

News Story Summary

The month of March is National Nutrition Month promoted by the Academy of Nutrition and Dietetics. Various organizations also encourage people to examine their diet with the goal of establishing a healthy and balanced diet. People are encouraged to make small changes during the month such as switching to grape juice from grape soda, using hummus for a dip, and purchasing locally grown fresh vegetables instead of canned vegetables. Some businesses also promote National Nutrition Month by recruiting speakers, holding a health fair, and providing healthier snacks in vending machines.

(For more on this story, search the Internet using the term “national nutrition month”.)

Focus Attention

To supplement the Focus Attention idea, after allowing the group to list ways a person’s lifestyle impacts their health, share a summary of National Nutrition Month. Identify the things listed that relate to diet and eating. Ask: Would you consider your diet a spiritual matter? Why or why not? Point to the questions included in the Personal Study Guide or Daily Discipleship Guide at the beginning of the session to complete the discussion (To what degree do you think it matters how a person uses his or her body? How would you describe the connection between your body and your body and your spiritual life?).

Summarize and Challenge

To supplement the Summarize and Challenge idea, remind the group about this being National Nutrition Month during the discussion about holding each other accountable for using your body to honor God (second question set under In My Context). Lead the group to propose ways they can honor God through the things they eat. Focus on ways of holding each other accountable without judging, condoning, or ignoring.