

THE
CHRONICLE

YOUR SCHOOL, YOUR NEWS

Special Edition: Food Day 2015: Toward a 'greener' diet!



INSIDE YOU'LL FIND:

- 2 INTERVIEWS WITH VEGETARIANS
- SOME FACTS YOU DIDN'T KNOW ABOUT MEAT
- AND VEGETARIAN RECIPES

Made by Patrick Scanlon & Nicolas Bass

CHRONICLE

5 FACTS THAT COULD CHANGE THE WAY YOU THINK ABOUT MEAT

HOW DOES MEATLESS MONDAY HELP?

IF THE WORLD REDUCED MEAT CONSUMPTION BY

 **15%** (BY DOING MEATLESS MONDAY)

IT WOULD HAVE THE SAME IMPACT ON GREENHOUSE GAS EMISSIONS AS 

TAKING 240 MILLION CARS OFF THE ROAD EACH YEAR

MEATLESS MONDAY
#MeatlessMonday

HOW DOES MEATLESS MONDAY HELP?



FOR EVERY BURGER SKIPPED, YOU SAVE ENOUGH WATER TO WASH YOUR CAR

 **15** TIMES.

MEATLESS MONDAY
#MeatlessMonday

HOW DOES MEATLESS MONDAY HELP?



FOR EVERY BURGER SKIPPED, YOU CAN SAVE ENOUGH WATER TO DRINK FOR THE NEXT

 **3** YEARS.

MEATLESS MONDAY
#MeatlessMonday

HOW DOES MEATLESS MONDAY HELP?



FOR EVERY BURGER SKIPPED, YOU CAN SAVE ENOUGH WATER TO SHOWER WITH FOR THE NEXT

 **2.5** MONTHS.

MEATLESS MONDAY
#MeatlessMonday

HOW DOES MEATLESS MONDAY HELP?



FOR EVERY BURGER SKIPPED, YOU CAN SAVE ENOUGH ENERGY TO CHARGE YOUR IPHONE FOR

 **4.5** YEARS.

MEATLESS MONDAY
#MeatlessMonday

INTERVIEW W/ KATHERINE NGUYEN, VEGETARIAN

Interview conducted by Patrick Scanlon

Question 1: When did you become a vegetarian?

Answer: I would say that I became a vegetarian over 15 years ago.

Question 2: What is one way you think that being a vegetarian can help the earth?

Answer: I think that by not consuming animal products we are helping the earth because animals won't be killed and animals don't have to be injected with harmful products and also helping farmers by eating their produce and encouraging the growing of vegetables.

Question 3: What is the main reason you became a vegetarian?

Answer: For me, it was because I'm Buddhist and I believe that every living being should be considered like a human being.

Question 4: Would you encourage people to become vegetarian and not eat any meat?

Answer: Yes and many people are vegetarian and they survive just fine.

Question 5: Do you think there is any good reason for humans to eat meat?

Answer: No

Question 6: Why is it important that we stop killing animals for food?

Answer: I think it's morally wrong to kill animals and they should be free like us.

Question 7: What problems do you think will be solved if everyone were vegetarian?

Answer: Many animals wouldn't go extinct and there would be no reason for hunting, and people would be healthier because it not really meat that they're eating, it's chemicals.

INTERVIEW COMPLETE

INTERVIEW W/DANIEL KREMER, 11

Interview conducted by Nicolas Bass

Question 1: When did you become a vegetarian?

Answer: I have always been a vegetarian.

Question 2: What is one way you think that being a vegetarian can help the earth?

Answer: If people didn't buy meat at stores farmers wouldn't kill any animals if nobody was going to pay for them.

Question 3: What is the main reason you became a vegetarian?

Answer: I am a vegetarian because eating animals that have been alive even is wrong, and people can survive without eating any meat.

Question 4: Would you encourage people to become vegetarian and not eat any meat?

Answer: I would encourage people to become a vegetarian because it saves animals and stops them from going extinct.

Question 5: Do you think there is any good reason for humans to eat meat?

Answer: I think that eating a few animals won't harm you very much, but if you eat animals everyday in your diet, you will start having negative health effects.

Question 6: Why is it important that we stop killing animals for food?

Answer: We can save more animals and we will look at animals at a different view on how animals live. Not just a good resource, but living things like us.

Question 7: What problems do you think will be solved if everyone were vegetarian?

Answer: There will be more animals which would benefit world and it would forests would be full of animals.

