

Values education Year 1

God is Wise

Making wise choices

To be wise is to know the right thing to do. It is more than being clever. It is knowing how to make the best decision. God is wiser than anyone in the whole universe. He tells us how to make good choices in the Bible.

Making wise choices means...

- knowing the right thing to do, and doing it
- listening to people who are more experienced than we are
- listening to parents and teachers, and doing what they say
- doing what Jesus would do

Activity

Have a selection of foods that are healthy and junk foods.

Ask some volunteers to come up and make a wise choice of food for a healthy lunch.

Discussion

What other choices can we make as well as choices of food? E.g.

- what to watch on TV
- what games to play
- what words to choose when we speak (kind or not so kind)
- whether to help or not to help
- what clothes to wear on the week-end
- whether to allow others to play with your toys or not

What does the Bible say about making wise decisions?

Proverbs 3:5-6 Trust in the Lord with all your heart and ask God to show you the right way.

Art Year 1

God is Wise

Healthy food choices

Biblical connection: We are thankful to God for the healthy food He has provided through His Creation. We choose healthy food so that we can grow strong and healthy.

Bible art as a wall display: “So whether you eat or drink or whatever you do, do it all for the glory of God.” 1 Corinthians 10:31 (Students can draw healthy food items to cut out and surround the text.)

1. Drawing fruits and vegetables

Ask students to:

Observe and the shapes of fruits and vegetables. Show them cross-sections of fruits that show circle-shapes, (e.g. oranges, cucumber). Cut watermelon in triangles, cubes or squares.

Discuss the shapes of the whole fruit – ball shaped, football shaped, pear shaped.

Discuss shapes of the segments of citrus fruits.

Draw fruits and vegetables, thinking about these shapes.

2. Drawing a healthy food table


Draw a ‘birds-eye-view’ of a table of healthy food.

3. Drawing and painting

Ask students to draw cross-sections of fruits and vegetables with crayon or oil pastel. They should show the seeds inside, e.g. watermelon. Then paint inside the shapes with a thin wash paint using the appropriate colours.

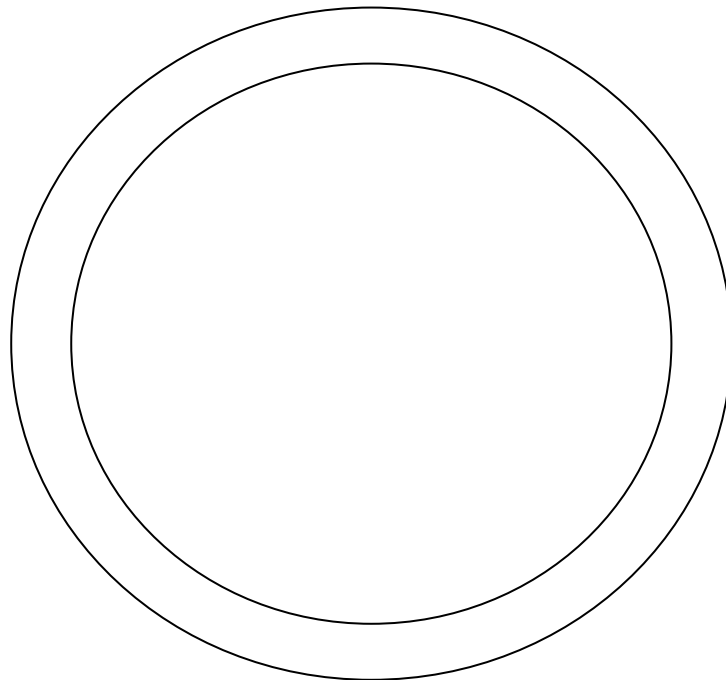
4. Painting

Ask students to mime some food activities, e.g. eating hot curry; eating an ice block; eating something sour; eating something delicious. Then paint some favourite foods, or food experiences.

