



PWOC

Protestant Women of the Chapel

WORKSHOP: **NUTRITION: *The Edible Stuff of Life***

by Cecilia Thomas

PARTICIPANT'S GUIDE

RELEVANCE: Eating to get the nutrients to keep our bodies healthy and vibrant can sometimes become confusing with all the "healthy eating" information out there. This workshop will talk about how to sort through all the nutrition information we encounter, keeping God's words of wisdom as our foundation.

1. HEALTHY FOOD TRENDS

"Why do we eat?"

- **Genesis 1:29** *And God said, 'Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food.'*
- **Genesis 9:3** *'Every moving thing that lives shall be food for you. And as I gave you the green plants, I give you everything.'*

God gives us an amazing variety of foods to enjoy. These foods contain all the basic nutrients we need:

- Carbohydrates (fruits, vegetables, grains, beans, dairy, honey)
- Protein (meats- livestock, poultry, fish, nuts/seeds, beans, eggs, dairy)
- Fat (meats, nuts, dairy, oils)
- Vitamins/minerals (all foods)
- Water



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ACTIVITY: Work with a small group (of no more than 4 people) to research and identify 1-2 current food recommendations using the materials provided. Be prepared to share the key point of one of the recommendations you found.

1.

2.

II. EVALUATING NUTRITION INFORMATION

Once you find advice, how do you decide if you want to follow the advice?

- **Mark 7:19** *'Don't you see that nothing that enters a man from the outside can make him unclean? For it doesn't go into his heart but into his stomach, and then out of his body.'* (In saying this, Jesus declared all foods clean.)
- **Romans 14:13-19** *Therefore, let us stop passing judgment on one another. Instead, make up your mind not to put any stumbling block or obstacle in your brother's way. As one who is in the Lord Jesus, I am fully convinced that no food is unclean in itself. But if anyone regards something as unclean, then for him it is unclean. If your brother is distressed because of what you eat, you are no longer acting in love. Do not by your eating destroy someone for whom Christ died. Do not allow what you consider good be spoken of as evil. For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit, because anyone who serves Christ in this way is pleasing to God and approved by men. Let us therefore make every effort to do what leads to peace and to mutual edification.*
- **I Corinthians 10: 23-24, 31-33** *Everything is permissible— but not everything is beneficial. Everything is permissible— but not everything is constructive. Nobody should seek his own good, but the good of others.*

So whether you eat or drink or whatever you do, do it all for the glory of God. Do not cause anyone to stumble, whether Jews, Greeks or the church of God – even as I try to please everybody in every way. For I am not seeking my own good but the good of many, so that they may be saved.



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- **1 Timothy 4:4** *For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer.*

ACTIVITY 1: Get back together with your small group and discuss the above verses with the following questions in mind:

- 1. What were Jesus' and the New Testament writers' thoughts about clean and unclean foods?**
- 2. What actions can we take if our opinions about food differ from someone else's?**

ACTIVITY 2: How can we make good choices?

Proverbs encourages us to gain wisdom for making choices:

- **Proverbs 12:15**
- **Proverbs 13:16**
- **Proverbs 14:15**
- See ***Evaluating Health Information*** handout (page 4)

ACTIVITY 3: *With your small group, take another look at the food recommendation you found and evaluate it using the tips provided. You have 5 minutes to do this. Be prepared to share some pros and cons about the food recommendation you evaluated.*

APPLY IT TO LIFE:

Consider the following verse in light of your own life and current nutritional habits. What is God speaking to you personally? How will you make application of the truth of His Word?

- **I Corinthians 10: 31-33** *So whether you eat or drink or whatever you do, do it all for the glory of God. Do not cause anyone to stumble, whether Jews, Greeks or the church of God – even as I try to please everyone in every way. For I am not seeking my own good but the good of many, so that they may be saved.*



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Evaluating Health Information

Is the Source Credible?

- Who published the information?
- Who are the authors?
- What are their credentials?
- Do the authors have a hidden agenda?
- Is the information peer-reviewed?

Is the Information Accurate?

- Is the information based on scientific evidence?
- Is the information supported by facts?
- Is the original source listed?
- Do other sources back up the information?
- Is the information current?

Red Flags

- The information is anonymous
- There is a conflict of interest
- The information is one-sided or biased
- The information is outdated
- There is a claim of a miracle or secret cure
- No evidence is cited
- The grammar is poor and words are misspelled

The search for information can be confusing, even when you find credible sources of information. At times, even reputable sources provide conflicting information or recommend different actions.

In reviewing information, use your judgment, recognizing that evaluating quality is something of an art. Although very few sources will have all the criteria for credibility and accuracy, familiarizing yourself with these criteria can help you sift through information more critically and will provide important cues that will help you differentiate between good quality and poor quality information.

Source:

http://www.ucsfhealth.org/education/evaluating_health_information/index.html



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