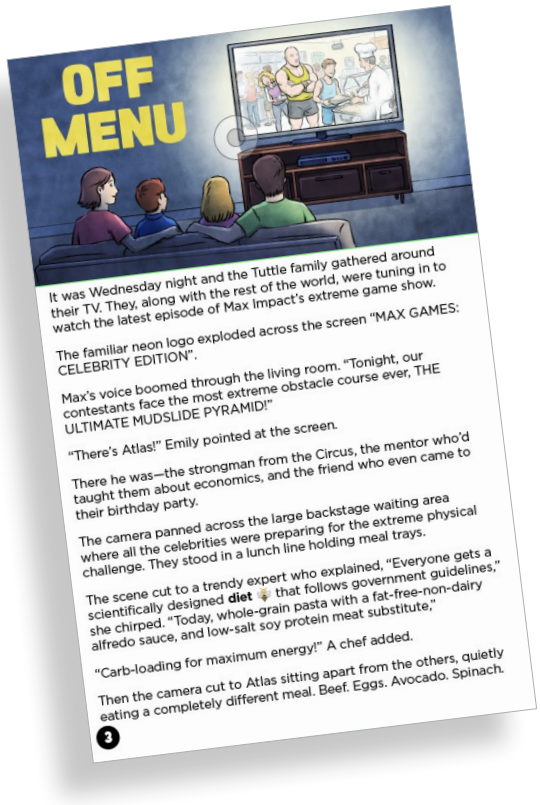
Article Overviews and Conversation Starters

This month, your kids will be reading several articles. Below you'll find summaries of each one along with suggested conversation starters. These discussions will help reinforce key concepts while also giving you, the parent, an opportunity to share your experiences and perspectives on the topic.


OFF MENU

It was Wednesday night and the Tuttle family gathered around their TV. They, along with the rest of the world, were tuning in to watch the latest episode of Max Impact's extreme game show.

The familiar neon logo exploded across the screen "MAX GAMES: CELEBRITY EDITION".

Max's voice boomed through the living room. "Tonight, our contestants face the most extreme obstacle course ever, THE ULTIMATE MUDSLIDE PYRAMID!"

"There's Atlas!" Emily pointed at the screen.

There he was—the strongman from the Circus, the mentor who'd taught them about economics, and the friend who even came to their birthday party.

The camera panned across the large backstage waiting area where all the celebrities were preparing for the extreme physical challenge. They stood in a lunch line holding meal trays.

The scene cut to a trendy expert who explained, "Everyone gets a scientifically designed **diet** that follows government guidelines," she chirped. "Today, whole-grain pasta with a fat-free-non-dairy alfredo sauce, and low-salt soy protein meat substitute,"

"Carb-loading for maximum energy!" A chef added.

Then the camera cut to Atlas sitting apart from the others, quietly eating a completely different meal. Beef. Eggs. Avocado. Spinach.

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OFF MENU.

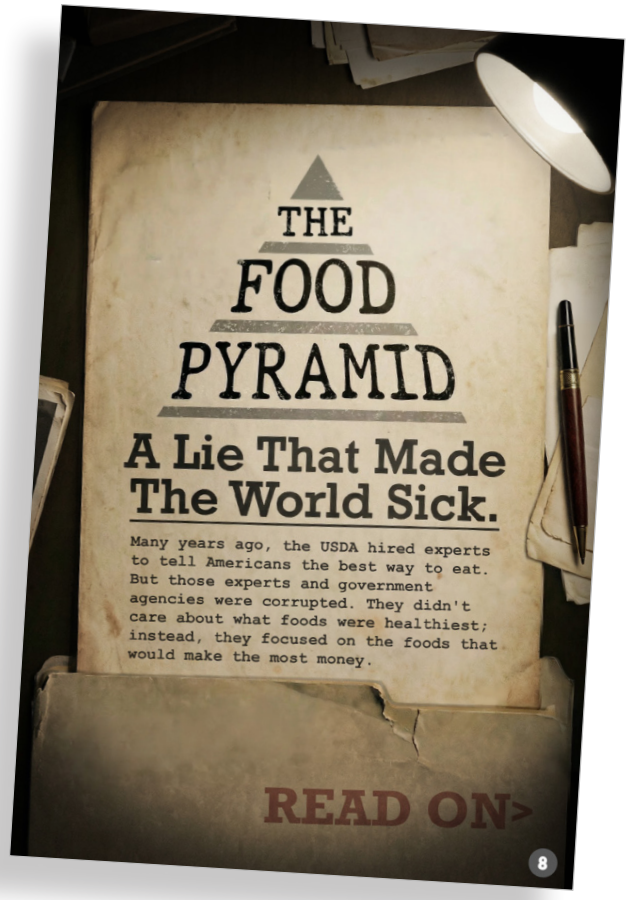
The Tuttle family watches Max Games: Celebrity Edition, where their friend Atlas competes in an extreme obstacle course. Before the race, contestants are given a "scientifically designed" meal that follows government nutrition guidelines. Everyone eats the approved grain-based, low-fat meal—except Atlas, who chooses beef, eggs, avocado, spinach, and salt. Other celebrities mock him for ignoring the experts, and Ethan wonders if Atlas has made a mistake.

