

Child's Name: _____

Lesson Passage—Genesis 1:29-30

²⁹ 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. ³⁰ 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?

MEMORY VERSE

Psalm 145:15-16

¹⁵ The eyes of all look expectantly to You,
And You give them their food in due season.
¹⁶ (You open Your hand And satisfy the desire of
every living thing.)

Thinking It Through

Level 3—Parent Notes:

- **Daily Reading:** Depending on the age and ability of the child, or parent preference, the child may do the work in this journal independently or read with and dictate an answer to the parent. After reading the day’s rhyme and the Bible verse, the child should draw a picture that relates to that day’s reading and answer the question at the bottom of the page. Have the child answer questions about the day’s reading from the **Daily Reading Questions** at the back of the booklet. Personal ideas and additional questions from the parent can also be included.
- **Lesson Verse:** The lesson verse which answers the week’s big question should be practiced daily. One way to do this is to black out words in the verse each day and say the verse inserting the correct word. By the end of the week the whole verse would be blacked out and recited by memory. Depending on the age and/or ability of the child, either the whole verse or the part of the verse between brackets on the cover can be memorized.
- **Concluding Lesson:** The parent should discuss with the child the **Thinking it Through** questions: What important truth did you learn this week? How can you apply that truth in your life? After discussing the questions the child should write down (or dictate to the parent) the answers and a prayer at the end of the booklet. The child can then complete the other activities.
- **Completion:** If the student brings this booklet back to the teacher on Sunday, with each day’s work completed and the lesson verse 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.*

The important truth I learned this week is:

I can apply that truth by:

My prayer to God is:

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?

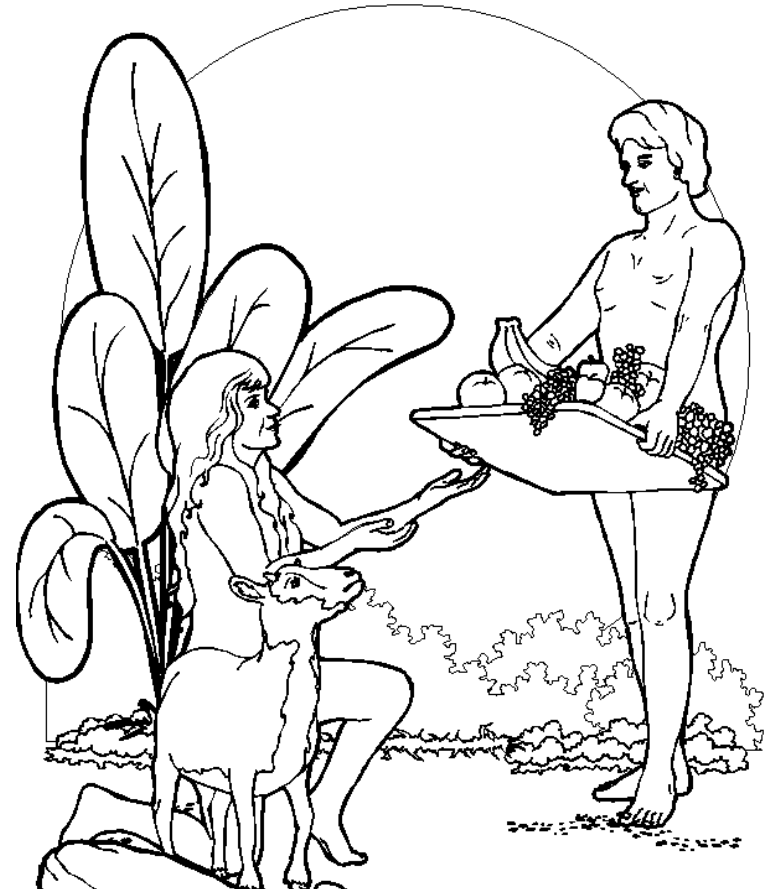
Prayer: Thank God for the wonderful way he designed your body and all the good food he has given you to eat. Pray that you would honor him by taking care of your body and eating what is good.

Application: Make a dinner following a rainbow plate.

Thinking It Through: Have the child write or dictate what important truth was learned from the lesson, how he/she can apply that truth, and a prayer to God.

#18

What does God provide for all living things?



God provides everything needed for life.

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.

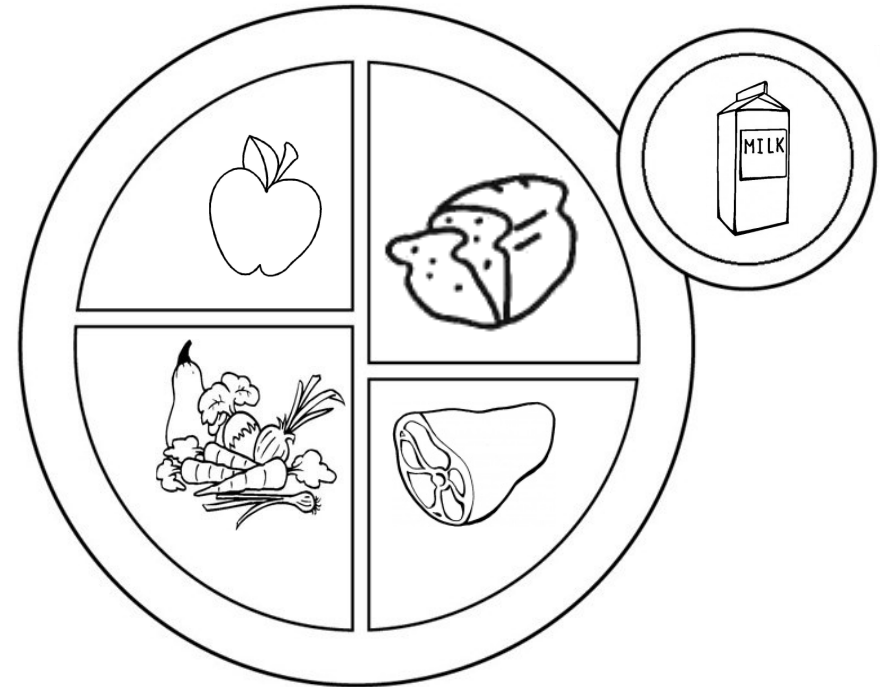
What does the verse mean?

Psalm 104:14-15: ¹⁴ 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, ¹⁵ And wine *that* makes glad the heart of man, Oil to make *his* face shine, And bread *which* strengthens man's heart.

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 145:15-16: ¹⁵ The eyes of all look expectantly to You, And You give them their food in due season. ¹⁶ 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.

What does the verse mean?

Ecclesiastes 10:17:¹⁷ 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!

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.

What does the verse mean?

Genesis 1:29:²⁹ 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.

What does the verse mean?

Isaiah 55:2: ² 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.

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.

What does the verse mean?

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