

1a – Choosing the best foods

Here are two friends. They only eat healthy food.

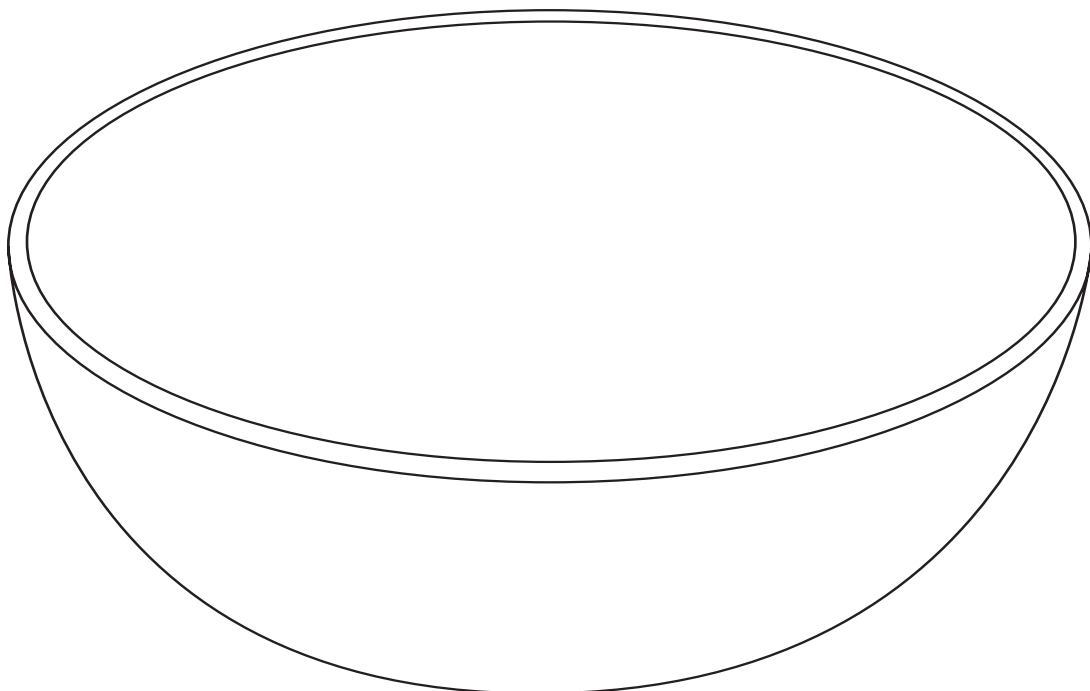


Supermax...

