sour.

In conclusion, eating all this delicious healthy food and it made me wonder why people that made fast food places built it in the first place. It made me feel grateful that my teacher made me do this experiment and see how food is not just tasty junk food but also the healthy foods as well. Like the hot dog every junk food is bad for your health.

be good for my savings, not for my body. The only thing holding me back is money.



Junk vs. Health

By Josue Lopez

The unwrapping of this delicacy just makes my mouth water. Taking a bite satisfies my senses and brings me joy. Getting past the first layer of a wafer shell covered in milk chocolate and hazelnut pieces, brings you to the hazelnut center with a chocolaty cream. Knowing the long term effects that can be caused by this delicious treat, I have limited myself for my health. My irresistible go to snack is Ferrero Rocher.

We can easily prevent health problems by simply eating more organic foods than our regular diet usually has. I know that my current diet is not the healthiest, but it is not the worst as it can be. In a video I saw and heard that people are not meant to eat skittles. That caught my attention because it's obviously true, but also that people do not understand the fact that their health will be effected in the long run. Foraging has changed the way I look at the foods I eat now. It showed me that the one of the very few ways to get natural and non processed foods are by growing it yourself.

The DHS food challenge was very difficult to stay consistent with. Through the challenge, my body was craving sugar and salty foods. I immediately lost the challenge on the first day because I thoughtlessly bought fast food. There were some videos that even started that the body craves salty foods and foods with calories. With that being said, People will constantly eat foods that are either processed or high in calories. These videos also talked about how people rely on processed foods so often, they are not used to eating fresh grown foods. This can possibly be a cause obesity in our generation.

In the culinary art experience, there were many delicious and healthy foods. One of many was the Edamame hummus. This showed creativity in eating healthy food by making look like a fun dish to prepare. It also was worth it because the great taste that comes with the satisfaction of eating right. This is a very easy meal to make and it has many ingredients to keep someone going through the day. Another meal was shrimp and cucumber salad with avocado mayonnaise. Now personally I am not a fan of seafood, but it does look very appetizing. It is a very creative snack I would say because it is very unique and also very low on calories.

I personally believe that my eating habits will change, but not by much. I think that all the foods I crave are what's holding me back. It is somewhat hard for me to be on a diet with food I don't like. I think that my life will change for the better if I mix up what I eat because my lifestyle will be much healthier and active.



Processed Foods: From Hot to Not

By: Bianca Olson

It is the crispness of your golden fried skin which crunches loudly with every bite that makes my taste buds water like Niagara Falls. The lightly sweetened side of potatoes right beside you that makes my heart fill with satisfaction, and the creamy as can be ranch dipping sauce so rich in flavor that completes the meal to absolute perfection. Every time I enter the parking structure, my sight is set on your green and white sign, with the word Wingstop written so large and so clearly on it. Your greasy goodness and tender chicken is so challenging to get tired of eating. With every bite, I step into a greasy wonderland, which I have no problem being in. Even now after eating completely non processed foods for two days, I will still proudly and happily indulge in your crispy goodness, but this time it will only be on rare occasions.

The food challenge experience was both beneficial to my health and to my knowledge. I learned during this unit that the majority of food has somehow been processed. ‘Healthy’ food can be filled with pesticides, or their seeds were genetically modified before being planted into the ground. Cattle are fed corn, which they were not meant to digest, instead of grass. “[Food that claims to be organic] may be organic in letter, but it’s surely not organic in spirit” *Mark Bittman: What’s Wrong With What We Eat* (Pg 3). Chickens are cluttered in small spaces and fed surplus fattening food to fatten them up quicker than an average chicken would grow. I, including the majority of the Earth’s population, have been consuming meat and produce that is not natural and it damages our health without our knowledge. We don’t normally look into our food’s ingredients, but with the scary reality of the food industry today, we should really start and change what we consume.

My experience with the DHS Food Challenge was very surprising, and the surprising part of it was that I was successful with completing it. When I say surprising, I mean that I actually enjoyed those two healthy days of mine. I had more energy eating unprocessed foods than I have ever had while consuming processed foods. I felt good, and I did not have that feeling of fatness that a lot of people feel after consuming a high-calorie greasy meal. Although I love Wingstop with all my heart and soul, I do not feel too good after eating it. While consuming necessary portions of unprocessed foods for those two days, never once did I feel fat or bloated. I was less cranky and I smiled a lot more. I also noticed that I drank more water during those two days, and because of that mixture of being hydrated and consuming healthy food, my skin cleared up a bit.

Our collaboration with the Culinary Arts class was the cherry on top of this unit. Chef Prince and his class put together three delicious dishes for us to eat. The crazy part about it was that everything was completely unprocessed. The dishes were very creative, they were like nothing I have ever eaten or thought of making myself. This experience was very beneficial in changing my mindset on what I should consume in my daily life. I learned that there are endless dishes that I can create that are completely unprocessed and also delicious. Before this food experience I was very close-minded and my initial mindset was, “if I eat completely healthy, I will not have any pleasure in my meals and I will hate my life.” After physically tasting healthy food that was so rich in flavor and nutrients, I have realized that I can enjoy healthy meals and actually live a better lifestyle physically, spiritually, and mentally.

I can honestly say that this food experience was life changing in more ways than one. It takes more to convince someone that you can actually enjoy healthy food than to just talk about it. After everything I have witnessed and tasted, I am more open minded in terms of food. I want to engage in a more healthy lifestyle because it has endless benefits, but it is very challenging. The only thing holding me back is that I do not know how to cook. I can learn, but that will take time.

