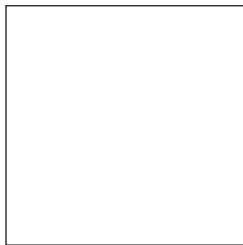


10a – The food pyramid

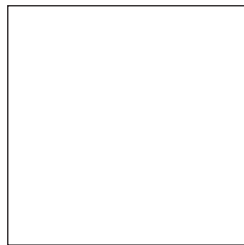
Look at a picture of *The Food Pyramid*.

Choose one healthy food to draw in each box below. Choose foods that are less processed.

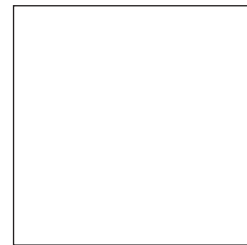
- Choose wholemeal or rye bread. Don't choose white bread
- Choose fresh fruits and vegetables – not frozen or canned.
- Choose home-cooked meats like lamb, beef and chicken. Don't choose processed meats like sausages and sausage meats. You could also choose some other foods in this group, like lentils and nuts.
- In the dairy section you could choose some plain yoghurt.
- Choose healthy treats – the ones you make yourself.
- Choose healthy fats like olive oil, nuts, butter and avocado.



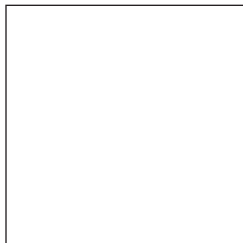
Bread & Cereals



Vegetables



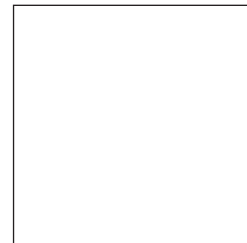
Fruit



Meat, Lentils, Eggs



Dairy Products



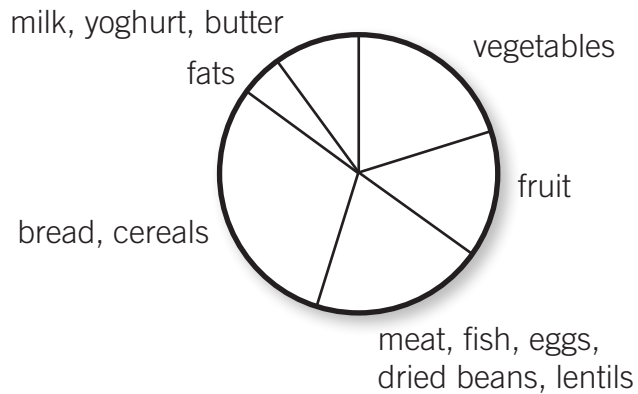
Fats & Treats

- Now take a sheet of paper and draw your own healthy food pyramid, choosing only the healthy foods.

10b – A healthy food pie

Eat foods from the food pie each day. Choose only healthy foods.
The big sections tell us to “eat more of these foods.”

Food Pie



Now draw your own food pie, and draw in it the healthy foods that you would choose.

11a – Taste and smell facts

A reading or listening activity:

Think about your favourite tastes.

Now think about some of your favourite smells.

How does our body give us a sense of taste or smell?

The nose contains millions of little cells called *receptors*. A receptor is part of a *nerve*.

Nerves are like very thin threads that carry messages to the brain.

The receptors in the nose are found in the tiny hairs inside the nose.

They recognize particles in the air and tell the brain about it. That is when we smell something.

There are sweet smells, delicious smells and bad smells.

- What smells sweet? _____
- What smells delicious? _____
- What smells bad? _____

Sometimes smells can tell us that there is something wrong. Perhaps the food smells “off”. Then we know not to eat it. Perhaps there is a smell of gas. It may be a leak of poisonous gas. Our nose tells us to get out of the room or else the gas will make us sick. This is the protection God has given us through our nose.

What are your favourite tastes? _____

There are four kinds of tastes: sweet, sour, bitter, salty.

Taste is when you can tell the flavor of food and how nice the food tastes. Taste gives you signals of dangerous gases and toxic food. All over your tongue, there are little bumps called taste buds. There are four different types of *taste buds*: sweet, sour, bitter, salty.

