

“Real Food Nutrition & Health” Study

SEPTEMBER 13, 2010 - SEPTEMBER 17, 2010

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CHAPTER 4

Chapter 4 — Healthy Meat, Seafood, & Dairy

Discussion Questions.

Use the following optional questions to guide your discussion of Chapter 4.

1. What macro-nutrient comes to mind when we think of meat?
2. What's the difference between a vegan and vegetarian diet? What role did these diets play in traditional societies?
3. What are proteins?
4. How do our bodies use proteins? Give a few examples!
5. How many different kinds of protein does your body contain?
6. Why do we need to eat protein every day?
7. What are essential amino acids? (Think about why we need them.)
8. What are complete proteins? Incomplete proteins? Name sources of each.
9. What are some consequences of protein deficiency?
10. What are the best, most complete sources of dietary protein?
11. What is a CAFO? Have you seen one?
12. What are some problems with CAFOs and the meat they produce? Would you want to eat meat, milk or eggs from a CAFO? Why or why not?

13. Why is some farmed seafood a better choice than some wild seafood?

14. What is the most nutrient-dense category of seafood?

15. What's wrong with “free-range” eggs? What's wrong with “organic” eggs? (Just talking grocery store labels here.)

16. What is the healthiest type of egg? How can you tell visually that an egg is healthy?

17. Name some of the problems with modern dairy farms and dairy foods.

Activities.

Choose any of the following optional activities to supplement your student's grasp of Chapter 4.

1. Weigh yourself (in pounds). Divide the number of pounds by 2.2. This is how many kilograms you weigh. Using the chart on page 54, figure out how much protein you should eat each day. How many eggs is this? How much milk? How many portions of beef or chicken? You may need to use a scale or ask for assistance in visualizing a portion of meat in relation to what it weighs.
2. Meat, dairy, and eggs. What form of each do you and your family eat? Where do you need to improve? Where do you have trouble finding better sources? What can you do to help solve this problem?

3. Visit the Monterey Bay Aquarium to download the [Seafood Watch Pocket Guide](#). Take it shopping with you soon to choose an affordable “best choice” of seafood for an upcoming family meal.

4. What does this lesson teach, remind, or reveal to you about God's design?

5. What happens when our society thinks about efficiency, convenience, or profit? If people really knew that modern milk was hard to digest, full of antibiotics, growth hormones and pus, would they still drink it? Would they drink the milk or eat the eggs or meat if they visited a CAFO?

Participate.

On or after September 17, 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 4, 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.