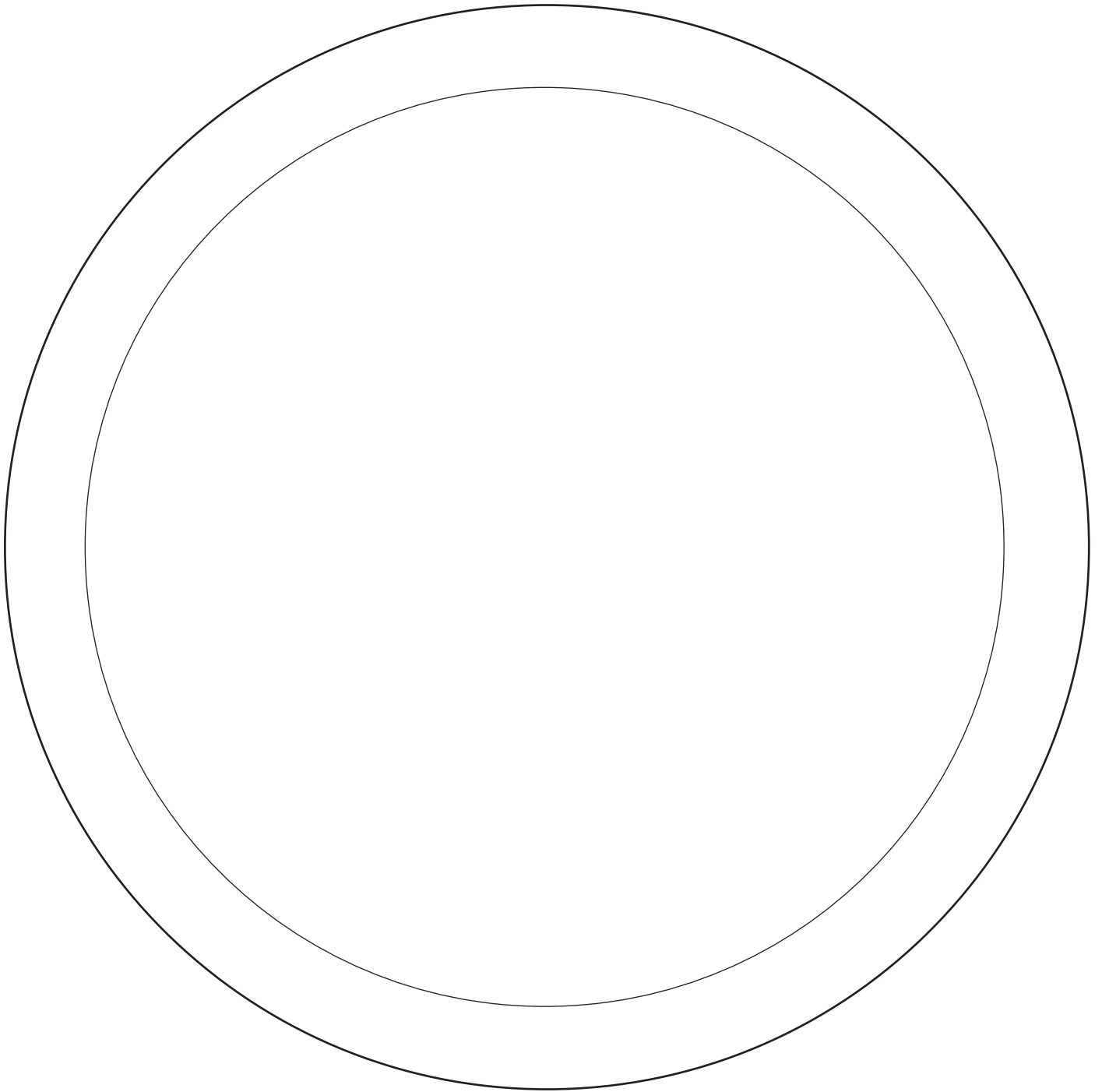


and detective dog, Sniffer

Draw your favourite fruits in the fruit bowl.



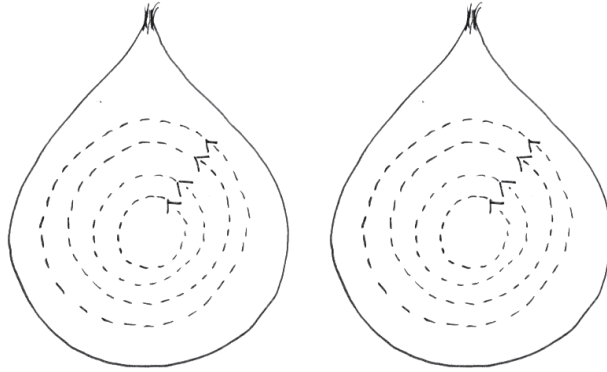
Draw your favourite vegetables on this plate



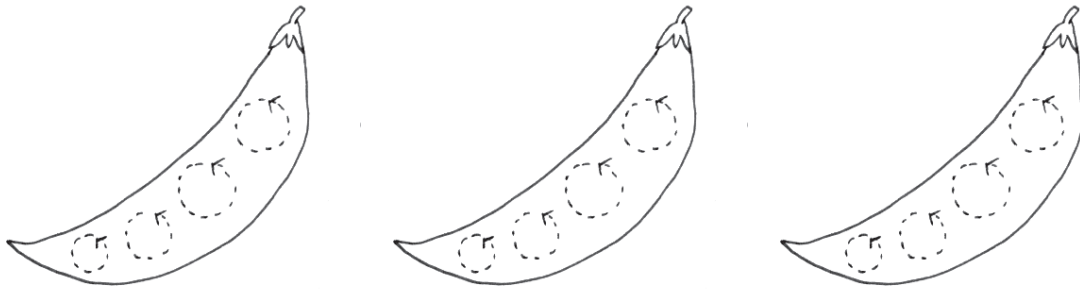
1b – Vegie writing patterns

Start at the right places when writing o and l.

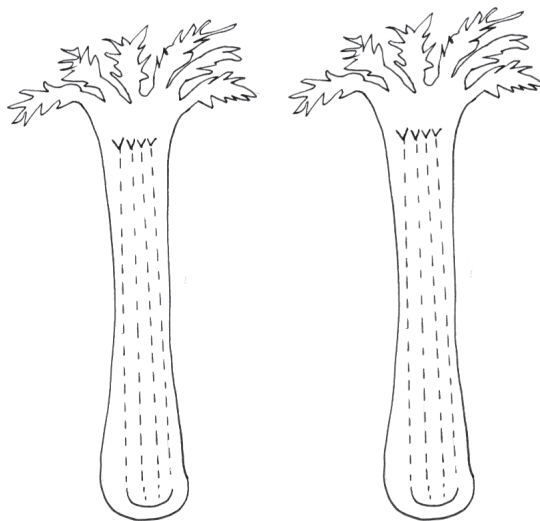
This onion has been cut in half. Finish drawing the circles.