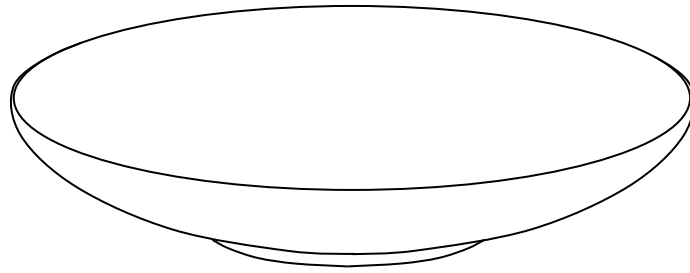
<p style="text-align: center;">Healthy food 1</p> <p>Draw one of your favourite foods.</p> <p>Now invent a healthier version of this food.</p>	<p style="text-align: center;">Healthy food 2</p> <p>What if you could only eat chocolate, because no other food is available.</p> <p>What would be the consequences?</p> <p>Give 3 suggestions.</p>
<p style="text-align: center;">Healthy food 3</p> <p>Work out 3 different ways in which this picture could remind us of healthy food.</p> <div style="text-align: center;"></div>	<p style="text-align: center;">Healthy food 4</p> <p>Brainstorm 5 different types of healthy food that taste delicious.</p>
<p style="text-align: center;">Healthy food 5</p> <p>The answer is “healthy food”.</p> <p>Give 5 questions.</p>	<p style="text-align: center;">Healthy food 6</p> <p>Think of a healthy food that most children do not like.</p> <p>Think of 3 ways to make the food taste better, but still healthy.</p>

Healthy Food Choices

Here are two friends. They only eat healthy food.

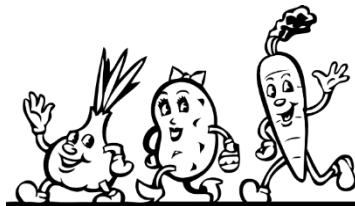
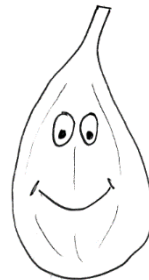
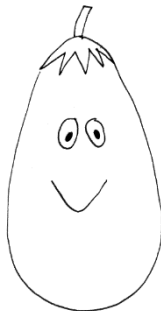
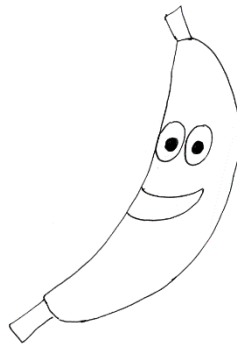
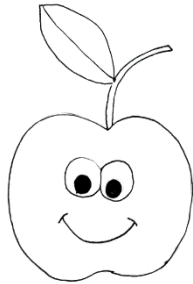


Draw your favourite fruits in the fruit bowl.



Draw your favourite vegetables on this plate.

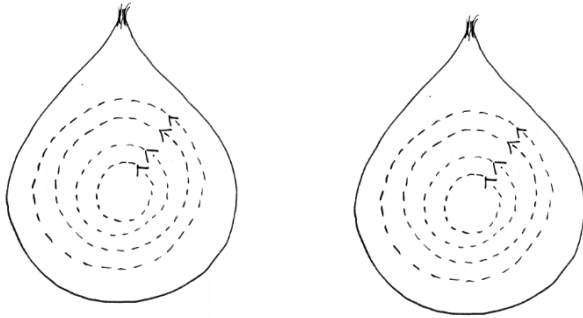
Draw some fruits and vegetables and make them into characters. Give them names, e.g. Crunchy Carrot.



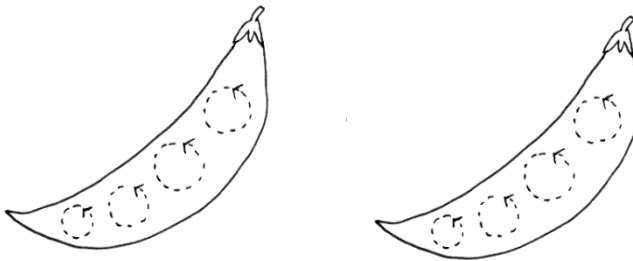
Veggie writing patterns

Start at the right places when writing the letter O.

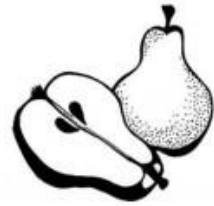
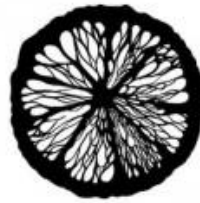
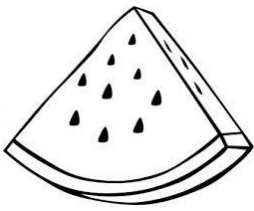
This onion has been cut in half. Finish drawing the circles. Draw some more.



