



#18 - The Food Given To Man Genesis 1:29-30

PICTURES NEEDED

18-1 Variety of food

REVIEW

- **Big Question:** What responsibility has God given to man?

God gave the earth to man to take care of.

- **Lesson Rhyme:** Review the lesson rhyme.

R—R

Rule

Treat earth with
great respect

R—R—Rule

In the way God
does expect

Make sign of “R”

Pound R fist on L palm

Make sign of “R” with both hands,
Move down and out in front

Same as above.

Lift arms up in air above head, leave there

Palms towards body move fingers down & up



R

LESSON CONTENT

- **Introduction:** Show visual (picture 18-1)

What is this a picture of?

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

The big question for this week is: What does God provide for all living things? Listen as I read the lesson book and see if you can answer the question afterwards.

- **Lesson Book:** Read the book. Refer to the discussion questions.

Title: What food did God give us to eat?

Page 1—Psalm 104:14-15

(picture of a rainbow)

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.

Page 2—Genesis 1:29

(picture of some fruit and vegetables)

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.

Page 3—Isaiah 55:2

(picture of carbohydrates)

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 live,
without which life's not nice.

Page 4—Genesis 9:3

(picture of proteins and milk products)

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.

Page 5—Ecclesiastes 10:17

(picture of some junk food)

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.

Page 6—Psalm 145:15-16

(picture of a rainbow plate)

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.

DISCUSSION QUESTIONS

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

Page 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.

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

Page 4: What are purple foods? What are blue foods? What does milk do for the body?

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

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

Review: Select a couple questions from above to ask the students again.

Prayer: Thank God for the wonderful way he designed your body and all the good food he has given you to eat. Pray that you would honor him by taking care of your body and eating what is good.

The Big Question: What does God provide for all living things?

God provides everything needed for life.

ACTIVITIES

Any age appropriate activity can be included which fits into the club time. The activities with a star are included on the class notes handout sheet.

★ **Lesson Rhyme:** Practice the lesson rhyme with movements.

F—F	Make sign of "F"
Food	Move R fingers in & out slightly from mouth
Eat the right ones	Smack lips
every day	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	Move hands up in front of body
God's way	Arms up above head



★ **Activity:** Drawing
Draw a picture of your favorite food

★ **Coloring:** Color the lesson picture

★ **Letter/Sound Recognition:** Say the sound of and trace over each letter in the boxes.
With which sound does food begin?

- **Craft:** Rainbow Plate Placemat (picture 18-3)
As a reminder that God supplies all the food that men and animals need, draw in the rainbow plate at least one example of each type of food.

Materials: cover stock paper, crayons or colored pencils, clear contact paper

Preparation: run off craft 18 on cover stock paper, cut contact paper into pieces that will cover the craft

Instructions: Give the students a copy of the rainbow plate and have them draw in foods from each food group. Cover with clear contact paper to make a placemat.

Questions: What is your favorite food to eat? What food group is it from?

★ **Song:** The Rainbow Foods Song

(loosely To The dreidel song)

The rainbow can remind us of the food to eat each day
So we stay strong and healthy with energy to play.

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.

Carbohydrates are the yellow: tortillas, bread and rice
They give us energy to live without which life's not nice.

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.

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.

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.

JOURNAL

The journal is passed out at the end of class for the students to complete at home. It has six poetic readings and related Bible verses. It would be beneficial for the teacher to read through and be familiar with its content.