

Vineyard Labourer Bible College

Practical Exercises Module 3

“Among the first things to be aimed at should be a correct position, both in sitting and in standing. God made man upright, and He desires him to possess not only the physical but the mental and moral benefit, the grace and dignity and self-possession, the courage and self-reliance, which an erect bearing so greatly tends to promote.” Child Guidance page 364 para 3.

“... lift up thy voice with strength; lift *it* up, be not afraid; say unto the cities of Judah, Behold your God!” Isaiah 40:9

“Make a joyful noise unto the LORD, all the earth: make a loud noise, and rejoice, and sing praise.” Psalm 98:4.

“Voice culture is a subject that has much to do with the health of students. The youth should be taught how to breathe properly and how to read in such a way that no unnatural strain shall come on the throat and lungs, but that the work shall be shared by the abdominal muscles.” Counsels to Parents, Teachers, and Students page 297 para 2.

“And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it.” Genesis 2:15.

“In the cultivation of the soil the thoughtful worker will find that treasures little dreamed of are opening up before him. No one can succeed in agriculture or gardening without attention to the laws involved. The special needs of every variety of plant must be studied. Different varieties require different soil and cultivation, and compliance with the laws governing each is the condition of success.” Adventist Home page 142 para 3.

“There is a wide field of service for women as well as for men. The efficient cook, the seamstress, the nurse-- the help of all is needed. Let the members of poor households be taught how to cook, how to make and mend their own clothing, how to nurse the sick, how to care properly for the home.” Adventist Home page 485 para 2.

“Cooking schools should be established, and house-to-house instruction should be given in the art of cooking wholesome food. Old and young should learn how to cook more simply.” Testimonies for the Church vol. 9, page 161.

“Enoch walked with God, and he bore a message of warning to the inhabitants of the old world. . . . As Enoch was, so are we to be. Personal piety is to be blended with the most earnest and energetic warnings and appeals.” Christ Triumphant page 46 para 5.

“Never should the Bible be studied without prayer. Before opening its pages we should ask for the enlightenment of the Holy Spirit, and it will be given.” Steps to Christ by E. White, page 91 para 1.

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Vineyard Labourer Bible College Training for the Christian Walk

3a - FOOD PREPARATION AND COOKING PART 1

In western societies eating is something that a lot of people do too much of, or they eat too much of the wrong types of food. Nearly 60% of people in USA and Australia are overweight, mostly due to improper eating. There are other places around our globe where people simply eat to maintain life. The choices of food available and quantity is limited so overeating is not a problem for them. Christ warned His disciples, "And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting [overindulgence in food or drink], and drunkenness, and cares of this life, and so that day come upon you unawares." Luke 21:34. Paul in the book of Corinthians says, "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." 1 Cor. 10:31. So overeating even of good food, is not healthy and contrary to Scripture. "Overtaxing the stomach is a common sin, and when too much food is used, the entire system is burdened. Life and vitality, instead of being increased, are decreased. This is as Satan plans to have it. Man uses up his vital forces in unnecessary labor in taking care of an excess of food." C.D. p. 131 para. 1.

Regular times should be set for each meal of the day, whether you eat two or three meals a day. (1) An example of this for 3 meals a day is: breakfast at 7 a.m., lunch at 12 noon, and tea at 6 p.m. At least 5 hours should pass between meals which gives the stomach time to digest the food taken in at one meal, and some time to rest. (2) Not a morsel of food should pass our lips between meals. (3) If more food is taken into the stomach before it has time to digest what is already in there, it stops digestion of that food and starts all over again. This can cause fermentation of the food in the stomach. It also means that if you nibble all day when it comes to the end of the day you could still have your breakfast in your stomach undigested. If the stomach is constantly overworked it becomes weak and unable to digest food properly. (4)

It is also not best to eat when in a hurry or upset. Far better to go without food than to eat under these circumstances as the stomach will find it hard to digest food at these times. (5) Meal times should be as pleasant and relaxed as possible. Everything that can burden or irritate should be banished. (6) Chew each and every mouthful of food thoroughly. That way it mixes with the saliva which starts the digestion process of certain foods. The benefit derived from food does not depend so much on the quantity eaten as on its thorough digestion. (7) Food that is not chewed properly may go through the whole digestive track undigested. You not only miss out of a lot of nutrients, but putting it simply it is a waste of good food.

If you have 3 meals a day the third meal should be a light one, e.g. Fruit, crackers or bread. It should be eaten several hours before retiring to bed. (8) Breakfast or lunch should be your main meal of the day. By doing this your stomach has plenty of time to digest your food to give you nourishment, without tiring your stomach out just before going to bed. (9)

Although there are general rules that everyone should follow as to what to and what not to eat, we must always keep in mind that not everyone can eat the same things. Some people are allergic to certain foods, or react badly to them. So to stipulate an exact diet is inappropriate. (10) Some people also take diet to extremes, like those who only eat fruit, those who only eat vegetables, and those who only eat raw foods. Extremes in diet like these will eventually cause health problems which would have been avoided if a proper balanced diet was eaten. (11)

Time and time again throughout the Spirit of Prophecy Ellen White urges us to know how to cook healthful foods properly, that mothers should teach their daughters how to cook, and for cooking schools to be held so as to teach those who don't know how to cook. Some references for these quotes are: A.H. p. 485, C.G. p. 372, M.H. p. 194, C.D. p. 251-264, H.L. p. 48. The only logical conclusion that can be drawn from all these quotes is that cooked food is not bad for you, only improperly cooked food is. Therefore if you don't know how to cook healthy food, find someone who does and ask them to teach you.

So what should we eat? If we go back to Genesis chapter 1 we find that the original diet was fruit, grains and nuts. (12) After sin entered the world vegetables were also added. (13) A diet of fruit, vegetables, grains and nuts is the very best diet for mankind. (14) It can supply all of our dietary needs so long as we eat a variety in each of these categories. (15) We should eat lots of fruit and vegetables, both raw and cooked. (16) However both fruit and vegetables should not be eaten at the same meal. (17) We also need some grains that have been cooked in a variety of ways, e.g. boiled, bread both unleavened and leavened, crackers, gems, waffles, etc. (18) Only a small quantity of nuts is required for a healthy diet, e.g. when you place the nuts in your hand you should still be able clench your fist. (19) When used in dishes they should be used at the ratio of 1 part nuts to 6-10 parts fruit or vegetables. (20) Nuts should be eaten regularly as a source of oil and protein. As nuts are high in fats and calories a diet high in nuts and nut foods will lead to obesity. Dried beans are another good source of protein. (21)

In many countries bread is the staple of their diet. In most western societies the bread that is usually bought in the shops would be far better left there. Most of it is made with white flour or only a sprinkling of wholemeal, with many preservatives and additives, and if squashed into a ball stays like it. When it goes through the digestive system it is like a sticky ball of glue that easily causes constipation. Properly made bread is very different. Bread made with unbolted wheat flour or unsifted wholemeal flour, is the best bread. (22) When you use flour that has had the nutritive elements taken out of it by sifting, then a multigrain bread is better. (23) Bread should be light not heavy, and sweet without the slightest taint of sourness. (24) Milk should not be added to the bread as it makes it go mouldy faster, and it ferments more readily in the stomach. (25) Bicarb soda should not be used in any cooking, and is not necessary in the making of good bread. (26) It is best to make small loaves of bread and cook them thoroughly, then leave them for a couple of days before eating them so that the yeast in them dies. (27) This is not necessary if unleavened bread is made. (28) Many times Ellen White made bread from unsifted wholemeal flour, pinch of salt, and water. This type of bread is very good because it requires thorough chewing. (29) Zwieback, or twice-baked bread, is one of the most easily digested and most palatable of foods. (30) Let ordinary raised bread be cut in slices and dried in a warm oven till the last trace of moisture disappears. Then let it be browned slightly all the way through. In a dry place this bread can be kept much longer than ordinary bread, and, if reheated before using, it will be as fresh as when new. (31)

All grains should be cooked with a little salt to help in their digestion. Grains cooked for mush or porridge should be cooked for several hours. But soft or liquid foods are less wholesome than dry foods, which require thorough mastication. (32)

Milk, butter, cream, eggs, and meat are item of food that were permitted after the flood. They are the substitute foods that were introduced to man's diet. These foods, however, are not essential for health. We are told by God's last day prophet that those who wish to be translated will do away with these foods. (33) There are good reasons for doing so too. Like humans, the rate of disease in animals has risen sharply and not all the food that the animals are given are natural for them nor good for them. This in turn creates more diseases, most of which can be passed onto those humans who eat their flesh, milk, or eggs.

There are also certain things that we are admonished not to eat at all. Some of these things include condiments, spices, matured cheese, bicarb soda, baking powder, pickles, and vinegar. Most of these things cause inflammation in the digestive system, and some cause the user to be irritable and irrational. The blood becomes fevered and impure, the animal propensities are aroused, while the moral and intellectual powers are weakened, and become servants to the baser passions. All are harmful to a person's health. (34) Herbs, however, are different to spices. This topic will be addressed in more detail giving an encyclopedia explanation of the difference between herbs and spices and a list of the common ones in [8b Health and Hygiene](#).

A little salt, although it is a condiment, is necessary to maintain health. (35) Sea salt is better than table salt which quite often has aluminium added to it, and Celtic salt or unwashed sea salt is

better again because it still has the bitters or minerals in it. Excessive use of salt, even the best salt, is detrimental to health. One only needs about ½ teaspoon of salt a day. When working this out keep in mind that many tinned or prepared foods have salt added to them, so this would reduce the amount you need.

Sugar is another food that is quite often used in excess. Excess sugar clogs the whole system, as it hinders the working of the living machine. It causes fermentation, and this clouds the brain and brings ill-temperedness into the disposition. (36) A little sugar can be used without detriment to health. (37) When preserving fruit as little sugar as is necessary to preserve the fruit should be used. (38) The free use of milk and sugar taken together should be avoided as they tend to ferment in the stomach, and milk, sugar, and eggs are especially harmful. (39)

Butter is less harmful when eaten on cold bread than when used in cooking. As a rule, it is better to dispense with it altogether. (40) Olive oil is a good replacement for butter or fat in cooking (41), and cold pressed extra virgin olive oil is the best olive oil to use. However, only a small quantity of oil should be included in your diet. Vegetable oil, something that nearly all processed foods contain, is harmful to your health and should be avoided.

Practical Application

- Is your diet according to what God has revealed to His last day prophet?
- Do you eat regularly?
- When do you have your main meal of the day?
- Do you chew your food properly so that it can be digested?
- Do you eat between meals?
- Do you overeat or overeat certain food that are not good in excess?
- Do you take your diet to excess contrary to God's word?
- Is the bread you eat made properly?
- Do you cook your porridge properly?
- Are you preparing for translation? If so are you eliminating those thing from your diet that we are told to get rid of?
- Do you eat things that we have been told are harmful to your health?
- Do you only eat a small amount of salt, sugar, and fats?

If what you are doing is not in accordance with God's word start a reformation in your diet today. Let the diet reform be progressive (42), ever onward and upward to God's great standard.

References:

1. C.D. p. 175, 228.
2. C.D. p. 173.
3. C.D. p. 180.
4. C.D. p. 173-6.
5. C.D. p. 107.
6. C.G. p. 387.
7. C.D. p. 107.
8. C.D. p. 158.
9. C.D. p. 173, 4.

10. C.D. p. 198.
11. C.D. p. 196-212.
12. Gen. 1:29.
13. Gen. 3:18.
14. C.D. p. 310.
15. C.D. p. 81-2, 310.
16. C.D. p. 309, 311-3.
17. C.D. p. 112, 394.
18. C.D. p. 314-5.
19. C.D. p. 363-4.
20. C.D. p. 364.
21. C.D. p. 94.
22. C.D. p. 236, 262, 482.
23. C.D. p. 236, 321,
24. C.D. p. 262, 316, 318; H.L. p. 80.
25. C.D. p. 316; H.L. p. 80.
26. C.D. p. 316, 319, 342-3.
27. C.D. p. 108, 316, 318.
28. C.D. p. 316.
29. C.D. p. 482.
30. C.D. p. 317.
31. M.H. p. 301.
32. C.D. p. 314.
33. C.D. p. 63, 206, 349, 351, 380-4.
34. C.D. p. 236, 242, 339-343, 345, 368-370.
35. C.D. p. 207, 323, 344.
36. C.D. p. 327-8.
37. C.D. p. 330.
38. C.D. p. 311.
39. C.D. p. 196, 327.
40. C.D. p. 349.
41. C.D. p. 350.
42. C.D. p. 349.

3b - FOOD PREPARATION AND COOKING PART 2

Before you start to prepare any food make sure that the bench/table and all the cooking utensils that you are going to use are clean. If they are not thoroughly clean, wash with soap and water or some sort of disinfectant, then dry them off. As you are preparing food try to keep all flies away. Remember that animals and insects can carry diseases that don't harm them, but do harm us. Hygiene in the food preparation area is an absolute necessity if you don't want to get sick.

There are quite a few different types of saucepans and fry pans that can be purchased to cook food in. Stainless steel, cast iron, or glass saucepans or fry pans are excellent for cooking on the tops of stoves; casserole dishes, stainless steel or tin trays are good for cooking in the oven. Aluminium is not a good metal to use in the kitchen as the food will absorb some of the aluminium and you will ingest it with the food. Aluminium has been linked to Alzheimer's disease as one of the causes. There are lots of other things that contain aluminium too, e.g. baking powder, icing sugar, self-raising flour, roll-on deodorants, etc. Another kind of material that is becoming more common in kitchens which gives off poisons when hot is teflon. Microwaves are also hazardous to your health and food cooked in them should be avoided. If you do use a microwave never use plastic or plastic wrap. It is also not wise to put hot foods into plastic containers as they also release poisons when you do so.

Preserving or drying fruit and vegetables is a great way of keeping them for use when the prices for them are too high, or they are not available. When making preserves it is better to use glass jars than tins. (1) Only use enough sugar and cook the food long enough so that it will keep. In this way you will retain more of the vitamins and minerals in the food.

As with preserved food, it is not good to over cook vegetables so that they are just mush. Only cook them long enough so that they are still a little firm. This type of cooking not only retains more vitamins and minerals, but encourages you to chew your food thoroughly. Fried foods are hard to digest. Oil or fat does not start to break down so that it can be digested until it reaches the stomach, whereas carbohydrates start to be digested in the mouth. If you coat carbohydrates which are found in grains, fruit and vegetables, with oil or fat, the fat or oil cannot start to be broken down until it reaches the small intestine by which time it is too late for some of the digestive process of the carbohydrates. So it is best to avoid them.

Stir fries make a nice alternative to steamed or boiled vegetables for the main meal, but you don't want to smother the food with oil. So when making a stir fry brush the pan with oil and heat it up before adding any vegetables. Cook them only as long as you have to. If the vegetables start to stick to the pan add a little water. This will create steam in the pan, releasing the stuck food on the bottom, and helping to cook the rest of the food.

Try and keep meals as simple as possible. It is not healthy to slave for hours over a hot stove just to prepare a meal that will soon disappear. (2) Set yourself a limited amount of time in which to prepare the meal, and try to stick to it. There will always be special dishes that will take longer than the time that you limit yourself to, but in keeping to the limited time you allow yourself time for other things. As a general rule I allow myself about 20 - 30 minutes to prepare breakfast and tea, and about 1 hour for lunch, our main meal.

If you have children at home make sure that they are involved in the preparing of meals. It is a good way of teaching them more about what is healthy and what is not healthy food. It is also good practical experience for them. When they are old enough and have learned how to make a few different dishes, ask them make a meal by themselves. At first they will need assistance, but if you persist in showing them how and not doing it for them, they will become skilled cooks. (3)

Practical Application:-

1. Ensure that food preparation area and utensils are clean.
2. Replace any aluminium and teflon cookware that you have as soon as you can afford it.
3. Avoid using a microwave and any food cooked in one.
4. Preserve or dry fruit and vegetables to that you have an abundant supply when they are not in season.
5. Don't over cook your food, and avoid coating it in oil or fat.
6. Keep meals simple.
7. Teach your children how to cook as it is good for them and you.

References:

1. C.D. p. 311.
2. RH.1885-02-24.005, RH.1899-07-18.008.
3. C.D. p. 260, 264; A.H. p. 289; C.H. p. 142.

3C - FOOD PREPARATION AND COOKING PART 3

Meals should be eaten 2 or 3 times a day. Some people prefer 2 meals, while other 3 meals a day. It is entirely up to the individual. (1) For those who work outside of the home 3 meals a day is probably easier as most people who have 2 meals a day have them at around 9 a.m. and 3 p.m. So for the purpose of this study we will use 3 meals a day as an example, with lunch being the main meal. Lunch could quite easily be swapped for breakfast and still be healthy.

Breakfast is what its name says, it is breaking the fast of the night. At breakfast time the stomach is in a better condition to take care of more food than at the second or third meal of the day. The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day. (2) We usually have toast with spreads, beans, corn, or noodles cooked up with a tin of soup or cereal for breakfast. When choosing a cereal consider how much sugar is in it. The majority of breakfast cereals that can be purchased in shops are loaded with sugar, and have very little nutritional value. Toasted muesli or porridge made with either millet, wheat, or oats is both nourishing and filling. A little fresh or dried fruit, and a small quantity of nuts can also be added to this meal.

As a general rule for the main meal of the day, which if followed helps ensure that you have a balanced diet with plenty of vitamins and minerals, you should have a protein dish or savoury, and 3 vegetables - 1 white, 1 yellow, and 1 green. White vegetables include: potatoes, onions, cauliflower, white sweet potato, parsnips, turnips, etc. Yellow vegetables include: carrots, pumpkin, corn, sweet potato, button squash, etc. Green vegetables include: peas, beans, broccoli, spinach, all green leafy veg., etc. A savoury could be as elaborate as a loaf or patties, or as simple as boiled beans or a small handful of nuts. With smaller families a loaf or batch of patties may last a couple of days. If time is short for you during the week, make 2 or 3 savouries on Sunday to last the week. Then you will only have to add salad or vegetables to prepare for the main meal.

The vegetables for the main meal can be eaten raw, steamed or boiled. The same foods should not be eaten the same way day after day without variety (unless there is nothing else to eat, say in a famine). (3) Instead of just a savoury and 3 vegetables you can make up different salads (preferably without oily dressings), soups, stews, quiches, stir fries, etc. Keep the number of different types of dishes to 2 or 3 for one meal. When making a meal keep the look of the food and the colour in mind. If food looks nice and is presented nicely it is far nicer to eat.

Tea or the third meal of the day should be the lightest meal of the day. It should only consist of fruit whether fresh, preserved, or dried, and crackers or bread. (4)

Food should not be washed down with water. Drinks of any kind, except for milk, dilute the acids in the stomach making it harder for the food to digest. (5) It is best not to drink 20 minutes before a meal, and not before about 1 hour after a meal.

Sometimes the beverages that we drink in between meals are not good for us either. Drinks like tea, coffee, ciders, beer, spirits, and all types of alcohol should not be drunk. (6) They are debilitating to the system and have many side effects that few people know about. Water is the best thing to drink. Pure, sweet water is the most refreshing drink you can have. (7) As an alternative you can drink fruit juice, but this should not be the exception rather than the rule. (8) If a warm drink is needed one made from herb teas or barley or other grains is a good alternative. Cocoa or chocolate are not healthy, but carob is a good natural healthy alternative. (9)

Remember - Eat to live, not live to eat.

Practical Application:-

- If you don't already follow the basic guidelines presented here for both meals and drinking, consider doing so.

References:

1. C.D. p. 177-8.
2. C.D. p. 173.
3. C.T.B.H. p. 57.
4. C.D. p. 158, 176.
5. C.D. p. 106, 420.
6. C.D. p. 420-436.
7. C.D. p. 419.
8. C.D. p. 436.
9. C.D. 431-2, 492.

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