

“Real Food Nutrition & Health” Study

SEPTEMBER 6, 2010 - SEPTEMBER 10, 2010

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CHAPTER 3

Chapter 3 — Healthy Fats & Oils

Discussion Questions.

Use the following optional questions to guide your discussion of Chapter 3.

1. What are macro-nutrients? Give an example of macro-nutrient (besides fats).
2. What is the common chemical structure of all fats? What picture did the book give to help us remember this?
3. Why do saturated fats “stack up” so well?
4. Name four ways the body uses fat.
5. The human body is made up of what types of fat? In what proportions? (No need to be specific, just a general answer.) Do you think we should model this in our diet?
6. What happens if we don’t eat the particular type of fat we need?
7. What are some of the amazing purposes that essential fatty acids perform in our bodies?
8. What is the most important thing science has learned about essential fatty acids?
9. Traditional diets included omega-6 to omega-3 fats in the ratio of 1:1. What happens in our bodies if the ratio of omega-6 to omega-3 fats changes so to over 4:1?
10. What is the typical ratio of omega-6 to omega-3 fats in a modern industrialized diet? Why?

11. Where is corn hidden? Why is there so much of it in industrialized food? Why is corn so cheap?
12. How can you ensure you’re getting a proper balance of fats?
13. Why should our animal fats come from grass-fed, wild or pastured animals?
14. Why should we avoid cooking fats past their smoking point?
15. What is the lipid hypothesis?
16. Of the 50 countries Ancel Keys studied, how many did he highlight in his study, and why?
17. What have recent reviews of studies shown about the “link” between saturated fat and heart disease?
18. What is the role of cholesterol in our bodies?

Activities.

Choose any of the following optional activities to supplement your student’s grasp of Chapter 3.

1. Go to the grocery store and pull 10 pre-packaged and processed food items off the shelf. Pick randomly. How of them contain corn? Use the “common corn derivatives” section of the book, as well as the quote from Michael Pollan (page 34) to help you identify the various names of corn.
2. On page 36, the author writes: “Our greatest need is for good

saturated fats. Traditional people groups ate this way. Remember, less than 4% of their dietary fat intake was in the form of polyunsaturated fats.” Then she asked the question, “Is it a coincidence that less than 4% of the fat in your body is polyunsaturated?” Answer that question.

3. Choose a traditional cooking fat (page 40) and use it to make a meal or dish. Or, choose a traditional condiment fat (page 41), and prepare a condiment with that fat.

4. Answer the critical thinking question on page 44: Why would a Senate committee change their report because of industry lobbyists?

Participate.

On or after September 10, 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 3, 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.