



**What food did God give us to eat?**

Page 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.



Page 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 live,

without which life's not nice.



Page 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,  
yogurt, butter, cheese,

Making strong our teeth and bones,  
our bodies sure need these.



Page 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.





Page 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.



Page 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.

## What food did God give to men?

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

Move hands up in front of body

God's way

Arms up above head