So with that being said, it will take time for me to adjust to a healthier diet. Once I get there, my life will change for the better. This unit was very inspiring in promoting change and I am sure a lot of other people are converting or will convert to a healthier lifestyle. With a little hard work and dedication I can transform my processed life into a free one. Once I successfully escape from the long-term hold of unhealthy food, I will be able to accomplish endless things in terms of my mental and physical health.



Why I changed the way I eat.

By: Lorence Meraz

The smell of the freshly cooked dough and cheese runs up your nose as the dish approaches you. You can't help, but get anxious as you know you are about to have your taste buds completely satisfied. When the dish finally arrives you gaze at the glory of it and without a hesitation you reach for the biggest slice you can get your hands on. You are mesmerized as you pull the slice off and just see the cheese begin to melt right off. The first bite you take is always a parade of flavor that satisfies every single one of your taste buds. After that you are set on a path of delicious glory in every bite you take. Pizza is one of the best dishes that anyone can have whenever he or she are feeling hungry, but it can also be one of the most unhealthiest dishes to have.

Over the course I have learned many things that made me really question the foods I eat on a daily basis. The foods we eat are all processed and full of refined carbohydrates. This all falls back on our so called "western diet" which consist of mainly meats,breads, and anything processed. "Our demand for meat,dairy, and refined carbohydrates- our demand for these things,not our need,our want, drives us to consume way more calories than our good for us" (Mark Bittman "What's wrong with what we eat"). I've learned all our consumption comes from the want of more carbs and processed foods since they are so common in our diet now it's harder to get rid of them and find alternatives for them.

The DHS Food Challenge was something very interesting in my opinion. It started off a bit hard in the beginning, but once you got the main idea of what you could and couldn't eat, it became a cake walk. This

challenge was really interesting, because not only did it make you question some of the food you've been eating, it also helped to find healthier alternatives to what you're so accustomed to eating. I believe the overall beauty of this challenge was just trying to figure out what is actually healthy, opposed to what you thought in your opinion was of "Healthy." Some dishes I used to think were healthy ended up being worse than I had thought. It also helped that some of the articles we had read helped us determine what could fall under the healthy category for the challenge.

The experience in the Culinary arts class was very rewarding as well as very insightful. This experience showed that homemade food can be very delicious and also very healthy. The class was served a variety of different dishes all made by the culinary arts class. Each of the dishes was prepared by the culinary art students using healthy/ natural ingredients instead of using processed ingredients. This was insightful for everyone, because they showed us dishes that looked very unhealthy, but ended up being very delicious and very healthy. This helped by letting us try new dishes that would help us make better eating decisions in our life. All of the dishes served that day gave me new insight on finding better eating alternatives.

All of these new dishes introduced to me helped with finding better eating alternatives and really trying to change up my eating habits. It gave better insight on all of the processed foods that we tend to eat on a daily basis. It showed how unhealthy they can be and really affect someone's health. These readings also helped me in seeing other people's take on eating healthy. These takes really gave me an insight on how I can apply these to my everyday diet. Over all this helped me in making the right decision to cut out certain food and chose the healthier choice.



On the Road to Eating Healthy By Jennifer Rebollar

The distinct aroma that fills the house as it bakes in the oven, partnered with the anticipation of the oven ringing to signal it is fully cooked. The crispy warm crust that has layers of delicious melted gooey cheese and the little red pepperonis begging to be bitten into to. The smile that breaks onto my face as I realize I can finally bite into my hot slice of pizza. Although pizza is undoubtedly delicious it is not the healthiest thing to have so often.

The knowledge that I now have about the food I eat everyday has increased dramatically. This newly acquired knowledge of food has helped me realize that I do not put much thought into how the food I eat gets to me everyday. Who knew that processed foods took away so many key nutrients away from my diet. Now knowing that refined bread has the “germ[that] contributed to valuable nutrients” removed from it so that it has a longer shelf life. Many other people do not realize or even know of all the things that get removed or added to our food when we read labels on our food. With this knowledge I have now started to think twice about the food I eat before actually eating it.

Although I did not participate in this challenge I saw many others struggle with choosing the food they could eat. While the DHS Food Challenge was happening I thought about what was really in the food I was eating and what could be a healthier substitution to eat instead of my regular food, this lead me to realize that trying to eat unprocessed food was harder than I initially thought. Hearing the struggle of finding what to eat helped me also think of how much processed food we eat and how it is extremely difficult to find unprocessed food, other than vegetables and fruits. It truly made me rethink my eating choices and how I do not know enough about the food I intake on a daily basis. It reinforced the newly found knowledge that processed food really is everywhere.

My experience of going into the culinary arts class and learning the process they went through to make us food without processed ingredients further helped to prove how processed food is everywhere. The experience gave me a new perspective by on my food, when I was listening to how they could not even use regular salt because it was too processed surprised me. The surprise of finding out they could not use regular mayonnaise and had to find or make their own substitutions to ingredients they usually used was eye opening. Before that I did not know that salt was processed or many other ingredients that are needed for other foods had been processed either. That experience particularly had me looking twice at my food.

With this new information and perspective on food I do not believe I will be making any dramatic changes to my regular diet. Although, now that I know of all these processed food, I will still continue to eat the same due to the difficulty of having to look for unprocessed food is too much for me.



The things we love the most Hurt us the most

By Bryan Rivera

The fast food meal is the greatest invention after sliced bread. It is a very practical way to get food if someone is in a rush. The only flaw with buying fast food is that most of the food is processed, or completely deep fried. A few fast food chain that are filled with oil in their food are kfc, mcdonalds, burger king, and carl's jr. These restaurants deep fry almost everything that is in their menu. The biggest chains in fast food like mcdonalds, burger king etc. use processed food on their biggest selling items. I love eating fast food because of how the human body was built. We crave sugar, salt and fat. Most fast food restaurants have mastered how to put all three into one item such as a french fry or chicken nugget.

