

CNN News Highlights — Queens HS Lunch (Student Handout)

1) According to	2) developing dishes	3) honey-garlic chicken with broccoli	4) hosted	5) Office of Food and Nutrition Services	6) strict nutrition standards
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At a high school in Queens, New York, students aren't just eating school lunch — they're designing it. New York City _____ its first competition between high-school students to create a cafeteria menu item. _____ the _____ at Francis Lewis High School, students spent months _____ that met the city's _____. The winning creations — _____ and a Greek-inspired cucumber salad — are now being served in cafeterias across the city.

1) a huge melting pot	2) adjust sugar-to-salt ratios	3) embrace	4) process	5) recipe	6) staff
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Every week there would be a new _____. The students would come up with it, present it, cook it, and _____. Then the _____ would taste it. New York City is _____. Kids come from all sorts of backgrounds. How do they bring that into what they're doing today? We're from Queens. I think there are over 75 to 80 different cultures within Queens itself. We try to include every student's cultural background and _____ it. We want to teach them skills, safety, where their food comes from, and the _____ of making it.

1) creativity	2) grow	3) leadership	4) professional kitchen	5) Teamwork	6) the industry
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How have you seen the students _____ through this program? _____, _____, _____. These kids wouldn't be where they are now without this program. We run this kitchen like a _____. Some of them may use this to feed themselves in college, get a job, or even go into _____.

1) agenda	2) aligns	3) critics	4) hands-on	5) life skills	6) nutrition gaps
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A lot of kids rely on their parents. When I move out, I'll already have _____ and responsibility — that's what you need in the kitchen. It's helped me focus and kept me off my phone. I love that it's _____. They give us creative freedom, and that lets us be ourselves in the kitchen. The program _____ with New York City Mayor Eric Adams's push for healthier school food — part of a broader effort to reduce sodium, sugar, and processed ingredients. But some _____ say the mayor's healthy-eating _____ can lead to _____, logistical and economic concerns, and food that simply doesn't taste good.

1) extensive lists of prohibited ingredients	2) low sodium	3) school district	4) student feedback	5) we don't allow on	6) what better way than
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We have the largest _____ in the country, and we also have one of the most _____. That means low sugar, _____, and many items _____ our menus or in our food products. We want to make sure students aren't just eating healthy, but also understand why. The only way to really improve our menu is to get _____ — and _____ having them develop recipes for our menu? For CNN 10, Maya Blackstone, New York. She later reported that she tasted the food — and said it was good.

Translation

在紐約皇后區的一所高中，學生不只是吃學校午餐，還親自設計菜色。紐約市首次舉辦高中生比賽，讓學生設計學校餐點。根據法蘭西斯·劉易斯高中的學校膳食與營養服務處，學生花了好幾個月研發料理，並符合全市嚴格的營養標準。得獎作品——蒜味蜂蜜雞配花椰菜與希臘風黃瓜沙拉——目前已在全市學校餐廳供應。

老師表示，每週都會有一份新食譜。學生負責發想、發表、烹調，並調整糖鹽比例，最後由教職員試吃。紐約市是個文化大熔爐，孩子來自各種背景；課程把學生的文化背景融入其中，同時教授技能、安全、食物來源，以及製作流程。

談到學生的成長，老師提到團隊合作、創意與領導力。沒有這個課程，孩子們不會走到今天。我們把廚房當成專業廚房在運作；有些學生或許能在大學時自己做飯、找到工作，甚至投入餐飲產業。一名學生說，很多孩子依賴父母；等他搬出去，就已具備生活技能與責任感。這門課讓他更專注，也少看手機；他喜歡動手做，且擁有創作自由，讓大家在廚房裡做自己。

這項課程也呼應紐約市長艾瑞克·亞當斯推動更健康校園飲食的方針，是全市降低鈉、糖與加工成分的一部分。不過，也有批評者認為，這項健康飲食議程可能造成營養落差、在物流與經濟面出現顧慮，而且口味未必討喜。

膳食單位官員表示：紐約市是全美最大的學區之一，也有範圍很廣的禁用成分清單——也就是低糖、低鈉，以及許多品項不允許出現在菜單與餐食品項中。我們希望學生不只是吃得健康，也理解為什麼要這麼做。要真正把菜單做得更好，關鍵是蒐集學生回饋；讓學生自己為菜單設計食譜，是最好的方式。



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Answers

1) According to	2) developing dishes	3) honey-garlic chicken with broccoli	4) hosted	5) Office of Food and Nutrition Services	6) strict nutrition standards
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At a high school in Queens, New York, students aren't just eating school lunch — they're designing it. New York City hosted its first competition between high-school students to create a cafeteria menu item. **1 According to** the Office of Food and Nutrition Services at Francis Lewis High School, students spent months **2 developing dishes** that met the city's strict nutrition standards . The winning creations — **3 honey-garlic chicken with broccoli** and a Greek-inspired cucumber salad — are now being served in cafeterias across the city.

1) a huge melting pot	2) adjust sugar-to-salt ratios	3) embrace	4) process	5) recipe	6) staff
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Every week there would be a new recipe . The students would come up with it, present it, cook it, and adjust sugar-to-salt ratios . Then the staff would taste it. New York City is **1 a huge melting pot** . Kids come from all sorts of backgrounds. How do they bring that into what they're doing today? We're from Queens. I think there are over 75 to 80 different cultures within Queens itself. We try to include every student's cultural background and **3 embrace** it. We want to teach them skills, safety, where their food comes from, and the **4 process** of making it.

1) creativity	2) grow	3) leadership	4) professional kitchen	5) Teamwork	6) the industry
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How have you seen the students grow through this program? Teamwork , **1 creativity** , **3 leadership** . These kids wouldn't be where they are now without this program. We run this kitchen like a **4 professional kitchen** . Some of them may use this to feed themselves in college, get a job, or even go into **6 the industry** .

1) agenda	2) aligns	3) critics	4) hands-on	5) life skills	6) nutrition gaps
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A lot of kids rely on their parents. When I move out, I'll already have life skills and responsibility — that's what you need in the kitchen. It's helped me focus and kept me off my phone. I love that it's hands-on . They give us creative freedom, and that lets us be ourselves in the kitchen. The program aligns with New York City Mayor Eric Adams's push for healthier school food — part of a broader effort to reduce sodium, sugar, and processed ingredients. But some critics say the mayor's healthy-eating **1 agenda** can lead to **6 nutrition gaps** , logistical and economic concerns , and food that simply doesn't taste good.

1) extensive lists of prohibited ingredients	2) low sodium	3) school district	4) student feedback	5) we don't allow on	6) what better way than
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We have the largest school district in the country, and we also have one of the most **1 extensive lists of prohibited ingredients** . That means low sugar, **2 low sodium** , and many items we don't allow on our menus or in our food products. We want to make sure students aren't just eating healthy, but also understand why. The only way to really improve our menu is to get **4 student feedback** — and **6 what better way than** having them develop recipes for our menu? For CNN 10, Maya Blackstone, New York. She later reported that she tasted the food — and said it was good.