

Saucy by Nature



Monika Luczak was exhausted. She had just finished a long day at work—one of those days where she was the first person in the office and didn't leave until long after dinner. Working long hours wasn't unusual for someone in Monika's field. The year was 2011, and she had been working as a lawyer for several years. After the recession hit in 2008, many people began working more hours. Even if they weren't passionate about the job, they were grateful to have work that paid well. But Monika didn't quite understand how she had ended up working over 60 hours every week at a job she found boring.

"Being lawyer has never been a passion of mine," she explained. "Like many people I just picked a career I thought was going to be successful. Years later you're like, 'Wait a minute, why am I doing this? I'm not even happy.'"

Monika knew what her two real passions were: food and traveling. She was happiest when she could combine them, tasting new flavors in exotic locations. At a party in 2001, she had met Przemek Adolf, a kindred spirit who also loved food and travel. Both Monika and Przemek are Polish-American and had just finished college. A friendship blossomed, and they began to travel together. Monika's schedule allowed her to work intensely for weeks and then take weeks of vacation. They travelled to South America, the Caribbean and Asia. In every new place, Przemek and Monika were excited about the new flavors they tasted.

“It became about the food for me, really,” explained Monika. “That’s what made the experience, trying all the different foods, and then Przemek had a similar passion. We went to Southeast Asia with one-way tickets—it was about the food and the cultures and how local the ingredients are.” The two began trying to recreate the flavors they had tasted abroad once they returned home to New York.

In 2011, Przemek was living in London but moved back to New York City to start a business with Monika. The business they started, Saucy by Nature, made organic and tasty sauces to go on meats, vegetables and sandwiches. They started out small, and Monika found herself working even longer hours than she had as a lawyer. But she considered herself lucky to have a business partner.

“At a lot of companies, there’s just one person,” Monika explained. “Thankfully we have two people. It’s a lot of work, especially if you want to run it as an actual business and not just a hobby.”

There were so many things to consider: recipe development of the sauces, legal requirements for selling food, marketing, a website. It was overwhelming and exciting, all at the same time.

No one was available to guide the pair, so they had to figure it out for themselves. They made some mistakes at the beginning, such as creating too many sauces. “At one point we were making nine different sauces,” said Monika. It was too difficult to create so many different flavors, and they had to cut back to only producing four. But they had successes as well. A new farmers’ market opened in the Bronx, and instantly, buying from farmers became easier. Now they could purchase ingredients from farmers based in Hudson Valley, Long Island and New Jersey all in the same place. The prices were cheaper at the new farmers’ market because it was a wholesale market. At wholesale markets, farmers sell their goods for less money but in larger quantities. “There wasn’t anything like that in 2011,” said Monika. “Now you can go and get 10 cases of cilantro at wholesale prices. It makes all the difference.”

Both Monika and Przemek wanted to be sure they were sourcing their ingredients from local farmers. In their travels abroad, they had noticed that many cuisines were based off the produce and spices that were locally available.

“The local food movement here has become so intense and so exciting. There’s really become a pathway to work with farmers directly and impact the farm economics in this state,” said Monika. They try to work with organic farmers because they feel that organic foods are healthier for their customers and for the environment.

By 2013, Saucy by Nature had become a growing business. Monika and Przemek still sold their sauces at Smorgasburg, an outdoor food market in New York on the weekends. But they also had contracts to sell their sauces at West Elm and small grocery stores throughout New York City and Pennsylvania. Monika and Przemek wanted to help other food entrepreneurs and create a community. They founded Fare Trade NYC, an organization that connects small food businesses and helps them grow.

One of the main benefits of Fare Trade NYC was that it enabled new food business owners to speak with people who had faced the same problems. Monika explained: “Being able to speak with someone who’s been there and done that, and gone through the same processes is really priceless. You can’t get that anywhere else.”

Monika explained further that the food business is especially difficult because it needs a lot of investment at the beginning. “If you get a huge order, you have to invest in the jars, the labels, the boxes, renting a kitchen for 8-20 hours. Then when you deliver your order to a big store, they can take up to 60 days to pay you back. You’re constantly juggling finances.”

Another challenge of working in food is the change in what ingredients are available. “Working with seasonal ingredients has been especially challenging,” said Monika, “Especially during our first transition from summer to winter.” At a Fare Trade NYC meeting, Monika helped explain to a young woman starting a soup business the difficulty of working with seasonal ingredients and worked with her to create a plan for finding the right ingredients for her soups.