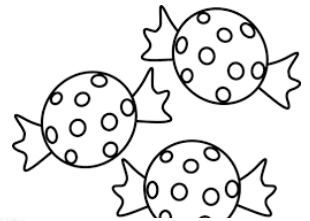
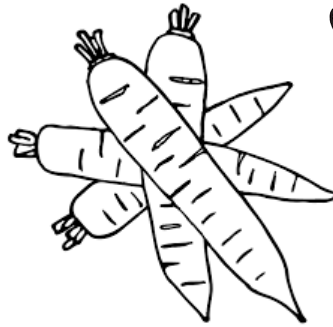
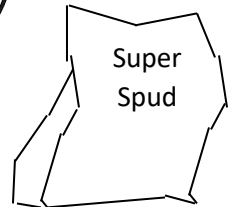
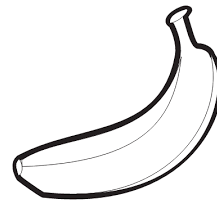
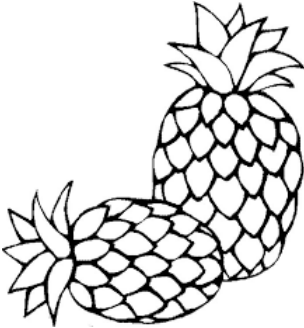
Finish drawing the peas the pods. Draw 3 more.



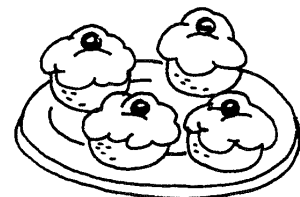
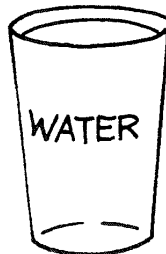
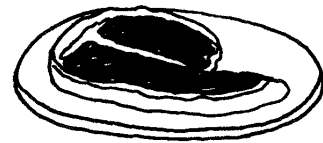
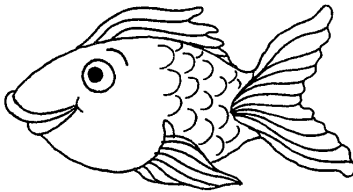
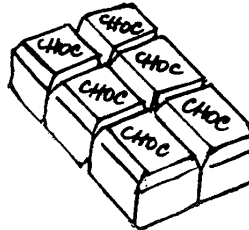
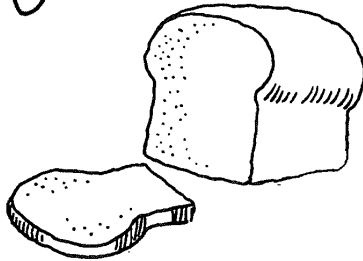
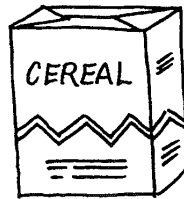
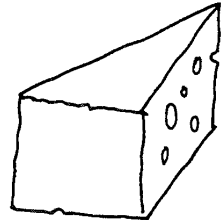
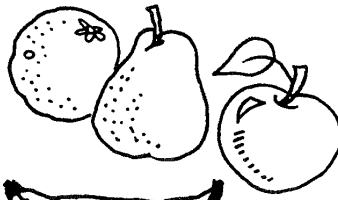
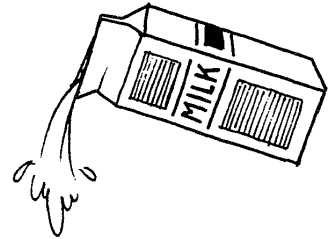
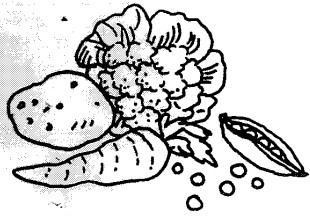
Draw your favourite healthy foods.



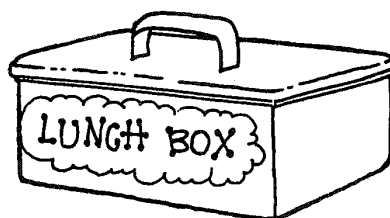
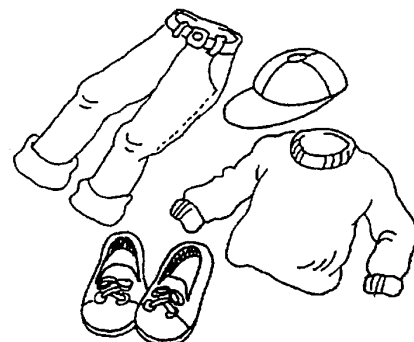
Draw only the healthy foods and drinks.



Food sorting: every day or occasional



We have needs and wants...



