Presentations

Eating healthy on a Budget

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Adventist Youth (AY)
Summary
Many people would love to have a healthier diet but have no idea of what makes up a healthy diet and how to prepare healthy meals. This program will present healthy food options to help in choosing a diet that will ensure our body temple is in tip top shape
Program Aim
The aim of the program is to introduce the church to inexpensive and healthy food options
Scripture References
Genesis 1:29
Theme Song(s)
93 – All Things Bright and Beautiful
Program Audience
ALL
Preparations and resources

- Get three health-conscious presenters to share their own typical (inexpensive) plant-based meal plan for a week. The recipes should include prices and source of the ingredients.

Each presenter should also share an inexpensive recipe, outlining the nutrients present in the meal presented. It should include the price for ingredients, pictures and samples where necessary.

Where resources are available, ask the presenters to make adequate amounts for tasting after the service. Ask the presenters to emphasize the nutritional

components of each meal and how they cover both the full percentage of macro and micronutrients required in a healthy diet.

As much as possible, ensure the meals align closely with the cultural palette of your local congregation. Make healthy alternatives to popular local dishes or introduce new and interesting recipes. Ensure that the ingredients can be sourced locally and inexpensively.

Each person should leave the program with the confidence to be able to replicate a few of the meals presented.

Tags
Health
Healthy Food
Food
Recipes
Health Reform
Vegetarian
Vegan
Health Message
NEWSTART

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Comments

Kevon Archibald (not verified), Aug 22 2020 - 9:00am
These programs are really helpful especially this one based on Eating Healthy on a Budget. Just by reading it I can see that it is a quite compact lesson for the Youths.

- Reply

Mellisa (not verified), Feb 17 2021 - 8:50pm
I know that God has his hands on these programs.I used them as my ideas most time's and I'm truly blessed just by preparing these programs.May God bless you all in preparing other's to meet Christ in in Soon return...!

- Reply

Billy Katambo (not verified), Feb 18 2021 - 3:08am
Wonderful lessons

- Reply

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Jumar Janipin (not verified), Feb 19 2021 - 8:05pm
I love this program.... Excellent for transforming Sabbath school program

From NEGROS ORIENTAL PHILIPPINES

- Reply

Patrick harlequin (not verified), Jul 22 2022 - 11:46pm
I love the program

- Reply

Alanieta (not verified), May 08 2024 - 12:10am

Wonderful lessons learnt from this program. It taught us how to choose healthy food to become healthy because our body is a temple of God.

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