

“Real Food Nutrition & Health” Study

SEPTEMBER 27, 2010 - OCTOBER 1, 2010

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CHAPTER 6

Chapter 6 — Living Foods & Superfoods

Discussion Questions.

Use the following optional questions to guide your discussion of Chapter 6.

1. Name some fermented foods!
2. Name two benefits that raw and fermented foods provide in our bodies.
3. How do the modern equivalents of traditional fermented foods stack up? (Think today’s sourdough v. old-fashioned sourdough, or today’s corned beef v. old-fashioned corned beef.)
4. What percentage of traditional diets are made up of fermented and raw foods?
5. What is lacto-fermentation?
6. What are the benefits of lacto-fermentation? (Both to the body and the food!)
7. What are vitamins? Why is it better to get our vitamins through real foods rather than vitamin pills?
8. Name some of the biological functions of vitamins.
9. What happens if you don’t get enough vitamins?
10. People used to obtain vitamins through diet. Now how do people get vitamins (if they do at all)? What’s wrong with this?
11. Name the 7 most important vitamins. Try to recall how one of them functions in the body (ie. its jobs).
12. What are minerals?
13. What are enzymes?
14. What are living foods? What are fermented foods?
15. Even though the author’s friend said her diet wasn’t cooked, explain why it really was a cooked diet.
16. Why should we eat more living foods?
17. What are superfoods? Name some examples. Which do you eat currently? Are there any you’d like to add to your diet?

Activities.

Choose any of the following optional activities to supplement your student’s grasp of Chapter 6.

1. Prepare a fermented food. To select a recipe, here are some ideas: 1) search the internet; 2) choose dairy kefir, soft cheese, sauerkraut, or ginger carrots from the [Fundamentals eCourse](#); or 3) choose a fermented/cultured recipe in [Nourishing Traditions](#). How did you like preparing this? Did you find it easy or hard? Did you like eating it? If you didn’t, do you think you could get used to it?

2. Make a sourdough starter! Easy videos and instructions are in the [Sourdough eCourse](#). Doable for a student of any age. The starter may be done in about 5 days, and you can use it for a simple recipe such as pancakes, waffles, english muffins, pizza crust, or cake.

Participate.

On or after October 1, 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 6, 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.