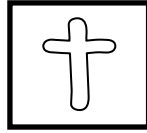
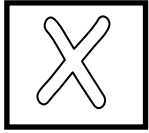


Say each letter sound and trace over the letters in the boxes. Which sound does the word food begin with?



Lesson Song—The Rainbow Foods

(To: 99 Bottles of Beer on the Wall)

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 play which makes life really 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, 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.



EARLY CHILDHOOD

LEVEL 2

CLASS NOTES

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

The Food Given to Man

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. Later God also told people they could eat meat. Besides food, God made the water, light and air that are necessary for life. Draw a picture of your favorite food.

