

“Real Food Nutrition & Health” Study

NOVEMBER 15, 2010 - NOVEMBER 19, 2010

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CHAPTER 11

Chapter 11 — Real Food for Real Life

Discussion Questions.

Use the following optional questions to guide your discussion of Chapter 11.

1. Define “real food”. Now that you’ve read and studied this entire book, what does it mean to you?
2. The author described three virtues that come to her mind when eating real food: patience, self-control, and kindness. Explain how those can be applied to eating real food. Do you agree with her thoughts? Why or why not?
3. What five newbie tips did the author give for embracing real food? Explain each one.
4. Many people say they can’t afford real food. Yet the author pointed out how her pastured chicken and beef are less expensive than spam. Please explain her reasoning. Do you agree or disagree? Are you encouraged or not?
5. What suggestions did the author make for eating well on a budget? What priorities can be set to get the most bang for the buck?
6. What kitchen management techniques can help a family save money when purchasing real food? Explain how these work. Can you think of more ideas to save money while eating well?

Activities.

Choose any of the following optional activities to supplement your student’s grasp of Chapter 11.

1. As you’ve read and investigated the topics of nutrition in this book, has your thinking changed at all? What has been the biggest change?
2. How do you feel about real food today? The author said she feels empowered. What adjective describes your feelings or desires about real food?
3. Choose one of the five newbie tips the author gave for switching to real foods, and begin it today. With your parents’ blessing of course, and remember to do what the author said — have grace on yourself!
4. Of the kitchen management techniques mentioned in this chapter — *preparing your own meals, not buying packaged foods, buying in bulk, buying directly from farmer, eating fewer animal foods and more veggies, not wasting food, making your own convenience foods, not using two kinds of animal proteins in one dish, and eating in season and locally* — which are you doing already, and which can you begin implementing? Find out how you can help your parents achieve these goals and start today.
5. Of the diet changes you’ve made through the course of reading this book, have you noticed any differences in your overall health? If

so, are they good changes or bad? Describe what’s changed and why you think this is so.

Notes.

Use this space to make notes about Chapter 11, 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.