It is a challenge to stop eating fast food and to go on a healthy diet or to try to eat less fatty food. There are many ways to go in a diet, people can go vegetarian, vegan, raw vegan or even becoming a forager. By eating less fast food the body works more efficiently than It did with fast food. A few weeks ago we had the DHS Food Challenge and the whole point of the challenge was to test ourselves to see if we can go on a diet without any preservatives or any processed items in the food. I was not in the classroom when it began but a few people posted their pictures on Instagram so I wanted to try it. Unfortunately I was unsuccessful with how I did on the challenge.

After a long day of doing nothing, not a single thing is better than going to McDonald's and buying 40 chicken mcnuggets just for yourself. It might seem a little overboard but who cares they're chicken nuggets. Too much of a good thing is a bad thing and eating too much fast food is not good for the body. When my classroom went to the culinary room we went to try non processed foods such as shrimp salad, homemade potato chips with hummus and yogurt. I would think that the yogurt would be processed and so was the hummus from the chips. Turns out that there were not any preservatives or processed items from either dish. Going to the culinary room really changed my perspective on choosing the right meal at the right time.

For the past few weeks my classroom has been talking about food and how it could relate to something and how it could bring back memories. A few weeks ago my teacher began a challenge to see if we could eat non-processed foods for 2 days. A few of my friends were successful but others failed a few hours later. Eating processed foods for most people is their daily routine but instead of going on a complete diet they can cut some meals.

My favorite meal to eat are the wings from wingstop. The best flavors are the the lemon pepper and the cajun flavored wings. I know that the wings are not suitable for trying to not gain weight, but nothing can beat the flavor or the sweetness from the lemon, the saltiness from the pepper and the fattiness from the wings being deep fried. Wingstop also sells side dishes such as fries and cheese fries which gives the wings more flavor because the cheesiness changes the mouths pallet to a more rich flavor. All in all Trying to eat healthier diet helps the body work more efficiently and it's ok to eat fast food as long as there's a limit to the food



Rethinking What's Goes On My Plate By: Maryjane Guillen

A base and handle made of bread layered on top with classic tomato sauce and cheese, then finished off with almost a limitless variety of toppings choices. This food is classified as pizza, and it sure isn't unfamiliar to my family and I. This delicious meal should come more as a treat, but we take on this meal nearly every Friday dinner. Of course, it feels easier to put less consideration into the food we eat on weekends. On Friday it is the end of the week, so usually we are tired, and pizza is a great, quick, and easy meal to get a hold of. Over time, pizza just became our Friday reward for getting through another week.

Although I have always been able to admit my eating habits are not the best, throughout my learning experience I overall came to understand my relationship with food. It all begins with understanding the way food relates to our human biology. As discussed by Kelly Brownell, with his input in *Calorie Conveyor Belt*. He discusses how the human biology is "mismatched with what's occurring out there in the environment". Our body's food system is still stuck in the past, when food was scarce, This being the reasoning as to why we seem to commonly find ourselves stuck on foods that contain high levels of calories, fats, salt, and sugar.

When it comes to the food it isn't enough to just understand our body's food system, but also to understand the actual food system and everything that ties with it. People focus so much on their own health and this usually becomes the main topic in the discussion of food issues. We focus so much on answering how can we make the food system still work, taste great, and also healthy at the same time, But this is not the food system question we should be focused on. This should not allow us to be distracted from all the other problems that can be related back to the food system. In *Farmer in Chief*, a letter directed to the president by Michael Pollan, Pollan explains how if the president wished to fix the issues such as health care, energy independence, or climate change. First the president would have to "reform the entire food system". The food system would need to be fixed first in order to then move on to other problems. The food system creates the most fossil fuels, which helps to create global warming, and we can't fix the healthcare crisis when the American diet plays a part into why there even is a health care crisis.

Before I didn't put consideration into what I ate, but I still knew I wasn't eating completely atrocious. The #DHSfoodchallenge didn't seem like it would be so difficult for me, but when I started it I was proven wrong. The only healthy foods I knew of at the time was almost anything wheat, basic fruits and vegetables, and of course the leafy greens. The #DHSfoodchallenge really changed my perspective with my diet. Not only did the food challenge change my perspective on my diet but it also helped me relate more as a reader to the passages we read throughout this unit. I learned to connect my own experiences to the experiences of the writer. During my experience in this challenge, I had to keep an open mind in order to keep myself going and this made me get a better understanding of some points made by Tara Lohan in *The Ultimate in Eating Local*. She discussed how people should keep an open mind, reach out to new experiences and more healthy alternatives.

The ending in our learning unit was finished off just like receiving dessert after dinner, With a sweet treat for my fellow classmates and I to the culinary room. This experience really topped it all off and it was something special to just actually interact with what we were learning about. This opened a window which allowed me to view healthy foods with a new perspective. I never knew about some of the extreme healthy food recipes that we got to taste in the culinary room. I now know I can eat healthy food that can taste just as good as processed foods, this experience definitely benefitted me, and encouraged me to put some more thought into what I eat.

I have come to the conclusion that there is nothing wrong with eating fat foods, and there is nothing wrong with eating as healthy as possible, as long as the diet is always balanced. The human body is programmed to crave fat food, and it also made to eliminate any unwanted extra fats. So it is important to keep a balance within the diet. We must eat at our appropriate proportion and within this proportion we must learn to keep a mix of calories, salts, vitamins, fats, proteins,

etcetera. It is also important to keep in mind our role/responsibility to the community and our ecosystem, by keeping these limitations in check while also saying healthy. Over all this learning experience was great, and beneficial, this definitely changed my point of view on food and pushed me to start considering more detail about what I eat, I will now keep an open mind whenever I eat, and keep in mind all the other details that tie into the food system.