Finish drawing the peas the pods.



Finish drawing the lines on the celery. Always go from top to bottom.



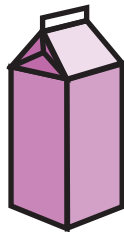
1c – See how we grow

Draw your favourite healthy snacks.

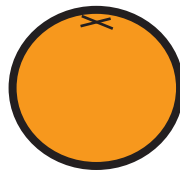
Circle the healthy foods.



Banana



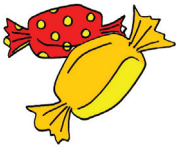
Grape Juice



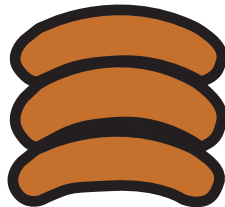
Orange



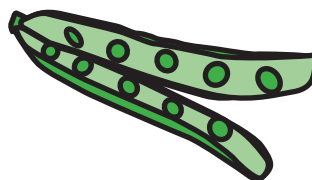
Potato Crisps



Sweets



Sausages



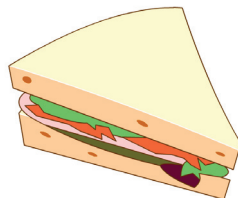
Peas



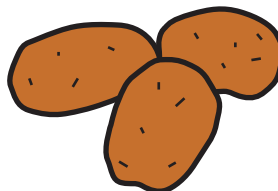
Carrot



Chocolate



Wholemeal Bread



Potatoes



Fizzy Drink

How many healthy foods did you choose?

3a – My marvellous machine

For listening and discussion:

Our Bodies are Marvellous Machines!

“You created every part of me; you put me together in my mother’s womb...When my bones were being formed, carefully put together in my mother’s womb, when I was growing there in secret, you knew that I was there. You saw me before I was born.” Psalm 139:13, 15 & 16

Do you know that our bodies have been designed like amazing machines? All the parts work together wonderfully, to keep us fit and healthy so that we can enjoy life. Do you know who designed that wonderful machine? Yes it was God. As we were growing inside our mother, He made sure that all the parts grew in the right way, until finally, after nine months, an amazingly beautiful baby was born. That was you!

Our bodies are a gift from God. He designed them to be fit and healthy. However, He also wanted **us** to have a part in keeping our bodies healthy. Think about a car. It’s also an amazing machine, but not nearly as amazing as our bodies. A car is designed for the owner to care for. If the owner is **wise**, he will give the car the things it needs, like petrol and oil and water.

Our bodies have been designed that way too. Our bodies need things to make them grow and to keep them strong and healthy. Bodies need clean air, clean water and healthy food. We are the caretakers of our bodies. If we are wise, we will give our bodies the things they need, and not the things that will make them sick. A car owner wouldn’t put water in the car instead of petrol, and expect it to go properly. There are some things we can put into our bodies that are not so healthy.

Discussion questions:

- What does a car need to make it go?
- We can think of a car as having ‘energy’. What do we need for energy?
- What would happen if you put water into the petrol tank of a car?
- What might happen if we put too much junk food into our bodies?

3b – Where does the food go?

For listening and discussion:

(Follow the passage of food through the digestive tract. Use a picture of the digestive tract – sheet 21b)

Where does the food go?

Let's look at what happens when we choose good food and put it into our mouth.

- First we have to chew it really well, because in good food there are good things for our body. Chewing well helps to get the good things out of the food.
- Next we swallow our food and it goes to our stomach. In the stomach there are special liquids that make the food break up into tiny pieces. The food gets mixed and mixed around until it is like a big lot of mush. Maybe it looks a bit like the type of mashed food that babies have.
- Then it goes further down into special tubes (intestines). The good things in the food, that make us strong and healthy, are now very, very tiny. They get taken out of the food mix and go into the blood. The blood goes around our body and gives us energy.
- The part of the food-mix that's left over goes further down the tube and comes out into the toilet. What comes out into the toilet is the part of the food that our body can't use. Our bodies are made so that the good part of the food goes around our body to give us energy, and the rest goes out of our body. What a wonderful machine!

Why do we need water?

