



CREATION AND THE BEGINNING OF HUMAN HISTORY

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

PICTURES NEEDED

18-1 Variety of food

NURSERY CONCEPT

God gives food to people

LESSON CONTENT

Show the 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 need to live and grow. All the good food that you get to eat comes from God.

QUESTIONS

Where does the food we need to live and grow come from? What are some of your favorite foods?

PRAYER

Thank God that he provides food for us to live and grow. Thank you for all the good things he has given us to eat.

BIG QUESTION

What does God provide for all living things?

God provides everything needed for life

CONCEPT MOVEMENTS

God	Lift arms up in air
Gives	Extend R hand out front, palm up
Food to people	Move R fingers back & forth in front of mouth

COLORING

Color in the lesson picture on the class notes.

ACTIVITY

Name the picture in the boxes on the back of the class notes.

LESSON SONG

The Rainbow Food 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.