

Superfood Webinar Worksheet

Born to Grow Online Gardening University

Introduction

1. Secret 1: Why 70% of people die from this one secret killer and what you can do about it right now

1. What is this one secret killer in our society today?

2. What is the root cause?

3. This is the first time in two centuries that _____ may live shorter than their parents

4. _____ is the leading cause of poor health in the USA

5. What should we be eating more of?

6. What are the Blue Zones?

7. List the characteristics of the blue zones:

8. Takeaway: what can you do about it right now?

2. **Secret 2:** Superfoods! The good. The bad. And the beautiful. Why they're often not all they are made up to be... and how you can change that.

1. What are superfoods?

2. List the top 10 superfoods

3. Secret 3: The Superfood Garden Blueprint: how to save \$700/year (or more!)
growing superfoods in your backyard

1. Quick recap

2. The Superfood Garden Blueprint (see handout)

3. With the right _____ in place you can grow a LOT of food with less _____, less _____, less _____ and less _____

4. The Born to Grow Garden Success Path

1. IGNITION

2. LAUNCH

3. GROW

4. EXTEND

5. Where are you?

6. Where do you want to be?

5. Following this success path is the _____ to success

4. Why you should be growing your own food

1. What are some key benefits to growing your own nutritious food?