Did you know that our bodies are made of mostly water? Our blood is mostly water. Our bodies are made up of tiny little round things called cells. They are so tiny that you could only see them with special equipment. The cells are made of mostly water. They need to get fresh supplies of water every day for us to stay alive. Our cells like pure water best of all. To stay fit and healthy, children who are five or six years old need to drink about five glasses of water every day. We need more water when it is hot, or when we have been exercising. Water is much better for us than juice or sugary drinks.

Discussion questions:

- What is a 'liquid'?
- Can you think of some liquids inside your body?
- Where does the food go after we swallow it?
- Why do we need to drink?
- Which is the healthiest drink?
- How much water should we drink?
- When might we need to drink more water?

4a – Where does food come from?

For listening and discussion:

Where did food come from in the first place?

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

When we look at all the different kinds of food in the supermarket we are amazed at how many different kinds there are. God has provided many different foods for our enjoyment. The food God provides are the ones we need. Think of the most delicious tasting fruit you can. It not only tastes delicious, but it is good for your body. God provided it just for you.

The best foods were provided by God when He first created the world. He created a special garden called 'The Garden of Eden'. In this garden were all the wonderful plant foods.

As time went by, people learned to make different foods from the ones God had provided. Some of them were not so healthy. Can you think of any foods that are not so healthy? Some foods that are made in factories can have things added, like artificial colours and flavours. Ask Mum to read the labels when she is buying packaged food, to find out whether good things, or not-so-good things, have been added.

The food that God has provided is the good food, straight from His garden. Let's thank God for giving us healthy food at every meal!

Discussion questions:

- Which foods did God make for us when he created the world?
- Can you think of a food from a factory that is not-so-healthy?
- What should we do before we eat our meals?

4b – Where does food come from?

Foods from God's creation

When we eat an apple from a tree, or an egg from a chicken, we are eating food as God made it. These are the best foods.

Some foods come from factories. Some foods have things added, like colours and flavours. These may not be so healthy.



Write the names next to the fruits and vegetables drawn above.

pumpkin
peas
watermelon
apple

Colour these fruits and vegetables in their right colours.

Now, on the back of the sheet, draw some more fruits and vegetables that have seeds inside them.

5 – What's good for you?

Choose the best supermarket foods

Fill Sniffer's shopping trolley with healthy food.



Sniffer is checking around the supermarket for foods that may not be so good for us. He does not want to buy foods with added colours and flavours.

- Put a tick next to the foods that have no added colours and flavours.
- Put a cross next to the foods that might have added colours and flavours.

coloured icy poles

oranges

soft drink

lamb chop

egg

coloured lolly pops

coloured breakfast cereal

6 – The Supermarket

Here is a map of a supermarket.

Draw the things you might find in each section.

The diagram shows a large rectangular area representing a supermarket. It is divided into several sections:

- Fruit and vegetables:** A large rectangular area at the top left.
- Meat:** A vertical rectangular area on the right side.
- Fridge:** Two horizontal rectangular areas in the middle, one above the other.
- Open areas:** There are three horizontal lines with short vertical end caps, located below the top section, below the first fridge, and below the second fridge, representing aisles or open spaces for drawing.

7 – Food from around the world

God has given us many, many different foods in His creation. Some plant foods, like bananas, like to grow in hot places. Some foods like apples, like to grow in cool places. Today we can get foods from all over the world – from hot places and cold places. But a long time ago, before there were big ships and aeroplanes, people had to eat the food that was grown in their own country, because they couldn't bring other foods from such a long way away. Imagine if you lived in a cool place a long time ago, you would not be able to get bananas. And if you lived in a hot place, you would not be able to get apples. So people made recipes from the foods that they grew in their own area. That is how national recipes began.

Think of a national dish.

- Which country does this dish come from? _____
- Draw and name the ingredients in this dish.

Now use the following ingredients to draw a healthy plate of food from these countries:

India

Ingredients: lentils, rice, vegetables

China

Ingredients: vegetables, rice, chicken pieces

Italy

Ingredients: pasta, meat and tomato sauce, salad

8a – The Feast of Passover (March–April)

For reading or listening

From Exodus chapters 7-14 and Leviticus 23:5

The Israelites escape from Egypt

The children of Israel were slaves in Egypt. Pharaoh made them work very hard. God spoke to Moses from inside a burning bush. God said that Moses was going to take the Israelites out of Egypt, so that they could become free. God sent seven plagues to Egypt, to make the Pharaoh let them go. But each time Pharaoh said, “No, I won’t let God’s people go.” The night before the seventh plague, God told the Israelites to put the blood of a lamb above the door, to pack their bags and get ready to leave early the next morning. The sign of the lamb’s blood would protect them from the seventh plague.