Liquid Gold

By Alondra Villela

It's aroma engulfs me like a blanket of liquid gold as I walk into the kitchen. My mouth salivates as I pull out the pan that is overflowing with an overwhelmingly amount of cheddar cheese. My whole body gets goosebumps as I eat a spoonful of its creamy goodness and its fresh warm taste of sharp cheddar. A tear rolls down my cheek as I take my last bite of America's favorite, macaroni and cheese. Now that I know that most of the food I eat is not good for me, I may cut down on how many times I eat a certain dish like mac and cheese.

America is filled with terminal diseases that can be prevented by eating healthier. In one of the articles we read, "Calorie Conveyor Belt/ In Defense of Food/ PBS Food" Michael Pollan states, " more processed foods than ever before," by this he meant that we are eating more processed food than we were years ago. Processed food and false advertisement is taking over the country, because many Americans have a lot diseases that are caused because of their unhealthy diet. In America there are people that are pursuing a healthier lifestyle, like veganism, vegetarianism, locavorism, and urban foraging. Urban Foraging is mostly a choice than a necessity in America because people see what it can do to help the environment and maybe their wallets. Locavorism is eating food that is local, which can be difficult for some people that do not live near farms. These articles have helped me see that there are things that go into my body that is bad for me.

Since I do not really like eating healthy I decided to try out the DHS Food Challenge, I did not succeed because I did not know what to eat. I do not usually eat healthy so eating healthy for two days straight was quite difficult. I think this challenge was a challenge for most students because the food that is served in the cafeteria is not good for the students and some people do not have the time and effort to eat healthy. I was impressed at the amount of students who actually tried the challenge and the few who succeeded.

Most students do not know how to prepare a meal and make it healthy, so Mr. Tsuyuki's and Chef's classes collaborated one day and Chef's class cooked for Mr. Tsuyuki's class. Chef's students prepared three dishes, the first one was a shrimp salad, the second one was a humus and potato chips, and the third one was a yogurt parfait. In my opinion, I would have been fine if I did not eat the parfait because it was too tart for my liking. The Culinary Arts Experience really opened my eyes to preparing healthy food that is not too gross. I will probably try to make one of the dishes, but I still think it will be hard for me to eat healthy.

Eating healthy is important, especially for a growing body. Maybe sometime in the near future when I have more time and money, I will pursue a healthy lifestyle. I think that my eating habits will change once I commit to a healthy diet, I do not believe that my life will change as dramatically as I think but it will change. I will experiment with different food until I find a food combination that it is healthy, good, and not too much work to prepare. Overall I think this whole unit really helped a lot of students, including myself, to try to pursue a healthier life.



The Nutrition Behind Fast Food

By Emily Claro

Two perfectly grilled ground beef patties, in the shape of a circle, cooked to perfection with a layer of tasty american cheese . Placed on top of a lightly toasted, soft yet crispy on the edges, warm piece of bread. Layered with crisp , fresh and refreshing pieces of lettuce and juicy slices of freshly cut tomatoes. Perfectly complemented with a delicious tangy , sensational thousand islands dressing and topped with yet another warm and toasty bun. When eaten as a whole, it is the kind of food that makes my mouth water, the type that makes me hungry whether i was in the mood for food or not. This food creates an arousing sensation that wakes up my tastebuds. Some of the foods that seem the most pleasurable to eat can actually be the most unhealthy things in the world. The type of food I just explained is actually fast food, it deals with enormous amounts of grease calories and so many other unhealthy aspects. After taking my previous knowledge I have gained from learning , my personal outlook on food has greatly changed. I do not see the typical burger or pizza as the most tempting thing to eat anymore, now that I understand the backstories on those unhealthy types of food. Although they may be okay to eat once in awhile, I have learned that there are numerous reasons to tweak your diet and adjust the way you eat.

Americans of today seize to lose touch with the true backstory behind their meals. People need to know what has happened to their food before they paid for in at a fast food chain. In the article “Ever wonder if you Could Kill What You Eat?” , Makenna Goodman describes food by showing us there is much more than just buying food that is labeled described to everyone as the healthier decision at a supermarket. To be specific, he states “Give me the backstory.” , this signifies that just because se you buy something that is labelled as apparently organic on its packaging, does not necessarily mean the animal has had a healthy lifestyle and was well treated in the process of it time on the farm. In this sense, Goodman is showing that you must care for food in a way you would care for an average person, it is not fair to have food be taken for account and should be taken with proper care.

As a way to create a more personal understanding on what a big part of my life fast food takes up, I tried the DHSFoodChallenge . This turned out to be an extremely difficult task since it was not easy finding unprocessed food.I did not eat any meat and learned that just because something is told or labeled “healthy” does not mean it is completely safe or was treated fairly. Food in my case I thought had been limited to certain items s fresh oats,fruits and vegetables,so for

the two day challenge that is i that i allowed myself to eat. My thoughts on the way food can be great tasting and absolutely no processed ingredients. This is not an easy lifestyle to dramatically shift into, but if we all wanted to change our diet slowly then i think that it is certainly something we could all adapt to.

Also, when my english class went to the culinary class to taste unprocessed foods , I have to admit my outlook drastically changed my own thought of being able to eat a limited amount of meals that were completely and truly healthy. The culinary class really opened up a new mindset by stepping outside of the box and creating different types of meals by actually taking a recipe and changing a few ingredients to create a healthy meal that tastes just as appealing. For example, the last course I had eaten was a type of parfait, which they made even healthier by using a non processed greek yogurt and using all natural toppings such as honey, granola and fruit . This food at first sight looked so appealing to the eye and seeing that it had honey, seemed like it had a sweet and sugary concept. After eating this, it was not that simple in my point of view to see if this version tasted any different than the original recipe concept. My understanding became even more clear from getting this hands on experience and being able to witness all the other ways it is possible to create a divine meal.

