

“Real Food Nutrition & Health” Study

OCTOBER 4, 2010 - OCTOBER 8, 2010

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CHAPTER 7

Chapter 7 — Grains & Legumes

Discussion Questions.

Use the following optional questions to guide your discussion of Chapter 7.

1. Even though agriculturists experienced greater tooth decay than hunter-gatherers, what's really to blame for the nearly 100% rate of tooth decay in modern diets?
2. What happens to a grain during the refining process? Use your own words.
3. Why do food manufacturers “enrich” refined grains? What's wrong with this?
4. How can whole grains be even more nutrient-dense and nutritionally superior to refined grains?
5. What's the cost of convenience food in our society? What have we lost? (Name some things besides nutrition.)
6. What conveniences have modern food manufacturing practices given? Do you think these are hard for most people to give up? Do you think most people know anything else?
7. What are grains? What are lectins? What is phytic acid?
8. Name 3 traditional grain preparation methods, and briefly describe each one.

9. How can you tell if the sourdough bread at the grocery store is traditional sourdough or fake sourdough?

10. What are legumes? What's the best way to prepare legumes for maximum nutrition?

11. On pages 129 through 131, the author compares sprouted whole wheat bread, sprouted raw lentils, and beef liverwurst. Which one is the clear winner in terms of nutrient density? (In other words, which food offers the most nutrition?)

Activities.

Choose any of the following optional activities to supplement your student's grasp of Chapter 7.

1. Prepare a grain based porridge or bread that uses soaking, sprouting or fermenting. To select a recipe, here are some ideas: 1) search the internet; 2) choose one of the recipes from the [Fundamentals eCourse](#) or [Sourdough eCourse](#); or 3) choose a 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. Prepare beans in a traditional manner (refer to the [Fundamentals eCourse](#) for instructions on soaking/cooking beans, or sprouting beans). Use the beans in a simple recipe, such as a stew, bean dip, or refried beans. How did you like preparing the beans? 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?

Participate.

On or after October 8, 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 7, 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.