

4 and 4X: Activist Bonus Self-Empowerment Activities

(Eco-Nutritional Living)



Description: The activities in the course offering are designed to support you in cultivating an eco-nutritional lifestyle. Use them to identify your interests and nurture your talents in the realm of eco-nutritional living. Be the eco-learner and Eco-Mentor you were born to be!

ACTIVITIES IN PART 4 INCLUDE:

- Diary of a Mad Slaughterhouse
- Dining on Nuclear Isotopes
- Philosophers, Leaders, and Everyday Citizens on Nonviolence
- Godzilla the Fast-Food Giant
- The Grocery Game
- Are You Eating Foods that Excite Your Brain Cells to Death?
- Snack Attack! (Feed Your Cravings in a Healthy Way!)
- My Feel-Good Food Diary
- Are the Fruits and Veggies You Eat, Eco-Friendly?
- Are the Carbohydrates You Eat, Eco-Friendly?
- Are the Fats, and Sweets You Eat, Eco-Friendly?
- Are the Dairy Products You Eat, Eco-Friendly?
- Are the Proteins You Eat, Eco-Friendly?

- Creating Wellness on My Plate
- The Missing Link: Hunting for Rare and Precious Vitamins and Minerals
- Super-Food Heroes for Modern Malnourishment
- Make Milk without the Moo (Honor the Cows and You!
- Have You Read the Label on Your Frozen Veggie Burger Box?
- Putting Savory Homemade Veggies Burgers on Your Menus
- How to Make Wholesome & Delicious Meatless Sloppy Joe's
- What Does Your Mirror Say About Your Eating Habits?
- Why Are Food Allergies Escalating and How Can You Remedy Them Naturally?
- Is Eating Bugs a Good Solution for Addressing Hunger, Climate Change, and Food Insecurity?
- Is Lab-Grown Meat Something You'd Care to Eat?

ACTIVITIES IN PART 4X INCLUDE:

- Relationships: The Key to Your Ecological Health & Well-Being
- How Do You Heal an Eating-Disorder?
- Using Food and Mealtimes to Elevate Your Energy and Consciousness
- One Bite at a Time: Where Is the Cookie of Your Childhood?
- Eating with the Seasons: A Way to Stay Balanced
- Deep Retreat (Garden Meditation)
- Nurturing the Seeds of Family and Friendship
- Nature's Eye Candy: An Invitation to Shop and Tell
- Earth Banquet: A Celebration of Culture

- Savory Safari: A Journey for Tired Taste Buds
- Finding Symbolism in (and Gratitude for) Your Culinary Tools
- Meals with Meaning: Learning to Cook with the Right and Left Sides of the Brain
- Rainbow Chef, Live! (Envision and Create Your Own Cooking Show)
- Connecting Your Taste Buds to the Cosmos

Learning Objectives:

Become aware of the sustenance that is needed by plants and animals to bring health-giving food from the farm to your dining table. Become an eco-conscious eater and meal maker.

Be inspired to create a more eco-nutritional mindset and lifestyle.

Use your understanding about eco-nutritional living to encourage awareness in others whose health and well-being you care about.