INTERVIEW COMPLETE

VEGETARIAN RECIPE: QUINOA PATTIES

Recipe submitted by Kathleen Scanlon

Quinoa Patties with Spinach and Sun-Dried Tomatoes

½ cup oil-packed sun-dried tomatoes, chopped coarse, plus 1 tablespoon oil
4 scallions, chopped fine
4 garlic cloves, minced
2 cups water
1 cup pre-washed white quinoa
1 teaspoon salt
2 large eggs
2 ounces baby spinach, chopped (2 cups)
2 ounces Monterey Jack cheese, shredded (1/2 cup)
½ teaspoon grated lemon zest plus 2 teaspoons juice
2 tablespoons olive oil



1. Line rimmed baking sheet with parchment paper. Heat tomato oil in large saucepan over medium heat until shimmering. Add scallions and cook until softened, 3 to 5 minutes. Stir in garlic and cook until fragrant, about 30 seconds. Stir in water, quinoa, and salt and bring to simmer. Reduce heat to medium-low, cover, and continue to simmer until quinoa is tender, 18 to 20 minutes. Remove pot from heat and let sit, covered, until liquid is fully absorbed, about 10 minutes. Transfer to large bowl and let cool for 15 minutes.
2. Add sun-dried tomatoes, eggs, spinach, Monterey Jack, lemon zest, and lemon juice to cooled quinoa and mix until uniform. Divide mixture into 8 equal portions (about ½ cup each), pack firmly into ½-inch-thick patties (about 3 ½ inches wide), and place on prepared sheet. Refrigerate, uncovered, until patties are chilled and firm, about 30 minutes.
3. Heat 1 tablespoon olive oil in 12-inch nonstick skillet over medium heat until shimmering. Carefully lay 4 patties in skillet and cook until well browned on first side, 8 to 10 minutes. Gently flip patties and continue to cook until golden on second side, 8 to 10 minutes.
4. Transfer patties to plate and tent loosely with aluminum foil. Return now-empty skillet to medium heat and repeat with remaining 1 tablespoon olive oil and remaining 4 patties. Serve.

Recipe Serves 4

VEGETARIAN RECIPE:

VEGETARIAN LASAGNA WITH TOMATO SAUCE

Recipe submitted by Kathleen Scanlon

Ingredients

For the noodles and sauce:

12 no-boil lasagna noodles (10 ounces)
Salt and pepper
4 teaspoons olive oil
1 28-ounce can diced tomatoes, drained
1 onion, chopped fine
6 garlic cloves, minced
1 28-ounce can tomato puree

For the filling:

16 ounces whole-milk ricotta cheese
2 1/2 ounces Parmesan cheese, grated
1/2 cup chopped fresh basil
1 large egg, lightly beaten
1/2 teaspoon salt
1/2 teaspoon pepper
1 pound mozzarella cheese, shredded (4 cups)



Preparation

For the noodles and sauce:

Adjust oven rack to middle position and heat oven to 375 degrees. Bring 4 quarts water to boil in large pot. Add lasagna noodles and 1 tablespoon salt and cook, stirring frequently, until just tender. Drain noodles, return to pot and toss with 1 teaspoon olive oil. Spread oiled noodles out on baking sheet. Set aside.

Pulse diced tomatoes in food processor until almost smooth, about 5 pulses. Heat remaining 1 tablespoon oil in Dutch oven over medium heat until shimmering. Add onion and cook, stirring occasionally, until softened, about 5 minutes. Add garlic and cook until fragrant, about 30 seconds.

Stir 1/2 teaspoon salt and 1/2 teaspoon pepper. Stir in processed diced tomatoes and tomato puree and bring to simmer. Reduce heat to low and simmer until sauce has thickened and is reduced to about 6 cups, 15 to 20 minutes. Sauce can be cooled, covered, and refrigerated for up to 2 days; reheat before assembling lasagna.

For the filling:

Meanwhile, combine ricotta, 1 cup Parmesan, basil, egg, salt and pepper in bowl.

Spread 1/2 cup tomato sauce evenly over bottom of 13 by 9-inch baking dish. Arrange 3 noodles in single layer on top of sauce. Spread each noodle evenly with 3 tablespoons ricotta mixture and sprinkle entire layer with 1 cup mozzarella. Repeat layering of noodles, ricotta, mozzarella and sauce two more times. For final layer, arrange remaining 3 noodles on top and cover completely with remaining 1 cup sauce. Sprinkle with remaining 1 cup mozzarella, then sprinkle with remaining 1/4 cup Parmesan.

Cover dish tightly with aluminum foil sprayed with vegetable oil spray. Bake for 20 minutes. Remove foil and continue to bake until cheese is spotty brown and edges are just bubbling, 20 to 25 minutes longer. Let lasagna cool for 15 minutes before serving.

Serving Size: 6-8 servings.

Name: _____

Food Day 2015 Word Search

Find all the words below!

U	A	X	H	Q	L	W	L	K	P	K	O	R	C	Q	Y	Q	R	O	D	A	C	I	V	J
E	N	N	H	G	C	K	O	O	D	M	V	V	Q	Y	E	R	V	Q	F	M	O	F	U	Q
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BROCCOLI
APPLE
HEALTHY
FRUIT
SPROUTS
NUTRITION

GRAPE
ORANGE
MEATLESS
VEGETABLE
KALE

STRAWBERRY
CARROT
VEGETARIAN
KIWI
TOFU

Thank you for reading this
special edition of The Chronicle!
Make sure to enjoy Food Day
and have an awesome day!

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“The Chronicle”

*Created by Patrick Scanlon, Nicolas Bass, Daniel
Villa, Jack Martel, & Lucas Finzi!*

**Thank you to the people who helped make this
Chronicle possible!**

- Katherine Nguyen
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