The next morning they did indeed leave Egypt, and God protected them as they escaped even though the Pharaoh sent his army to chase after them. But the army didn’t catch them because God opened up the Red Sea so that the Israelites could walk through on dry land. Then He closed it up again, and the Pharaoh’s army was drowned. But God’s people were safe.

Every year the Israelites, also called Jews, celebrate with a feast called the Passover. A lamb is always eaten at the Passover to remind them of the blood of the lamb that was placed above the door. The lamb’s blood was also a sign that one day Jesus would die on the cross, so that all people in the world could be freed from sin.

There are three foods at the feast of the Passover. These are lamb, flat bread, and bitter herbs. Jewish people eat flat bread to remember the bread the Israelites made to take on their journey. They did not have time for bread to rise.

Why do Jewish people eat lamb at the Passover feast?

Why do they eat flat bread?

On the back of this sheet, draw a picture from the story.

8b – The Feast of the Tabernacles (Sept-Oct)

For reading or listening

From Exodus chapters 16-17, Leviticus 23:33-43

God provides for the Israelites

This is a feast of great joy. It reminds the Jews of God's great goodness as He provided for them as they walked across the desert after their escape from Egypt. God provided a type of bread called manna, and birds called quails. He also provided water. He also provided a cloud to follow during the day so that they would know which way to go. And at night He provided a fire so that they would have light. Because the people lived in tents during their journey across the desert, for this festival Jewish people set up a shelter in their backyard and have a feast in the shelter. (The shelter is taken down after the feast). Everyone rejoices before the Lord with palm branches.

What did God provide for the Israelites to eat as they walked across the desert?

What else did He provide?

Draw a picture from the story.

8c – The feast of Purim (Feb–March)

For reading or listening

From Esther chapters 1–10

The protection of the Jews through Esther

This is a time of feasting to remember the story of Esther. There is much music and dancing. Children carry plates of cakes, pastries, fruits and nuts to friends, family and the poor. A favourite food is a triangle-shaped pastry filled with poppy seeds. Friends and family get together late in the afternoon for a feast at the end of the Purim holiday.

What do the Jews eat at the feast of Purim?

Draw a picture from the story.

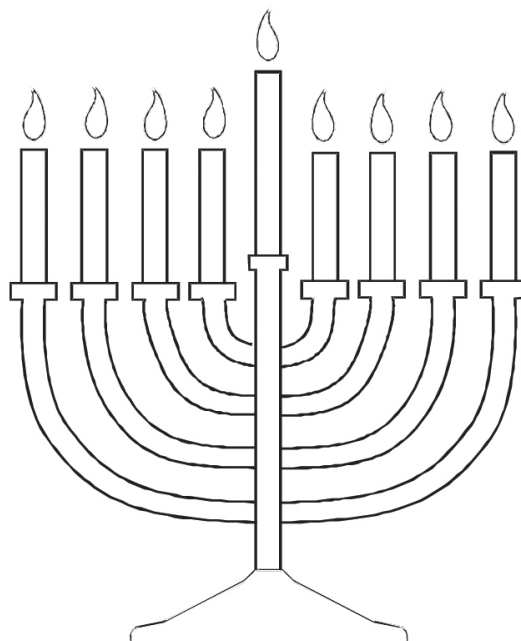
8d – Hanukkah (November–December)

This is also called the festival of lights. To celebrate this festival the Jews have a special candle-holder that holds eight candles. They light one candle every night for eight nights. This feast celebrates freedom from enemy rule. Over 2000 years ago an emperor of Syria was cruel to the Jewish people. He tried to force them to stop believing in the true God and to worship idols. Judah Macabee, a brave Jew, took an army and overthrew the Emperor and his men. The holy lamp was lit in the temple again and there was enough oil to burn not just for one day as everyone expected, but for eight days.

Hanukkah is a time of gift giving, a time of feasting and a time of games. It is a reminder of the faithfulness of God. Latkes, (potato pancakes), are one of the special foods eaten for this feast. One of the games played is the spinning top game.

Jesus said, "I am the light of the world". Christians celebrate Christmas at around the same time as Hanukkah. Christians celebrate Jesus who was born into the world to save us from our sins.

Make a list of the things that are the same about Hanukkah and Christmas.



9 – Safety in the kitchen

Sniffer wants to tell Supermax to be careful of hot things.

- Put a tick next to the things that are safe.
- Put a cross next to the things that are unsafe.
- Now draw a picture for each one.



Saucepan handles over the edge of the stove

Using an oven mitt for handling hot things

Picking up hot food with your hand

Leaving toys on the kitchen floor

Running and playing around Mum when she's preparing hot food

Taking care around people with hot drinks