When the race begins, the difference becomes obvious. The contestants who followed the approved plan quickly burn out, grow dizzy, and struggle to continue. Atlas remains steady and strong, finishing far ahead of the others. Back home, the Tuttles discuss the bigger lesson: real knowledge comes from experience and results, not blindly following authority. It takes courage to question trends, think independently, and act on what truly works.

Conversation Starters

• Why do you think all the celebrities followed the expert meal plan without questioning it? Have you ever followed advice just because "everyone else" did?

• What are some areas in life—besides food—where it's important to think independently and not just follow trends?



The Food Pyramid: The Lie that Made the World Sick.

Years ago, the government hired experts to design official nutrition guidelines for Americans. But instead of focusing on what was truly healthiest, these experts were influenced by money and power. They promoted the idea that fat was dangerous while sugar and grains were healthy, and this message became widely accepted through the official food pyramid. For decades, politicians, doctors, and scientists continued to defend these guidelines—even as rates of disease climbed and millions of premature deaths were linked to poor dietary advice.

Over time, independent researchers challenged the old claims and uncovered serious flaws in the government's recommendations. In 2026, the Department of Health and Human Services revised the food pyramid, essentially flipping the old model upside down. The deeper lesson isn't just about food—it's about thinking critically. When government power and funding shape scientific research, the results can become distorted. Instead of accepting official claims without question, individuals must examine evidence, seek multiple viewpoints, and learn to think for themselves.

Conversation Starters

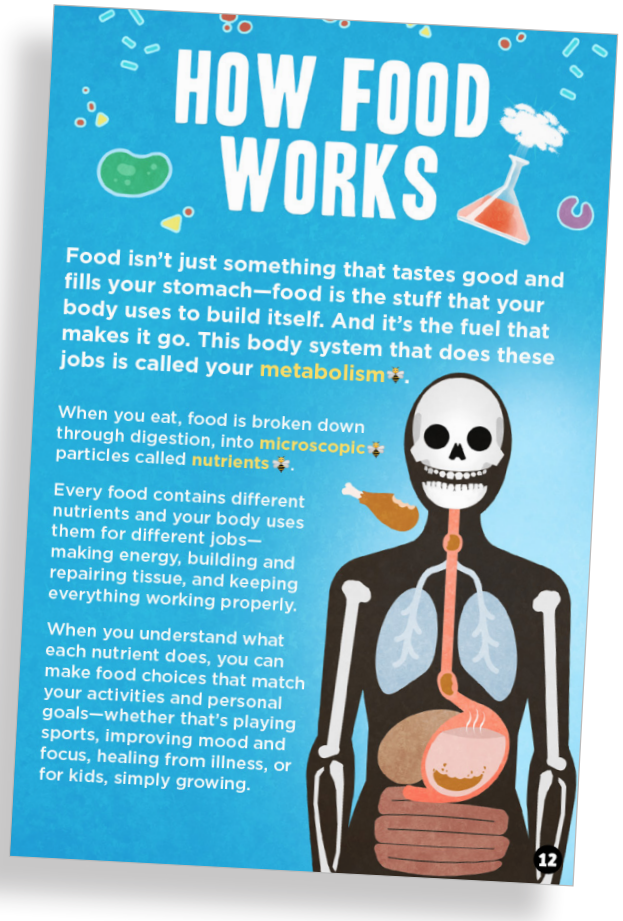
• How can regular people learn to evaluate information instead of just accepting what authorities say?

• Why do you think it took so many years for the old food guidelines to change?

How Food Works

This article explains that food isn't just for taste—it's the fuel and building material your body uses to grow and function. Through digestion, food is broken down into nutrients that power your metabolism. The three main macronutrients—carbohydrates, protein, and fat—each have different roles: carbs provide quick energy, protein builds and repairs tissues and enzymes, and fat delivers steady energy while helping absorb important vitamins.

It also highlights fiber, minerals, and vitamins. Fiber supports digestion, minerals help regulate bones and nerves, and vitamins act like instructions that guide your cells. When you understand how nutrients work, you can choose foods that match your goals, activities, and overall health.



Conversation Starters

• How might your food choices change on a day when you're very active compared to a day when you're mostly resting?

• What's one small change you could make this week to better fuel your body for your goals?

Share your conversation experiences with the world!

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