After obtaining all this knowledge about the truth behind what I eat, my thoughts have changed significantly . I plan to take some of the things I have learned and try to lean off of such a terrible fast food ,oil greased diet i have held all my life. I personally want to slowly steer myself into a lifestyle that will better me and my body in the long run. In the end, my body will greatly thank me for making such a huge step towards improving my eating habits. I must remind myself that this will become a personal decision that will help me eventually as life goes on.



Rethinking Dinner

By: Louie Hernandez

I can't even count how many bags I've opened and emptied. Ever since I was a little kid I remember that bottom drawer in my kitchen always being filled to the top and could barely close with the amount of them that were in there. Till this day that drawer is still packed. Even though when I open the bag and it's filled half ways with deliciousness and the other half is filled with air the deliciousness makes me forget all about the air. Potato chips are one of my weaknesses when it comes to eating things that are processed and unhealthy.

After completing this unit I learned a few things about what I eat. I now know that just because the wrapper on something says "all natural" it doesn't always mean all natural. When I eat something now I do question myself "is this healthy for me?" Most of the time the answer is no but I go for it anyway. This unit opened my eyes to find out where my food comes from and how its made. Knowing where food comes from is good for me but even after that I am not too sure if that will change the way I eat.

The dhs food challenge is something that I didn't even try to attempt. Eating healthy is something that would be very difficult for me to do because I'm used to eating processed and junk food. I never really knew what healthy food was because you could think certain foods are good for you but at the same time you don't even know where it came from or how it got to where it is now. Knowing the backstory of where our food comes from is something that we should all know.

Collaborating with the culinary arts class gave me an idea of what healthy food is and how it tastes. Although I did not enjoy the food because the taste was different and the dishes that they prepared were things that I don't usually eat like the shrimp and hummus. If given a chance to eat healthy I probably would but it wouldn't be too extreme like foraging and making hummus and other strange things that I wouldn't normally eat.

In conclusion, unless i got to the doctors one day and they tell me that my life is at risk because of my eating habits i don't think they will change. They won't change because i have been eating like this for a great amount of time in my life. The taste is what holds me back you begin to crave whatever it is you eat like a smoker who hasn't had a cigarette all day. Although what i eat is bad for me the taste overpowers the consequences that will come at the end.



Think Before You Eat

By Grace Stadler

Flat, square boxes are placed on the stove, the delectable smell of the melted cheese and the cooked dough wafting out and filling the kitchen as it sits waiting for us to put away the rest of the groceries. It's always very satisfying to finish putting everything away then come inside to open up one of the boxes and feast your eyes on the huge greasy slices. My favourite slices are the ones with the large bubbles in the dough because those spots become extra crispy. Pulling the slice away from the rest leaves long strings of gooey cheese connecting the piece to the whole. The first bite drowns your senses in a waterfall of sauce, pepperoni, cheese, and crust and fills you with bliss and leaves you wanting more. Pizza is probably one of the most deliciously unhealthy foods in America.

I think a major problem with my diet, and most American diets, is that we consume too much meat, dairy products, and artificially made sweets. It is not necessarily the fact that we are consuming these items too often, which is true, but it is the processes used to get these products ready for human consumption. David Ludwig states that the American farm system has turned into a "calorie conveyer belt" to produce large amounts of commodities. This shows that even though they are producing a lot of food, they are not necessarily the healthiest foods. In addition, Mark Bittman's "What's Wrong With What We Eat," discusses how the livestock industry is "second-highest contributor to atmosphere-altering gases." This shows that not only are the food products produced bad for humans, they are also bad for the environment.

My English teacher, Mr. Tsuyuki put together the #DHSFoodChallenge, a two day challenge for his students to try eating healthier foods. The foods we were to avoid were processed or from restaurant chains, essentially any foods that we don't know where they came from. Unfortunately for me, I was unable to take this challenge due to the fact that I was unable to go grocery shopping to make food and my mother was unwilling to take me. If unprocessed foods had been easier to get, I'm sure I would have managed to get items needed for me to make my meals. This supports the idea that unprocessed foods are unhealthy but easier to attain than organic, unprocessed foods.

On March 24th, 2016, Mr. Tsuyuki's classes were given the opportunity to visit the Culinary arts class. Unfortunately, I missed out on this opportunity due to being sick, so to learn about what happened, I asked a friend who went to tell me about the experience. She said they ate shrimp salad, hummus with cilantro, baked potatoes and pepper, and a parfait with yogurt, berries, honey, and granola. The class had to write a description of how they thought the food would taste based on how it looks, then they tried the food and wrote what they thought about it. This experiment showed them that healthy foods might not always look the most appealing but you should still eat it if it's good for you.

I am hoping for what I've learned about food to change my life. I haven't always been the healthiest and according to all the research that's been done on the subject of food, it would help me a lot to improve my diet. Unfortunately, there are a lot of things holding me back from changing my diet like I need to. I don't have the transportation or money to get healthy foods all the time. They don't store very well and I'd have to frequently refill my supply because my family and I would go through it rather fast.



Rethinking Dinner By Samantha Bullard

Its flat golden brown filled cheese and chicken a chicken quesadilla along with either a burrito or taco. The food has a taste that you want more and more the quesadilla has a sauce that tastes kinda spicy mildly sweet it goes really good with the chicken, tortilla and cheese it mixes well and the flavors go well and it taste good it engulfs my taste buds. Same with the burrito and taco with a taco when opening the wrapper and taking a bite out of it the juice in the meat of a taco comes flowing out and you get a burst of flavor from it along with the cheese, lettuce and crunchy or soft tortilla shell it blends well together. with a burrito usually get a bean and cheese burrito with no onions and extra red sauce once you open it and take a bite out of it and taste the beans extra sauce and cheese it tastes good from the sauce and the cheese mix together along with the soft flour tortilla. The food that I'm describing from is Taco Bell.

