

# “Real Food Nutrition & Health” Study

NOVEMBER 1, 2010 - NOVEMBER 5, 2010

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CHAPTER 9

## Chapter 9 — Sweeteners

### Discussion Questions.

Use the following optional questions to guide your discussion of Chapter 9.

1. Research has shown that our tolerance for sweet foods increases the more sweet foods we eat. What does this mean? Have you seen this in your own life?
2. What’s wrong with artificial sweeteners? What’s a drawback of natural sweeteners?
3. When you eat sugar, your body stops doing what?
4. When you eat sweets, what other food group should accompany them and why?
5. What are the “good” natural sweeteners? What’s the definition of a natural sweetener?
6. What’s a compromise natural sugar and why?
7. Name the bad guys of the natural sweeteners, and share why they’re to be avoided.

### Activities.

Choose any of the following optional activities to supplement your student’s grasp of Chapter 9.

1. Do you love sweets? Keep a food journal for just one day. This time, just write down all the sweetened foods you ate. Don’t forget to count to include foods that we don’t typically think of as sweet, like ketchup!
2. The author wrote that sweet foods tell “us what food is ripe and full of the most nutrients.” God designed this! Thank Him and praise Him for creating those pleasing flavors for us.
3. Even natural sweeteners can be eaten to excess. Do you think you eat too much? Try to go without any sweeteners for a week. Keep a journal of how you feel each day. Take note of positive or negative signs of addiction. [Read this](#) for more information on what your body is likely to feel when overcoming a sugar addiction.

### Participate.

*On or after November 5, 2010.* Visit [this page](#) to navigate to the blog post that discusses this chapter. Add your and your students’ thoughts and reactions to this chapter. We look forward to what you share!

### Notes.

Use this space to make notes about Chapter 9, or to add additional questions or activities of your own.



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Embracing “God’s Natural, Organic,  
Whole Foods, Grown Locally, In Season”

**Real Food Nutrition and Health** by Kristen Michaelis

The book which guides this study is available [here](#).  
This study is conducted with the author’s kind permission.