Monika works even more hours now than she did as a lawyer. But she's still happy she made a change in her career path. She explained that her job satisfaction is much higher now that she is doing something she loves. "It's just instant gratification in the sense that we're there all the time, we're the face of the company. It's amazing to have people try your food and love it. Then when they come back for your food every weekend—that feels amazing. That feels so good. Also knowing that we are working directly with farmers, we're feeding people great food with no preservatives, things that we really feel proud of. It's affirming."

One day Monika hopes that Saucy by Nature will be available across the country. But until then, she'll be at the food markets in Brooklyn every weekend, helping New Yorkers discover new flavors.

Name: _____ Date: _____

1. What is Saucy by Nature?

- A** a party in 2001 where Monika Luczak met Przemek Adolf
- B** an organization that connects small food businesses and helps them grow
- C** a business that makes sauces for meat, vegetables, and sandwiches
- D** a farmers' market in New York City that sells cases of cilantro

2. What is the sequence of events in this passage?

- A** Monika Luczak cofounds Saucy by Nature, works as a lawyer, and cofounds Fare Trade NYC.
- B** Monika Luczak cofounds Fare Trade NYC, cofounds Saucy by Nature, and works as a lawyer.
- C** Monika Luczak works as a lawyer, cofounds Fare Trade NYC, and cofounds Saucy by Nature.
- D** Monika Luczak works as a lawyer, cofounds Saucy by Nature, and cofounds Fare Trade NYC.

3. Monika likes working with food more than she liked working as a lawyer.

What evidence from the passage supports this statement?

- A** "Monika works even more hours now than she did as a lawyer. But she's still happy she made a change in her career path."
- B** "In 2011, Przemek was living in London but moved back to New York City to start a business with Monika. The business they started, Saucy by Nature, made organic and tasty sauces to go on meats, vegetables and sandwiches."
- C** "At a party in 2001, she had met Przemek Adolf, a kindred spirit who also loved food and travel. Both Monika and Przemek are Polish-American and had just finished college."
- D** "At a Fare Trade NYC meeting, Monika helped explain to a young woman starting a soup business the difficulty of working with seasonal ingredients and worked with her to create a plan for finding the right ingredients for her soups."

4. How might Monika describe her work with food?

- A** stressful and unsafe
- B** impossible and discouraging
- C** challenging but enjoyable
- D** easy but boring

5. What is this passage mostly about?

- A Monika Luczak's passions and work
- B Przemek Adolf's time in London
- C what a day in the life of a lawyer is like
- D the different sauces that Saucy by Nature sells

6. Read the following sentences: "Monika knew what her two real **passions** were: food and traveling. She was happiest when she could combine them, tasting new flavors in exotic locations."

What does the word **passions** mean?

- A scary adventures
- B strong interests
- C big mistakes
- D funny stories

7. Choose the answer that best completes the sentence below.

Monika used to work as a lawyer; _____, she sells sauces.

- A currently
- B before
- C as an illustration
- D such as

8. What are Monika's passions?

9. Why was Monika bored with her job as a lawyer?

10. Should people combine their work with their passions? Explain why or why not, using evidence from the passage.

Apples: The Health Benefits

You know that apples are juicy, sweet, and tasty. They are often thought of as a treat or dessert. But apples are an important part of your daily diet. Exciting research has shown that apples have the power to help keep you healthy! Scientists have also discovered that the more of them you eat, the healthier you can be.

They Can Do That?

It's hard to believe that one fruit can pack such a punch. The truth is, many fruits and vegetables do. But lately scientists have been pretty excited about apple research. Eating apples has been shown to lower the risk of cancer, stroke, and heart disease. There really is truth to that old saying, "An apple a day keeps the doctor away." Here are some facts from research done throughout the world:

- *Cancer:* Laboratory work at Cornell University in Ithaca, New York, found that certain nutrients in apples slow the growth of colon and liver cancer cells. And researchers in Hawaii studied lung cancer patients and another group that was cancer-free. They found that eating apples kept the risk of lung cancer low.
- *Stroke:* Researchers in Finland studied more than 9,000 men for 28 years and found that those who ate lots of apples had a low risk of stroke. A stroke happens when a blood clot in the brain causes damage or when there is bleeding in the brain.
- *Heart disease:* At the University of California- Davis, researchers found that eating apples kept "bad," or LDL, cholesterol from harming the body. LDL cholesterol causes changes in the arteries. These changes are the buildup of *plaque* (PLAK) on the inside walls of the arteries. Plaque can lead to blood clots and heart attacks. A heart attack is like a stroke, only the damage occurs in the heart.

Other studies showed that people who ate apples regularly had better lung function. Their risk of dying from a heart attack was lower too.

Apples also help in digestion because they contain enzymes to help break down the food you eat. A fat-free food, one medium-size apple has only about 80 calories.