What has challenged my diet from this is that knowing how bad food has got over the years knowing that the food is processed. Me not realizing how bad the food actually is before I put it into my body. It never occurred to me that when you think you are eating something healthy but its actually processed it loses all of it's key nutrients from peoples diets. Knowing that people everywhere don't know and are unaware of much processed moves nutrients and doesn't really do anything or help with anything. By reading the labels that gives people better understanding what they are putting into their bodies and maybe having them thinking if they want to put the preprocessed foods into their body.

I did not participate in the DHS food challenge due to me not being able to for reasons. I was on a pure liquid diet for a week and it was a real struggle for me due to the fact that I like food and the taste of food too much but I got through it. Well I was on this diet it made me think and how very limited to food I was to. Food plays a big part in our lives and i never realized how much we eat to me it seemed like someone was eating every 5 minutes.. I never realized how much of food played in people's lives. So it was a struggle to get through but it made me appreciate food and the being able to chew food

During the culinary arts experience it made me see what it was like to eat for the DHS food challenge since i didn't do it. It was interesting to see how things worked since there was no processed food involved and try certain things I never tried before to for example to try a potato chip that was baked and not fried with the .Also the parfait was good what helped was the honey and fruit to help with the tart and sourness. It also made me realize that it can be to make something that is good and no processed stuff in it and be really good for you.

In conclusion my point of view is to try and eat better and not eat as much junk and try and cut down on the processed food. Seeing this outlook on food does make me question what I eat I will try somewhat to eat more healthy than usual. Some foods are just too good to give up so I won't completely not eat the bad stuff but work on eating healthy.



Choosing a healthier lifestyle

By: Nethania Jardeleza

The line will never be less than three cars long. As a Californian I can notice the yellow light bulb filled sign with just a quick glance. Without a second thought I instinctively know the yellow arrow will point to a small white shack like building with red and yellow trimmings. You've got to really want it to even think about waiting in the 30 minute line to receive this delicacy. A rush of dopamine and oxytocin fills through my body when I receive that greased stained bag. After a few brief seconds the delicious smell it emits fills the air around me. Its signature look is covered in a gloss like grease only being held together by a thinly red wrapping. With locations all across California In-n-out is a staple food for the West coast.

Prior to the lesson "What's for Dinner?" I did not have nearly as much knowledge of the food industry and the alternatives to the mass produced pre made packaged chemical filled aisle options served at the local grocery store. In Mark Bittman's article "What's Wrong With What We Eat" he clearly states the problems of mass producing food. He touches on the subject of the methane produced by the livestock that will later become food for someone's dinner and how it has a bigger impact on the environment than most people realize. This means people are not only destroying their bodies but the environment as well. Another article we studied created by Makenna Goodman "Ever Wonder if You Could Kill What You Eat?" brings upon the topic of actually killing and having an emotional connection with the food they consume. In a paragraph of this article she states "I know they've had a good life" because she actually raised and took care of the chickens she ate. This emotional connection with the food she eats is a feeling most people don't get to experience. But since only 2% of the American population live on farms people find other ways to find alternatives to the grocery store. Tara Lohan experienced the life of urban foraging which she talks about in her article "The Ultimate in Eating Local." As she tries to find snails she says "I'm hooked it feels incredibly rewarding" which is a way better response to just being given food for a dollar which is the norm for today's society. All these articles give examples of the different experiences and feelings people have when they have an actual emotional connection to their food.

How I experienced the #DHSFoodChallenge. Many students including myself participated in this extra credit assignment. I was very reluctant in the beginning of this challenge since my eating habits are primarily what is in the most convenient to me. I had to find new ways to eat healthy food on a budget. After a few meals I was used to the healthy alternatives that were available to me. This helped me realize what all the articles we studied about in class because they wanted the reader to see food in a different perspective and now I truly do. I experienced results after sometime during this project, my body felt less sluggish and I had more energy

throughout my day. I'm grateful I participated in this extra credit project because it has changed my view on healthy eating.

Even though I did not participate in the Culinary Arts Experience I have heard great remarks of this mashup of classes. It made the idea of eating healthy easier than I ever thought possible. My classmates genuinely enjoyed what the Culinary class created for them. The food was easy to make and equally as delicious. This experience for my classmates gave them a new perspective of tasty food because they're used to inexpensive junk food from the local liquor store. I learned that it wasn't just myself that benefited from this learning experience.

How this experience will change my eating habits forever. Reading all the articles of how food is a complicated matter provided me with a new perspective on what I eat. The experience that made me realize how unhealthy my lifestyle was the #DHSFoodChallenge. Never in my life have I ever been so conscious of what goes in my body and having no knowledge of the effects I was pleasantly surprised of how good I felt. The Culinary Art project was a great experience because I found out I was not the only person positively responding to eating healthy food. I believe I will keep eating healthier now since I have realized what generic food does to my body.



My Guilty Pleasure

By Evelyn Ranjel

As my stomach growls with hunger, without question I am instantly attracted to the bright colorful foil that sits under the heating lamp in the cafeteria. When it is handed to me I feel the warmth from the wrapped up meal onto the palm of my hand. There is a spicy flavor added to it and it's crispy feeling fills my mouth and I savour every bite until the last of it is gone. Although the spicy chicken sandwich is bad for my health, it is too tempting not to get.

