

Food

God is a Loving Provider

Spiritual Awareness: God faithfully provides

God has provided food through the creation. He provides for us because He loves us as a father. The original food provided by God in the Garden of Eden was plant food. At that stage no animals were killed, and all animals survived on plants. Permission to eat meat was given after Noah's flood, probably due to the temporary unavailability of plant food.

God has generously provided a huge variety of plant food, which he placed in the creation for man to tend and cultivate.

With many people experiencing famine, it may appear that God's creation is unable to provide for the needs of the whole world. However this is not the case. Some countries experience over production while others are starving. God expects those with plenty to share with those who have little. An understanding of sharing is necessary in order to understand 'God is Provider'. God's generosity provides a degree of human responsibility to those who have more than they need. God provides enough food for the whole world, but greed and selfishness prevent it from being distributed. Exploitation of the land, another product of greed, has also caused wastelands where food can no longer be produced.

Our response to 'God is a Loving Provider'

Because God is a Loving Provider I will...

- Love God
- Love others
- Forgive others
- Be kind and patient with others
- Help others
- Thank God for the things He provides
- Thank my parents for the things they provide
- Share with others the things that God has provided.

Supporting devotional resource

Themes for Christian Studies 1, (Provider): God is a generous Provider

Themes for Christian Studies 3, (Provider): God provides the things we need

Themes for Christian Studies 7, (Provider): God expects us to share His provision

Themes 3 for Christian Studies,(Creator): God provides through His creation

Biblical references

Bible stories and passages

Genesis ch 1 God created plants for food on day 3 of the Creation

Genesis 1:29 - God said, Look, I have given you all the plants that have grain for seed. And I have given you all the trees whose fruits have seeds in them. They will be food for you."

The book of Ruth - God provided grain for Ruth and Naomi.

Matthew ch 14, Mark ch 6, Luke ch 9, John ch 6 Jesus feeds the multitudes.
Exodus ch 16; Exodus 3:8 God provided food for the Israelites.
1 Kings ch 17 Miraculous provision for the widow when Elijah prays
2 Kings 4 Miraculous provision when Elisha prays
Matthew 6:25-34 Do not worry about food or clothes.
Matthew 7:9-11 God gives good things when we ask.

Memory verses

Proverbs 12:1 He who works his land will have abundant food.

Philippians 4:19 My God shall supply all your needs.

Psalms 136:25 He gives food to every living creature. His love continues forever.

Matthew 7:26 Look at the birds; they do not sow seed, gather a harvest and put it into barns; yet your Father in heaven takes care of them. Aren't you worth much more than birds?"

Key Questions

Why can we say that God is like the perfect father?

What good things does God give to us?

How can we thank God for the food He gives us?

How can we share what God gives us with others?

Why should we give and share?

Outcomes

Students will

Knowledge

- understand the food requirements for a healthy body
- appreciate the range of healthy food that God has provided
- discern between healthy and unhealthy food
- develop disciplined eating habits
- identify local and imported foods
- identify processed and unprocessed foods
- identify the primary source of processed foods
- classify foods according to certain food groups
- discover the causes of physical and chemical changes that occur when preparing food
- identify soluble and insoluble substances
- explain changes from solid to liquid or liquid to solid
- understand the importance of air in the cooking process
- understand factors causing food deterioration

Skills

- classify food types
- research food value
- record and present information food for health
- pose questions about the chemistry of food
- prepare food
- observe chemical processes and changes to food such as formation of solids and liquids, dissolving of substances

Values

- appreciate natural foods, (foods from God's creation)
- appreciate the health benefits of natural foods
- be willing to be involved in preparing food and see the health benefits of home-made food as opposed to junk food and fast food

Activities

- Classify plant foods according to fruits, vegetables, herbs, seeds, (cereals).
- Make a collection of seeds we eat.
- Classify foods according to plant or animal sources.
- Classify foods according to processed or unprocessed.
- Classify foods according to nutritious, 'junk food' or in between. Devise a scale and show information on a graph.
- Recognize foods by playing identification games using sight, taste, touch and smell.
- Prepare some food, following a recipe.
- Devise a menu for a balanced meal.
- Compile a cook book.
- Invent a new recipe.
- Observe physical and chemical changes that occur during food preparation e.g. changes from liquid to solid or solid to liquid, (melting, setting / solidifying), dissolving, rising, expansion.
- Visit a farm or factory to observe food production.
- Find out places where different foods are grown and show these on a map.
- Read and analyze food packaging labels.
- Decide whether food advertisements are telling the truth.
- Depict food types using a variety of art forms.
- Use dried foods like lentils, beans and pasta to make a collage.
- Design food packaging labels.
- Design an advertisement or poster for healthy food.
- Investigate deterioration of food due to age or warmth and explore the growth of moulds on foodstuffs.
- Record and graph times for deterioration of foods left unrefrigerated.
- Compare use-by dates on packages.
- Measure masses and volumes of cooking ingredients.
- Research and compare cost of foods.

Assessment

What have I learned from the study of food...

- about God?
- about doing what God wants me to do?
- about the Bible?

Beacon Media Resource for all levels of the primary school:

'New Start' – see *Primary Health Education*

New Start comprises teachers' notes, student activity sheets, food and fitness diary, power point presentations and recipes.

New Start Topics:

Lower Primary

- Choosing the best foods
- See how we grow
- My marvellous machine
- Where does food come from?
- What's good for you?
- Shopping for healthy food
- Food from around the world
- Feasts from around the world
- Safety in the kitchen

Middle Primary

- The taste of food
- Planning a healthy meal
- Let's get fit
- The amazing properties of fruits and vegetables
- Classifying food plants
- The miracle of seeds

Upper Primary

- The problem with food
- A balanced diet
- The Great Temptation
- Cultural foods
- Body systems (1)
- Body systems (2)

Additional Beacon Media resources

Visual Language Unit: *Food* – See Primary Units of Study

Thinking skills: See the *Creative Thinking Skills* section of this website –

“*Food and Nutrition*” (Middle/Upper Primary)

“*Healthy Food*” (Lower Primary)