They also have fiber--a medium-size apple has about 5 grams of fiber if you eat the skin too. Dietitians recommend we get from 20 to 25 grams of fiber per day. The type of fiber in apples is called *pectin* (PECK-tin). Studies in Italy, Ireland, France, Finland, and the United States proved that this type of fiber is what helps reduce cholesterol in the blood.

And if that's not enough, munching on apples helps you clean your teeth and massages your gums for a healthy mouth. Can't brush your teeth after lunch? Eat an apple!

Full of Phytochemicals

What is the "magic" nutrient in apples? It's actually more than one nutrient. Apples are rich in *phytonutrients* (fy-toe-NEW-tree-ents), also called *phytochemicals* (fy-toe-KEM-ih-kulz). Phyto means they come from plants. So phytochemicals are natural chemicals found in plants. They are found in the flesh and the skin of apples, but are more highly concentrated in the skin. Apple juice is also rich in phytochemicals, but it doesn't have the benefit of fiber.

Apples are loaded with vitamins and minerals, including *potassium* (puh-TASS-ee-um) and vitamin C. Phytochemicals are *antioxidants* (an-tee-OX-i-dents). They reduce or prevent cell and tissue damage from molecules in your body called free radicals. Free radicals form in the body every day as you breathe, eat, and exercise.

These phytochemicals are important; one has been especially linked to a reduced risk of cancer and heart disease.

Apples alone can certainly pack a nutritional punch. But together with other fruits, they can do even more. In a French study, scientists found that apples and oranges work well together, because the apples help the body use more of the vitamin C in the oranges. Your best bet is to eat lots of different fruits and vegetables each day. The recommended daily amount is at least five servings. An apple is one serving, so do try to eat at least one each day.

The Core of the Matter

Studies on apples are still being done. We already know a lot about their benefits. In the future, we'll know even more, including how to combine them with other foods for the maximum nutritional wallop. Until then, eat as much of this healthy grab-and-go food as you can!

Recipes

Here are two easy recipes that will make it even easier to eat an apple (or more) a day.

Apple Sandwich

1. Cut an apple into very thin slices.
2. Spread peanut butter on slices of bread.
3. Place the apple slices on the peanut butter.
4. Add a slice of mozzarella cheese.
5. Sprinkle with cinnamon (optional).
6. Put the slices of bread together.
7. Eat your apple sandwich!

The Frost Apple

1 pint of frozen vanilla yogurt

1 quart naturally sweet apple cider

Freshly ground nutmeg

Let frozen yogurt soften at room temperature, or microwave it for 20 seconds. Put the yogurt and cider into a blender or food processor and blend until frothy and well mixed. Stir in nutmeg. Pour into tall glasses. Sprinkle nutmeg on top. Makes six 1-cup servings.

Go Apple "Picking"

See how many different kinds of apples you can pick out at the grocery store. Check off the ones you find on the list below. How many different kinds did you find? How many have you tried? Which is your favorite? How many different kinds did the class find?

Braeburn
Cameo
Cortland

Crispin
Empire
Fuji
Gala
Ginger Gold
Golden Delicious
Granny Smith
Honeycrisp
Ida Red
Jonagold
Jonathan
McIntosh
Pink Lady
Red Delicious
Rome Beauty
Winesap
York Imperial

Name: _____ Date: _____

1. What is a reason that apples are an important part of a healthy diet?
 - A Apples have enzymes that help break down food.
 - B Apples have all of the fiber that a person needs in a day.
 - C Apples clean your teeth so you never need to brush them.
 - D Apples contain vitamin K, which you can't get from any other food.

2. What is a way that the author asks the reader to analyze the *list* of apple types?
 - A See how many kinds of apples grow in the reader's state.
 - B See how many kinds of apples the reader can find in the store.
 - C See how many kinds of apples the reader can taste at school.
 - D See which kind of apples taste the best in homemade pie.

3. If given the choice between eating a whole apple and drinking a glass of apple juice, which would be healthier?
 - A the whole apple, because it is a fat-free food
 - B the apple juice, because it has phytochemicals
 - C the whole apple, because the skin contains fiber
 - D the apple juice, because it tastes better

4. Read the following sentence and answer the question below: "Other studies showed that people who ate apples regularly had better lung function."

In the sentence the word **function** means

 - A to be broken
 - B to be in need of help
 - C to be at an event
 - D to be working correctly

5. The main idea of this passage is that
 - A apples are the best food in the world and should be eaten at every meal and snack
 - B apples come in over 50 types, each with unique benefits to your health
 - C apples are an important part of a healthy diet and can prevent some diseases
 - D apples keep doctors away, so people that eat them never worry about getting sick

6. Explain why there is truth to the saying, "an apple a day keeps the doctor away."

7. Why would the author include recipes in the passage?

8. The question below is an incomplete sentence. Choose the word that best completes the sentence.

Apples are an important part of your daily diet _____ they should not be the only food you eat!