I think some people including myself should really decide what is better not what is more pleasurable, and instead of "dieting" we could choose to eat healthier. I've learned that it is easy for people to lose sight of what food really is. "We're biologically designed to like food." In other words we crave food that mostly contains fat, salt, and sweetness. One might conclude that if people eat too much of these things they can either get sick or gain too much weight.

My experience with the DHS Food challenge was quite difficult. Even though it was only for two days, eating only healthy food is not that easy. I had managed to get through the two days and it had made me realize that healthy food does not always have to taste bad. "Eating healthy should be a lifestyle." People can choose to eat healthier, some do not know you can make healthy foods that have a delicious taste to them.

When the day came to go into the culinary arts class I was excited to see what the other students had prepared for us. I was astounded with the outcome of how the food was made and what little ingredients were used for the meals. This new encounter with the food unit was great and I think it has given me a good perspective on my viewing of food.

In terms of food it is important to eat the right meals in order to be healthy. I think with this experience of trying new things and getting a new outlook on how processed foods can cause an unhealthy life, it is proven to be a great way to change your lifestyle. I think my life will change because I realized how eating healthy can make you feel happy and comfortable with what you feel and how it helps with the rest of my "dieting" decisions.



Insight on Processed Foods

By Karla Martinez

I wait impatiently for my order, my mouth watering. I just imagine tasting the juicy taste and the grease glistening down into my palms and hear the rainfall of the burning brown patty. The fresh crispy lettuce as green as emeralds. The smooth melting cheese resting on the patty. And the juiciness of the ruby red tomato. Hamburgers are delicious but if you eat to many it can be unhealthy for you. I don't feel differently about hamburgers even after what I learned about food.

In our food unit we learned about the unhealthy ingredients in processed foods. In "Calorie Conveyor Belt" Michael Pollan said that "We're eating fat on sugar and salt." Salt is a necessary nutrient, but most Americans consume many times more sodium than they need. Processed foods are high in sodium. Also "Calorie Conveyor Belt" it discusses how "processed foods take up to 60% of our diet." Our diet is mostly made up from processed food and processed foods are unhealthy they contain substantial amounts of added salt, sugar, and fat. In "What's Wrong With What We Eat" Mark Bittman discusses lifestyle disease are more common here because of our western diet. Our diet is so unhealthy many people have these life style disease because of lack of good nutrient on our foods.

After learning about food, we did a two day food challenge. For the challenge you have to not eat processed food, limit meat intake, eat food made by a person, no drinks with high fructose corn syrup, and minimize sugar and salt intake. I tried doing the challenge but it was very difficult for me. Almost everything we eat is processed and I'm so used to eating processed foods all the time. I'll start off good in the morning eating healthy and then I'll go back to eating processed foods, It's really difficult getting away from processed foods. Also in my house we usually eat meat in every meal, so reducing meat intake was also difficult for me. Processed foods are addicting and that makes it hard for us to not eat it, but there are ways you can eat food that is not processed and can taste good.

I learned that there are different ways to make certain foods that is not processed and still can taste delicious. Also it can taste good without meat. The Culinary class cooked Kabocha squash with upland cress, seasoned with cinnamon, garlic, salt, and a dash of brown sugar. They made edamame hummus. Also shrimp and cucumber salad with avocado mayonnaise. The food from the Culinary class is similar to the #DHSFoodChallenge because in the challenge you need to figure out ways to make your own food without processed foods and reduce your meat intake. Going to the Culinary class with a new perspective on food made tasting the food more interesting.

After learning about food this unit made me more aware about what is food. I don't think I'll change my mind about changing my diet because processed foods are tempting and it's literally everywhere. Even though it's unhealthy I won't change my diet.

Junk Food v's Healthy Food

Editorial (final)

By Trinidad Robles

This whole unit has impacted me but from learning all this unit, it will never change my eating habit as of the day we walked into that fast food restaurant, it has changed our lives. As the road we go too, It takes us on a journey to the most amazing food we have eaten of the day it had been established, as we seek for deliciousness, we follow the path of this road where a sign has the way to show you where this fine amazing place is at. The sense of the meals always get inside me when i enter the building of mcdonald's, smelling the delicious fries and smelling the freshly hamburgers.

From learning that the challenge would change my eating habits, I have learned that if i did a diet, i wouldn't change my eating habits because i know i couldn't live without the food i usually eat the most. It has been in me since the day i started eating that food. It is important to choose wisely on the food we should eat, many people cannot give up on their favorite food. They can't give up on their favorite food because people create bad habits over time and don't have the time to pursue a healthy lifestyle. Its also important that we should know where mcdonald's food is processed from and how it's processed. Everyone should know it's important to know where their favorite food is from and how it's processed, It's important because we should know if it's healthy and good for you or not.

The DHS food challenge was an experience for us students to see how eating healthy can feel like and taste. Many people don't do these type of challenges or diets but in my opinion, i believe many people should try a challenge like this because it can help us with our eating habits and see what we should eat and what we shouldn't . This experience supported many people to show a little change in their eating habits, and to show other people on social media by posting pictures of healthy meals and showing our experience with the world around us. Many others need to experience this challenge at least once in their lives.

Another experience i had from this unit was the Culinary Arts Experience. The day we were on our way to the culinary class, i had a feeling this would be a good experience for all of us. When we reached to the classroom, we had satten down in two rows of tables and had 3 different type of meals, 1st one was cucumber with shrimp on top and a couple of toppings, second was a potato chip that was 100% non fried or greased, and last but not least was a cup of yogurt filled with crumbs of granola, a couple of blueberries, & a strawberry. This experience had made me realize it is important to eat healthy and why we should. My eating habits won't ever change but i'm willing to eat more healthy for the good of my health .

