Food Studies Institute
Comments from Students in Food is Elementary Programs

I think that our class was very lucky that Antonia Demas came to our school and that we were not in the control group. I didn’t know how good these foods were until I tried them.

Dear Dr. Demas,
I really loved your Tofu. It made me get hooked on it. It made my cheeks tingle. The only thing I think about is Tofu. When I’m bored I think of Tofu.

In the beginning of the school year candy is all I thought about and then I wanted foreign foods for supper like Iziki, three sister cassareol, Greek rice pudding and Pasta Primavera.

I have learned about food from different countries and about nutrition. Thanks!

It was fun how we made it and the grownups helped.
You really made
me a really good food expert.

This year I tasted
a ton of good food.

The nutritious food is not just good for you, but it tastes really great to you, well that’s my opinion.

Also, I got to try eight different greens. Kale was v. v. g. (very very good) actually I’d add another v. v. g. to that or more. My second prizewinner was collard and rapine and they were all good.

I did not know that there was that much kinds of rice. I learned that brown rice is healthier.

Purple cabbage tastes real good! I loved the food.
I learned how to cook. I never knew how fun it was. Now when my mom asks me if I want to cook with her, I say, "yes!" And sometimes I just want to help my mom.

The mouthwatering curry made me go crazy. Some things I just can't resist like the pasta primavera that was excellent.

When I ate the Italian food it made me feel like I'm in Italy.

The pasta had good seasoning and a nice touch of black pepper.
The Chinies dumplings
Mmmmm that hit the spot.

But my reaction
from Khappati was to hustle over
and grab more!

I really enjoyed cooking all
kinds of foods that I've never
even heard of. Antonia let us
be most of the work. That's
what the most fun. But the
Best part about it is that we
got to eat it that very
day. I liked the Chinese Dumplings
the best because they had the
tasty filling and the bread outside!
I think that that was just
outstanding because they were
making the class make good noises
and comments.
Thank you for doing this in our school, in our class. It made me get up in the mornings, to think. Hey today is the day we cook with Antonia, or three more days until we cook with Antonia again!

May 26, 1994

Dear Antonia,

I used to be almost a complete carnivore, until I started fourth grade. I learned about some customs in my parents' home countries that I didn't know existed! Learning nutrition, I know 'has done something good for all of us. Your teaching has put another spark of life into us. Now, thanks to you children are the future.

Yours truly,