

Child's Name: \_\_\_\_\_

## Lesson Passage—Genesis 1:29-30

<sup>29</sup> And God said, "See, I have given you every herb *that* yields seed which *is* on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food. <sup>30</sup> Also, to every beast of the earth, to every bird of the air, and to everything that creeps on the earth, in which *there is* life, *I have given* every green herb for food"; and it was so.

Through God's word we discover what is right and true.  
Then we live it out in all we say and do.



## LESSON 18



## THIS WEEK'S BIG QUESTION

What does God provide for all living things?

## LESSON RHYME

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

## Level 2—Parent Notes:

- **Daily Reading:** Read the entire booklet to the child. Go back to the appropriate day, reread the content and have the child answer questions about it from the **Daily Reading Questions** at the back of the booklet. Include personal ideas and additional questions. Read and discuss the daily Bible verse if appropriate for the child. Have the child draw a picture related to the content.
- **Lesson Rhyme:** Read the **Lesson Rhyme** on the next page, saying the sound of the letter instead of its name. Point to each word as you read it. Discuss the meaning of the rhyme. Have the child trace the letter with a finger and say its sound. Practice with the child the signs that go along with the **Lesson Rhyme** (included below). Review and repeat the rhyme every day.
- **Concluding Lesson:** Complete the activities under **Concluding Lesson** at the back of the book.
- **Completion:** If the student brings this booklet back to the teacher on Sunday, with each day's work completed and the lesson rhyme memorized, the student will receive acknowledgement of a job well done.
- **Way to go, parents!** Your faithfulness in teaching your children the deed and statutes of the Lord isn't always easy, but it honors God and will have an eternal impact. Keep up the good work! Remember Galatians 6:9, *And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.*

### **Lesson Rhyme Signs**

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



# This week I learned

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## Daily Reading 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? What does milk do for your body?

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

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

## Concluding Lesson

Review: What do we have to do to keep our bodies healthy? What are the different types of food we should eat?

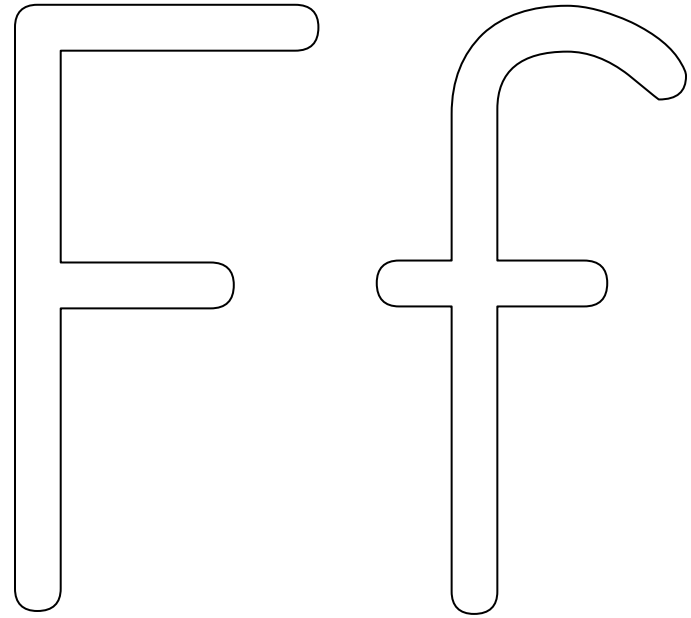
Prayer: Thank God for the wonderful way he designed your body and all the good food he has given you to eat. Pray that you would honor him by taking care of your body and eating what is good.

Application: Make a dinner following a rainbow plate.

Dictation: Have the child dictate what important truth was learned from the lesson. Have the child repeat back the dictation, trace over the letters and draw a picture to go with it.

# #18

## What does God provide for all living things?



F—F—Food

Eat the right ones every day

F—F—Food

So you will grow God's way

## Day 1

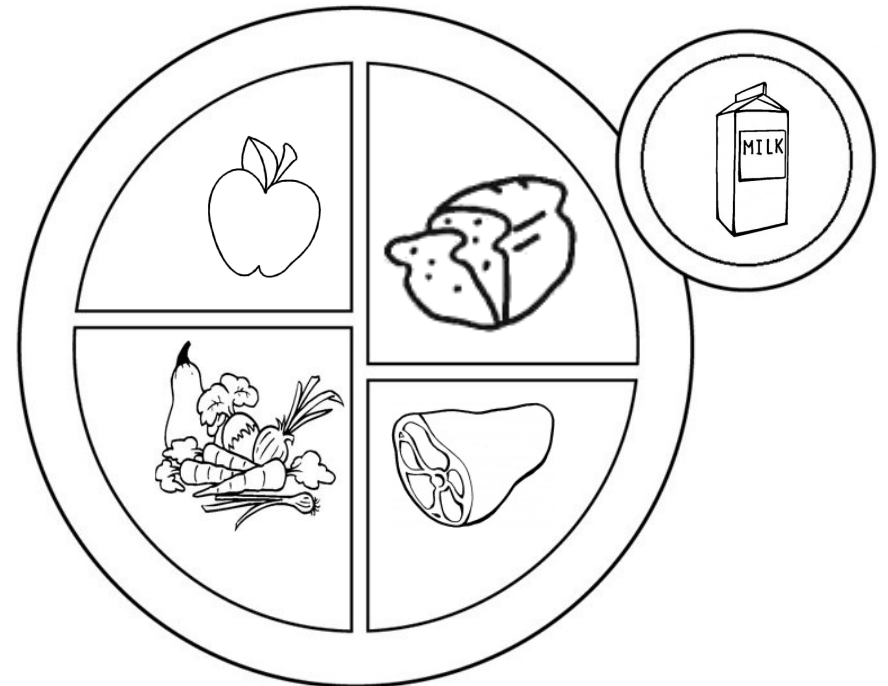
Draw a picture of a rainbow.

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.

## Day 6

Color in the 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.



Psalm 104:14-15: <sup>14</sup> He causes the grass to grow for the cattle, And vegetation for the service of man, That he may bring forth food from the earth, <sup>15</sup> And wine *that* makes glad the heart of man, Oil to make *his* face shine, And bread *which* strengthens man's heart.

Psalm 145:15-16: <sup>15</sup> The eyes of all look expectantly to You, And You give them their food in due season. <sup>16</sup> You open Your hand And satisfy the desire of every living thing.

## Day 5

Draw a 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.

## Day 2

Draw a 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.

Ecclesiastes 10:17: <sup>17</sup> Blessed *are* you, O land, when your king *is* the son of nobles, And your princes feast at the proper time—For strength and not for drunkenness!

Genesis 1:29: <sup>29</sup> And God said, "See, I have given you every herb *that* yields seed which *is* on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.

## Day 3 Draw a picture of your favorite 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.

## Day 4 Draw a picture of some 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.

Isaiah 55:2:<sup>2</sup> Why do you spend money for *what is* not bread, And your wages for *what* does not satisfy? Listen carefully to Me, and eat *what is* good, And let your soul delight itself in abundance.

Genesis 9:3:<sup>3</sup> Every moving thing that lives shall be food for you. I have given you all things, even as the green herbs.