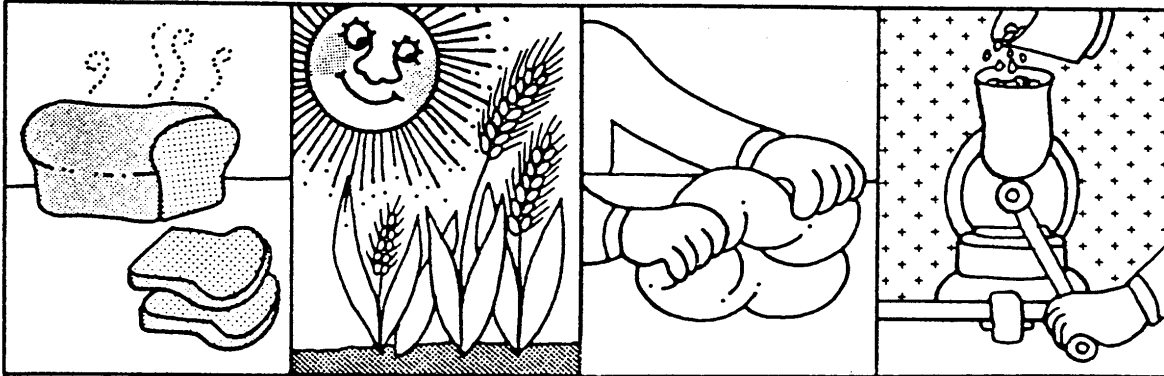
Make two columns. Sort out these pictures into 2 groups – the things we really need and the things we might want, but don't really need.

Where does our food come from?

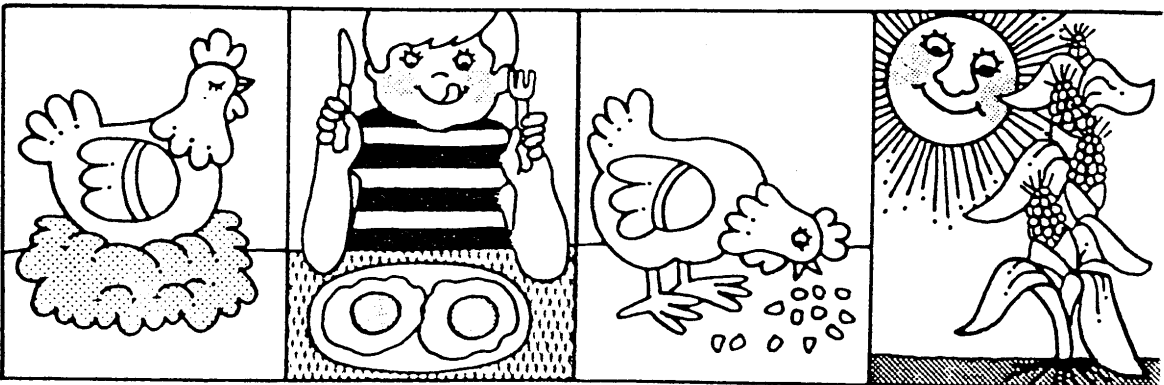
Number these pictures in the correct order.

Talk or write about what is happening in each picture.

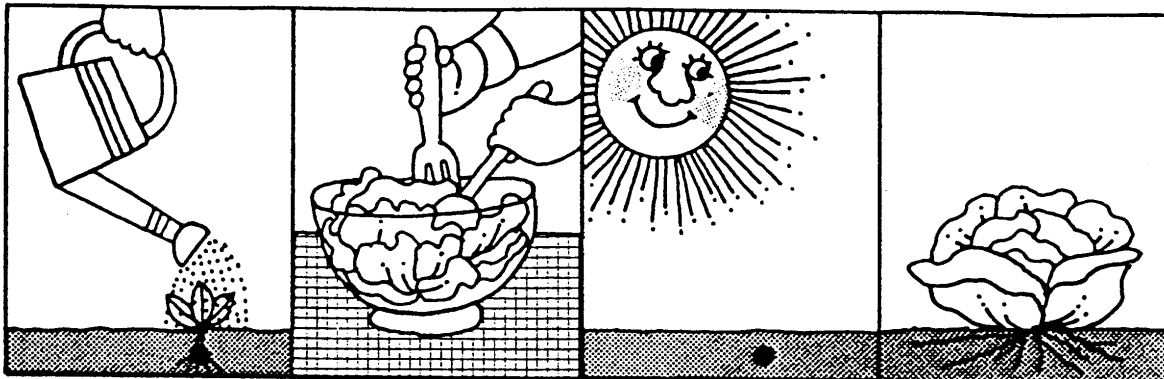
Bread



Eggs



Lettuce



Cut out the pictures and put them in the right order. Say what is happening in each picture.

