

Lesson Introduction

After God told humans to rule over the earth he told them what food they could eat. God made plants to produce the food people need to live and grow. Later God also told people they could eat meat. Besides food, what else did God create that is needed for life? (water, light and air)

Discussion Questions

Day 1: What did God design our bodies to do? What do we have to do to keep our bodies healthy?

Day 2: Why should we eat fruits and vegetables? Give some examples of different colored fruit to eat. Give some examples of different colored vegetables to eat.

Day 3: What foods are carbohydrates? What do they do for our bodies?

Day 4: What are purple foods? What are blue foods? Why are they important to eat?

Day 5: What are junk foods? Why shouldn't we eat very much junk food?

Day 6: From whom does all food come? Why?

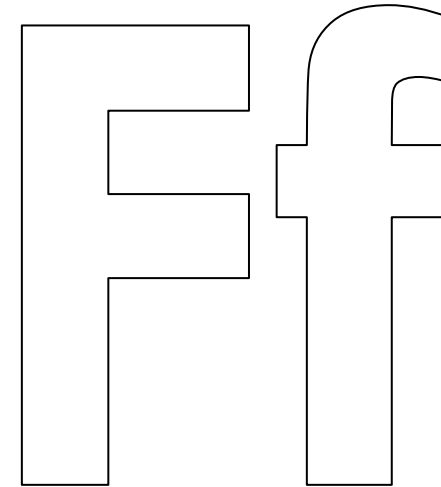
Lesson Rhyme

F—F	Make sign of "F"
Food	Move R fingers in & out slightly from mouth
Eat the right ones every day	Smack lips R elbow in L palm, R arm perpendicular, move R hand down like sun setting
F—F—Food	Same as above
So you will grow God's way	Move hands up in front of body Arms up above head



In the Beginning 18

What food did God give us to eat?



F—F—Food
Eat the right ones every day
F—F—Food
So you will grow God's way

Day 1

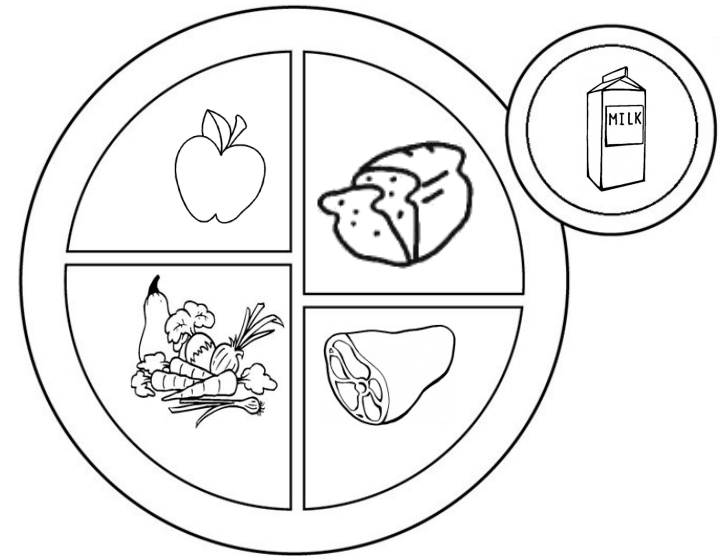
God gave us each a body,
designed so it will grow.
And what is good to feed it,
is something we should know.
The rainbow can remind us
of the food to eat each day
So we stay strong and healthy,
growing in God's way.

Draw a picture of a rainbow.

Day 6

The rainbow should remind us
of the food to eat each day
So we stay strong and healthy,
growing in God's way.
We thank you God for giving us
so much that's good to eat.
The rainbow foods at every meal
are really quite a treat.

Color in the rainbow plate.



Psalm 104:14-15: ¹⁴ He makes grass grow for the cattle, and plants for man to cultivate— bringing forth food from the earth: ¹⁵ wine that gladdens the heart of man, oil to make his face shine, and bread that sustains his heart.

Psalm 145:15-16: ¹⁵ The eyes of all look to you, and you give them their food at the proper time. ¹⁶ You open your hand and satisfy the desires of every living thing.

Day 5

From food we gain our energy
and we thank God for that.
But eating junk and too much food
can cause us to grow fat.
Junk foods are those that aren't so good
for us to eat a lot.
They weaken us and sap our strength
and cause our teeth to rot.

Draw a picture of some junk food.

Day 2

Greens are the colored vegetables,
which do our bodies good.
And when we eat a lot of them
we grow the way we should.
Reds are the fruit we need to eat,
a variety each day.
They fuel us on the go
and healthy help us stay.

Draw a picture of some fruits and vegetables.

Ecclesiastes 10:17: ¹⁷ Blessed are you, O land whose king is of noble birth and whose princes eat at a proper time— for strength and not for drunkenness.

Genesis 1:29: ²⁹ Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.

Day 3

Carbohydrates are the yellow:
most come from seeds called grain.
Some grains are ground and baked,
some are boiled and served plain.
Carbohydrates make up many foods,
like tortillas, bread and rice.
They give us energy to play,
which makes life really nice.

Draw a picture of your favorite carbohydrates.

Day 4

Purples are the eggs and fish,
beans and also meat.
Not too much of them,
just a little we should eat.
Blue is the milk which we should drink,
and yogurt, butter, cheese,
Making strong our teeth and bones,
our bodies sure need these.

Draw a picture of some proteins and milk products.

Isaiah 55:2:² Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and your soul will delight in the richest of fare.

Genesis 9:3:³ Everything that lives and moves will be food for you. Just as I gave you the green plants, I now give you everything.