

“Real Food Nutrition & Health” Study

OCTOBER 25, 2010 - OCTOBER 29, 2010

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CHAPTER 8

Chapter 8 — Bone Broths

Discussion Questions.

Use the following optional questions to guide your discussion of Chapter 8.

1. How did MSG get its start? What made it so attractive (two reasons).
2. Where is MSG found? What's the best way to avoid it?
3. Name some of the benefits of bone broth, according to the passage from *Broth is Beautiful* by Sally Fallon.
4. What are the ramifications of our society exchanging traditional bone broths for quick cubes of soup flavoring?

Activities.

Choose any of the following optional activities to supplement your student's grasp of Chapter 8.

1. Search the internet for the dangers of consuming MSG.
2. Follow the instructions on page 136 to 140 to make your own bone broth. Get the most nutrient-dense bones you can, but don't sweat it if you can't. Making broth from any bones will be very healthful. Now use your broth in soup, stew or gravy. What do you think of the flavor? Was it hard? Is it worth doing?

Participate.

On or after October 29, 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 8, 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.