

# “Real Food Nutrition & Health” Study

SEPTEMBER 20, 2010 - SEPTEMBER 24, 2010

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CHAPTER 5

## Chapter 5 — Healthy Vegetables & Fruits

### Discussion Questions.

Use the following optional questions to guide your discussion of Chapter 5.

1. As the author asked in the opening sentence, “When you think of fruits and vegetables, what comes to mind?”
2. What are carbohydrates?
3. Recall the traditional cultures mentioned in the chapter and that some ate high-carbohydrate diets and some low or no carbohydrate diets. What is the primary difference in how they ate their carbohydrates when contrasted to modern society’s consumption of carbohydrates?
4. What are the 2 types of carbohydrates? Which is better to consume?
5. Briefly describe the process of digestion of carbohydrates. What is the role of the liver? The pancreas?
6. Complex carbohydrates take longer to digest. What are the benefits of this?
7. If the body produces too much glucose, where is it stored? Mention the two places, as well as the order and purpose of storage in each place.
8. What forms of carbohydrate cannot be digested fully?
9. What are the effects of dietary fiber on digestion?
10. What is healthy, fertile soil? What is wrong with modern agricultural practices?
11. What are some health implications of using synthetic fertilizers?
12. Fill in the blank. If you want to avoid excess nitrates in your produce, you’ll need to \_\_\_\_\_. If you want produce that has the most nutrients in it, you’ll need to \_\_\_\_\_.
13. What are some options for getting quality fruits and vegetables? (Quality means nutrient-dense and grown in living soil without the use of pesticides or synthetic fertilizers.)
14. If you can’t get locally grown food from living soil, name some steps to minimize the dangers of food with pesticide residues. (Remember, the food still may low in nutrients.)
15. What are some ways to ensure that your produce is safe to eat? (Consider the source, the growing conditions, and the way the produce is handled.)

### Activities.

Choose any of the following optional activities to supplement your student’s grasp of Chapter 5.

1. Watch the GNOWFGLINS video, paying close attention to the “Organic” section. This is living, fertile soil, which produces nutrient dense food.
2. Read Genesis 2:8-16. Who were the first people to gather fruits and vegetables and where were they? Close your eyes and imagine the setting. What do you think the fruits

and vegetables tasted like? Would you have liked to be there?

3. Answer the author’s questions on page 83: “What kinds of sugars would be digested mostly in the liver? What kinds of foods will you find those in? Are these good or bad for your health?” Also share why you reached your final conclusion.

4. Choose a kind of vegetable or fruit from page 85. Search the internet for whole food recipes. Choose and prepare a vegetable/fruit recipe that uses one of the best of the preparation methods mentioned on pages 86 through 87.

5. Visit [localharvest.org](http://localharvest.org) and search by your area for farms that grow quality, nutrient-dense fruits and vegetables. Are you shopping with any currently? Could you?

### Participate.

On or after September 24, 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 5, 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.