"Real Food Nutrition & Health" Study

Chapter 2 — Traditional Food Cultures

Discussion Questions.

Use the following optional questions to guide your discussion of Chapter 2.

1. Who was Weston A. Price?

2. What problem did he notice?

3. What was his hypothesis about the cause of this problem?

4. In order to test his hypothesis, why couldn't he study modern societies? Who could he study?

5. What did he find out when studying native peoples?

6. What happened when native peoples abandoned their traditional diet?

7. What 3 categories or types of tribal peoples did he study? Of those three, which had the most tooth decay? Which had the least?

8. What are cereal grains?

9. What do traditional diets have in common?

10. What are vitamins?

11. What are enzymes?

12. What are essential fatty acids?

13. What can we learn from traditional diets about nutrition?

14. What illnesses are prevalent in our modern society, a society which does not follow a traditional diet?

Activities.

Choose any of the following optional activities to supplement your student's grasp of Chapter 2.

1. Keep a food journal for one to three days, writing down everything you've eat. How does it compare to a traditional diet? Is it similar? Is it very different? How? How could your diet be improved? Do you want to improve your diet?

2. What is the food industry's role in our departure from traditional diets?

Participate.

On or after September 3, 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 2, or to add additional questions or activities of your own.