

Food for Thought

Find out how to nourish your body  
and spirit through healthy eating and  
Bible study

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Module 1  
**FEED YOUR BODY**

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Introduction

Similarities between healthy eating  
and Bible study

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**Feed Your Body**

- What it is
- What it's not




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**Benefits of healthy eating**

- ✓ Boosts energy level
- ✓ Improves concentration
- ✓ Reduces risk of cancer
- ✓ Reduces risk of obesity and diabetes
- ✓ Decreases risk of heart disease
- ✓ A pure motive delights God

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**Coming Up Next ...**

**Module 2**  
**Healthy Eating Strategies that Work**

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