

# “Real Food Nutrition & Health” Study

AUGUST 20, 2010 - AUGUST 27, 2010

GNOWFGLINS.COM

CHAPTER 1

## Chapter 1 — Food, Not Nutrients

### Discussion Questions.

Use the following optional questions to guide your discussion of Chapter 1.

1. What is a nutrient?
2. What is nutritionism?
3. Do you agree that we should shift our focus from nutrients to whole foods? Why or why not?
4. Can you think of a food that has been both popular and unpopular due to our society focusing on nutrients? What food and what have nutritionists said about it (both good and bad)? Can you think of a second food?
5. Who benefits from a focus on nutritionism? Why? Who suffers from this focus, and why?
6. By applying food science, can fake foods be made better than the real thing? Why or why not?
7. What does “industrialized food” mean? Use your own words. Give an example of an industrialized food product.
8. Why do food producers want to add “value” to a fake food product? Keep in mind that they add value by pointing out nutrients.
9. Why is a whole foods focus better than nutritionism?
10. What two questions can you ask to find out if a food is a real food?

11. Why should we prepare foods traditionally? Note: this is not answered in chapter 1, so dig deep to come up with a good reason.

12. Is it helpful to know what nutrients are in real foods, making them healthy food choices?

### Activities.

Choose any of the following optional activities to supplement your student’s grasp of Chapter 1.

1. Choose a recent headline and story about food in the news (newspaper, magazine, online, or television) that reveals a focus on nutritionism. Is the food mentioned popular or unpopular? Is the food mentioned a real food or a fake food product? What do you or your family know about this food that goes beyond the headline? In other words, what’s the true scoop?
2. Choose any industrialized food, such as grocery store eggs, ready-to-grill hamburger patties, or even breakfast cereal. Research how it is grown, produced, distributed, and marketed. With this food, do you see a focus on whole, real foods, or on nutritionism, or both? Is our society getting the truth about this food from the food producers or advertising? If you could tell people anything about this food product, what would you say?
3. Visit or talk to a local food producer or farmer. Do you see a focus on nutritionism or whole, real foods?

How is their food grown, processed, distributed and marketed? Do you see room for improvement? Do you like what you saw? What did you learn?

### Participate.

On or after August 27, 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 1, or to add additional questions or activities of your own.



**GNOWFGLINS**

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.