- A because
- B so
- C when
- D but

9. Answer the questions based on the sentence below.

The enzymes in apples help break down the other foods you eat.

What? the enzymes

Where? _____

(do) What? _____

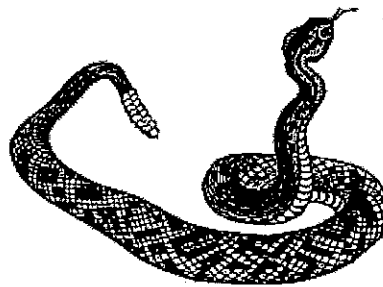
10. Read the vocabulary word and definition below and complete questions 10a, 10b, and 11.

Vocabulary Word: concentrated (con · cen · trat · ed): a lot of things in one place.

10a. Read the five sentences below and underline the word **concentrated** in each sentence.

1. At his first arena concert, the singer had never seen so many screaming fans concentrated in one space.
2. The extended family members were concentrated in one neighborhood of the city because they wanted to stay close together to help each other out.
3. The tornadoes were concentrated in one section of the state, which meant that section suffered the most damage.
4. At the dance, boys were concentrated on one side of the room while girls gathered on the other.
5. All of the guards were concentrated by the front exit, so it was easy for the spy to sneak through an open window in the back.

10b. Which living thing is more likely to be concentrated around honey?



11. Are people more likely to be concentrated in the city or the suburbs? Why or why not?

Name: _____ Date: _____

NTI 7th math - Day #8

Question 1 of 10

Three segments are 48 cm, 95 cm, and 48 cm in length. Determine and explain if the segments form a triangle.

- A. no; $48 + 48 > 95$
- B. no; $48 + 48 = 95$
- C. yes; $48 + 48 > 95$
- D. yes; $48 + 95 + 48 \neq 180$

Question 2 of 10

Mario has 3 circular pizzas. He cuts the first pizza into 6 equal-sized slices, the second pizza into 4 equal-sized slices, and the third pizza into 3 equal-sized slices. He pulls out a slice from each pizza and looks at the angle formed at the tip of each slice. In order, what types of angles does he see?

- A. scalene, right, acute
- B. acute, right, straight
- C. scalene, triangular, equilateral
- D. acute, right, obtuse


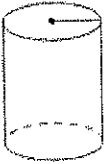

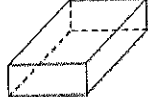
Question 3 of 10

Three segments are 51 mm, 75 mm, and 25 mm in length. Determine and explain if the segments form a triangle.

- A. yes; $51 + 25 > 75$
- B. no; $51 + 75 + 25 \neq 180$
- C. no; $51 + 25 = 75$
- D. no; $51 + 25 < 75$

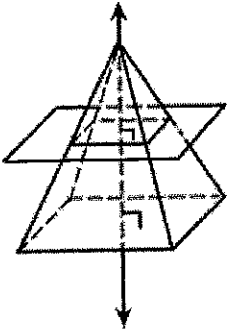
Question 4 of 10

Linda was asked to draw a rectangular prism. Which of the following figures could be the rectangular prism she drew?

- A. 
- B. 
- C. 
- D. 

Question 5 of 10

A parallelogram intersects the pyramid shown below, which of the following describes the slice formed by the intersection of the two figures?



- A. A square
- B. A rectangle
- C. A parallelogram.
- D. A perpendicular line

Question 6 of 10

Three segments are 2 inches, 5 inches, and 1 inch in length. Determine and explain if the segments will form a triangle.

- A. yes; $2 + 1 < 5$
- B. no; $2 + 1 < 5$
- C. no; $5 + 2 + 1 = 8$
- D. no; $5 + 2 + 1 \neq 180$

Question 7 of 10

A square is cut along a diagonal.

What shapes result?

- A. two equilateral triangles
- B. two isosceles triangles
- C. two squares
- D. two rectangles

Question 8 of 10

Which of the following lengths CAN be the sides of a triangle?

- A. 1, 2, 3
- B. 2, 3, 4
- C. 1, 1, 3
- D. 2, 4, 10

Question 9 of 10

Bill is drawing a triangle. If two angles of a triangle measure 20 degrees and 50 degrees, what is the measurement of the third angle?

- A. 10 degrees
- B. 50 degrees
- C. 70 degrees
- D. 110 degrees

Question 10 of 10

In triangle XYZ, the measure of angle X = 85° and the measure of angle Y = 60° .

What is the measure of angle Z?

- A. 145°
- B. 60°
- C. 50°
- D. 35°

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