

BIBLE STUDY | 2

Foods are Gifts from God

How natural is the food we eat?

Eating unprocessed, fresh foods are the source of good health and lowers the risk of disease. However, the food culture has changed to high consumption of ultra-processed foods (UPFs). The Pan American Health Organization describes ultra-processed food and drink products as ready-to-eat or drink formulations based on refined substances with a careful combination of sugar, salt and fat, plus several additives. They include sugary drinks, snacks, and 'fast foods'.

The table below provides examples of foods in the various processing

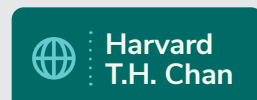
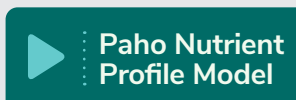
LEVEL OF PROCESSING	EXAMPLES
Unprocessed and minimally processed	Fresh, Frozen, dried vegetables, fruit, meat, fish
Processed culinary ingredients	Plant oils
Processed food products	Canned/bottled vegetables, salted nuts, smoked fish, bacon
Ultra processed food products	Chips, burgers, hot dogs, cakes, pastries, most breakfast cereals, sugar sweetened drinks

Are processed foods unhealthy?

Highly processed foods are very high in calories, and include an unhealthy amount of salt, sugar, and fats. Harmful additives are hidden using different names that make foods hyper-palatable so that you find it difficult not to over consume them which can lead to weight gain.

REGULAR NAME	NAME AS IT MAY APPEAR ON INGREDIENTS LIST
Sugar	Corn syrup, high-fructose corn syrup, honey, agave nectar, cane sugar, evaporated cane juice, coconut sugar, dextrose, malt syrup, molasses, or turbinado sugar.
Salt	Monosodium glutamate or disodium phosphate.
Preservatives	Ascorbic acid, sodium benzoate, potassium sorbate, tocopherols.
Colours	Artificial FD&C Yellow No. 6 or natural beta-carotene to add yellow hues.

Resources



ACTIVITY ONE

Video & Discussion

1 Watch the video “**Food Systems: Well-being and responsible Consumption**”



2 List at least 5 locally grown foods.

Over the past 30 years have these foods become more available or less available and if so, why? Or is there no change? Are these foods still a part of people’s diets today?

ACTIVITY TWO

Survey Time

Complete the following questionnaire as you think about your ability to make changes that can benefit your health and wellness

	Not All True	Hardly True	Moderately True	Exactly True
1 I can always manage to solve difficult problems if I try hard enough.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 If someone opposes me, I can find the means and ways to get what I want.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 I can always manage to solve difficult problems if I try hard enough.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 I am confident that I could deal efficiently with unexpected events.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Thanks to my resourcefulness, I know how to handle unforeseen situations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 I can solve most problems if I invest the necessary effort.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 I can remain calm when facing difficulties because I can rely on my coping abilities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 When I am confronted with a problem, I can usually find several solutions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 If I am in trouble, I can usually think of a solution.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 I can usually handle whatever comes my way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ACTIVITY THREE

Reading

Read the following website on understanding food labels:

