

# The GoodNEWS Dining Experience



## Featured Menu



### Main Course

Fresh Green Salad  
Garden Enchiladas  
Black Beans with Salsa



### Dessert

Fruit Blast



### Beverage

Bottled Water



## Garden Enchilada Recipe

### Ingredients:

12 whole grain 8in tortillas	3 cloves of garlic (chopped)
2-3 tablespoons extra virgin olive oil	1 1/2 cup of thinly sliced Portobello mushrooms
10oz bag of fresh baby spinach	1 cup finely crumbled queso anejo (Mexican cheese) or substitute with Parmesan cheese
1 cup shredded carrot strips	Shredded cheddar-jack cheese (optional)
1 16oz. Jar of Tomatillo Jalapeno Salsa	

### Directions:

1. In a hot non-stick pan, add olive oil, garlic and carrot sticks. Sauté carrots until soften. Reduce heat if garlic starts to brown.
2. Over medium heat, add mushrooms & spinach to the mixture. Fold in the spinach until wilted.
3. After spinach has wilted, remove skillet mixture from heat.
4. Place tortillas on a flat surface one at a time. Place a 1 1/2 tablespoon of cooked spinach mixture 1 in. from edge of tortilla & spread horizontally.
5. Add 1 tablespoon of anejo cheese on top of mixture. Roll tortilla. Place flap side down in a 13 X 9 in. baking dish.
6. Repeat this process. Place all 12 tortillas tightly alongside each other.
7. Pour Tomatillo sauce over enchiladas. Top with light sprinkling of shredded cheddar-jack cheese.

Place uncovered dish in a 350 degree oven for 30 minutes. Remove from oven and serve immediately. Enjoy!

**Number of Servings: 12**

**Calories: 234.2**

**Fat: 9.4g**

**Cost: \$15 for family of 6**



## The Secret of Living & Healing Program – The Gene

### Level

- GoodNEWS Community (adults); Lay Health Promoters (LHPs) in training.

### Subject

- How our life and health work through gene and epi-genome mechanism.

### Duration

- 60 minute: Instructor's presentation; 30 minute: Learner-Oriented discussion and reflection activity

### Description

In this lesson, GoodNEWS wellness club participants and congregation members learn about how disease occurs; what is negatively changed or mutated in the process of developing a disease or sickness; and how our life and health work through gene and epi-genome mechanisms. This lesson looks into the insight of living and healing mechanisms within the contexts of principles of the gene and epigenome systems. The role of “chemicals” and “messages” or psychological and physiological signals (e.g. thoughts, feelings, foods, exercise, air) affecting the human gene and its effect on our wellbeing, are also described and explored in greater detail. Critical thinking is introduced to enhance self-reflection and mindfulness on the given topics. Furthermore, it provides a means of discussion among the group to express their ideas and thoughts.

### Goals

1. To educate GoodNEWS wellness club members and congregation members about the principles of living and healing mechanism.
2. To educate GoodNEWS wellness club members and congregation members about the process of gene conditions changing and developing a disease or sickness.
3. To stimulate GoodNEWS wellness club members and congregation members to think critically about the life and health principles, so that they can develop the ability to use and apply the learned principles and knowledge in order to live lovingly and healthfully over their spiritual, mental, intellectual, social, physical, environmental, and occupational living contexts.

### Objectives

*Program participants will be able to:*

1. Describe how diseases develop and what is negatively changed in the process of developing a disease or sickness.
2. Explain how genes and cells can be negatively changed.



3. Deliver “Principles of life and health within the living and healing mechanisms of genes and epigenome” to their individual GoodNEWS wellness club members and congregation members.
4. Facilitate a discussion to stimulate the mind and body signals of the GoodNEWS wellness club members and congregation members to enhance their understanding of and ability to use or apply the learned lesson/messages for nurturing and sustaining the health and well-being of their Godly genes.

### **Materials**

- Computer (for PowerPoint presentation)
- PowerPoint slides
- Reflection activity
- Attendance sheet

### **Procedure**

- Lecture, cognitive sensory perceptual stimulus, thoughtful reflection and discussion activity, and psychomotor activity.

### **Assessment**

- Observe and reflect GoodNEWS wellness club participants and congregation members’ participation during the presentation and critical thinking and activity procedure.