This whole unit has taught me so much. I feel like this unit will change my life after it's over. Im hoping it changes my life because i realized it can help me and do good things for myself. This whole unit needs to be taught for everyone in schools & show them what it can do for people around the world with bad eating habits. It can change many people's eating habits.



Making Better Choices for the Future
By: Brian Medina

Food is very controversial just by being a widely used product. It is not by choice but by desire to satisfy the living needs of staying alive. As much trouble as the food industry already causes it does not seem to come to justice when they break the regulations they are held accountable to keep their products clean. Besides that, the food I had in the past week was enjoyable and I can honestly say it was the purest of foods I have probably eaten in the past 8 years. Do not get me wrong though, processed foods are satisfying to eat, but they do a lot of damage to the human body. Eating processed foods is considered normal in the United States because it is the easiest of foods to obtain, but eating them is not considered a normal human diet. It is considered an average American diet. The one question always asked is why does the American diet stay consistent even after the law passing the requirements of the nutrition facts? Well it is the desire for the taste of processed foods twinkies, ding dongs, lucky charms, and basically snacks that come in packages. After my roller coaster of flavors and unprocessed this past week, my point of view on the food changed so much I lost count. I could just go on about the crunchiest ever white glazed tips of the grainy frosted flakes.

As the food industry remains they still tend to go rogue and corrupt, finding loopholes. The government has to reinforce the laws and regulations as it is urgent to keep up with the food industry because they are what drives the country to live everyday and get their daily nutrition. The Food and Drug Administration is a mockery of the United States. Even food enthusiast Michael Pollan's suggests we should push for better regulations. Pollan stated,"designing a

new approach to food policy”. I agree with this because while I was dieting, I found it extremely difficult to diet without coming across any product without anything, artificial, “natural”, or high fructose corn syrup. Dieting is possible, but it is not an easy task to do simply because of what the industry shoves in the face of consumers just so they could they could get their money. Another great point a food enthusiast, Mark Bittman, made was “[We are] not born craving Whoppers or Skittles”. And it is true, when has a baby ever needed to eat a hamburger from McDonalds because they need it to keep living. That is a habit the American diet needs to get out of their head too, eating salads is not the only way to dieting and eating a bunch of vegetables does not mean instant “healthiness”.

My teacher, Mr. Tsuyuki, assigned the whole junior class to a food challenge. The challenge basically made everybody eat all natural foods, or other wise foods that were not processed for two days. The challenge was punishing to those not used to their comfort zone of foods they eat daily. In many ways this challenge was strenuous at some points, the real struggle was that the challenge was TWO days! The fact that the duration of this challenge was that short and many people had trouble with just one day, it show a lot about our diet and the difficulty to getting access to unprocessed food. My experience with this was more than troublesome, I felt a sense of anxiety as to when I was able to eat and what I was able to eat. I managed to get through it eating mainly greens and a few pieces of meat here and there. As I was doing the challenge I was given a sudden perspective change on how the food industry was able to manipulate the consumers into buying their products and by doing that it made it impossible to eat organic food and all that was left to eat was the company’s or franchises products. That is why it is so hard to eat unprocessed foods.

My experience in Chef Prince’s collaboration with Mr. Tsuyuki was very intriguing because never in my life was I given the opportunity to eat food as an assignment and write about it. What made it even more interesting was that the food was not your typical salad. That is a stereotype we need to remove from society as salads are not the go to immediate healthy food, I am also not saying that salads are bad it is just that it is not what healthy food consist of. The food given was handed out in three rounds. The first given being a very delicate cucumber placed under a stack of shrimp. Now it may sound very vague at first, but oh my gosh, the combination was amazing. First thing you bite into you hear the authentic crunch of the cucumber and it sounds like the Kit-Kat commercial when the person bites into the Kit-Kat and the crunch just projects into perfect sound waves pleasing for the ear to hear. Then you taste the marinated bits of juicy plump lively shrimp that once were, and oh boy was that a kick. The juices dripped into my mouth like the excess juice of a lemon when you squeeze when making lemonade from scratch. The cilantro on top gave off a sort of cleansed and pure aura around it almost making it seem like a greek god would feed upon the delicacy. Overall I would give that food a 9/10 mainly because no food is perfect in a way where I could sustain my whole life on it. The second dish was a classic chip and dip. The hummus used was not the average dip. The hummus was green and was freshly made with a cilantro on top, again giving that pure feeling, and they used all natural organic ingredients in every aspect they could. Unfortunately they couldn’t grow their own vegetables. Otherwise the chip and dip was impressive. They used all natural potatoes from the store and they lightly peppered the chips. They had skin on the edges fit to proportion on every chip. Another detail I noticed was that the chips were not greasy at all. The way they set up the display of they dish was pretty on point. The chips looked like they were worshipping the hummus and the plain white added to the dish making it look important and superior and out of all the chips made league. Third dish was an all natural homemade yogurt and granola topped with blueberries and strawberries. The blue and red of the berries really gave the yogurt a personality and also kind of made the yogurt stand out from your average yogurt in a cup. The granola was not coated in anything special but only getting in between the berries and yogurt like the Berlin Wall. The yogurt was soft and whip like a fox’s tail swift and quiet. In fact the yogurt did taste quite, because Chef explained that the mass produced yogurt is overly sweetened to suit the American demand of tasting. The yogurt they made was all natural germinated unsweetened yogurt.

After these trials to test what my diet consist of. I can predict what my future of eating looks like surprisingly I am happy to say it will be continuing to change as the future comes closer. These order of events made me see the possibility of eating healthy. Although it may be hard it is not impossible. I want to at least know that I attempted at the dream lifestyle diet every one wishes at obtaining. Hearing what experts say like Michael Pollan and accepting the challenge myself for two days is enough persuasion for me to change my life around before I go down a different route.