You can taste:

sweet things in the front of your tongue

sour things at both sides of your tongue

bitter things at the back of your tongue

salty things all over your tongue

Did you know that taste buds and smell receptors have the ability to *adapt*. ‘Adapt’ means ‘to get used to something’. This means that when you first taste something or smell something new, the taste or smell may be very strong. But the more you smell or taste that substance, it becomes not so strong. This is very important to remember when trying new foods. At first you may think. “Oh no, I could never eat that!” But keep trying it, and before long your taste buds will adapt.

Indian food is very spicy. Even young children in India eat very spicy food. If you tasted it for the first time, you would probably think this food is far too spicy for you. This is not because Indian children have different taste buds to everyone else. It is because they have adapted, or got used to spicy food.

Sadly, there are some children who think they cannot accept the taste of fruits and vegetables from God's garden. This is because they have been allowed to eat mostly junk food. Can you imagine that! Some children have never even tried vegetables like lettuce or raw carrots. If they were to try them, at first their taste buds would tell them that these foods are far too strong.

How could you help a child who does not eat fruits and vegetables, and who does not think they like the taste of fruits and vegetables? What would you say to them?

Our sense of taste and sense of smell are very similar. In fact they work together. The receptors we use for tasting are found mostly on the tongue, and some in the roof of the mouth. Taste buds are connected to nerves that send messages to the brain. When the brain receives the message, we "taste" something.

Our sense of taste protects us from eating food that has gone "off". Our taste buds can also protect us from eating things that are poisonous. If something tastes unusual then we shouldn't eat it.

Answer these questions:

- Why is it important to be able to smell?

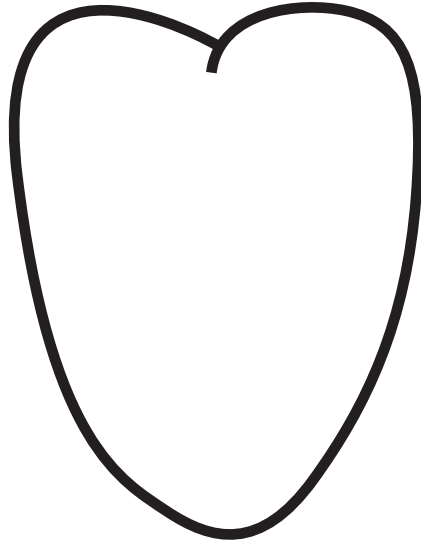
- Why is it important to be able to taste?

- Why do many people like to lick ice-cream using the tip of their tongue?

- What could you do if you don't like the taste of a new healthy food at first?

11b – The tongue

Mark in the different areas of taste on this picture of the tongue.



Label the parts of the tongue.

- Draw arrows to these parts and write the different kinds of taste.

tip: sweet

sides: sour

back: bitter

- Where are the salty taste receptors? _____

12a – Eight rules for healthy living

On a large piece of paper, make a poster of the eight rules for healthy living. The first letter of each word spells “new start”, so colour in the first letter of each word, so that it stands out.

Nutrients

Exercise

Water

Sunlight

Toxin-free

Air

Rest

Think happy thoughts and trust in God

Read the following information and write one sentence for every rule on your poster. Add some drawings too.

- **Nutrients:**

Keep a good balance of foods from the food pyramid, but make sure you choose good quality foods. For example, in the meat group, choose only unprocessed meats; in the fruit and vegetable groups, choose only fresh and not frozen. In all groups, choose foods that as close to nature as possible.

- **Exercise:**

Exercise is good for our heart. Fast activity gets the heart pump rapidly and gets blood flowing around our body faster. Exercise is also good for building muscles and strengthening our bones.

- **Water:**

Drink 6 glasses per day. Drink less fruit juice and keep fizzy drinks for only very special occasions.

- **Sunlight:**

We need sunlight for vitamin D, which makes our bones grow strong. In summer, wear a sun hat and sunglasses in strong sun, and do not stay out in strong sun too long. Early morning sun is good because it does not cause sunburn.

- **Toxin-free:**

Choose foods and drinks that contain no artificial colourings, flavourings or preservatives. Use the Food Additives Decoder to find out what the numbers on ingredient lists stand for.

- **Air:**

Play outdoors and get plenty of fresh air.

- **Rest:**

Go to bed early. Don't stay up late. Every hour of sleep before midnight is worth two after midnight. The body needs sleep for growth and good health.

- **Think happy thoughts and trust in God:**

Bad thoughts, like anger, hatred and unforgiveness will make us feel unhappy and stressed.

Quiz

Cut these questions into paper strips and place them in a box. Draw out questions for a quiz game.

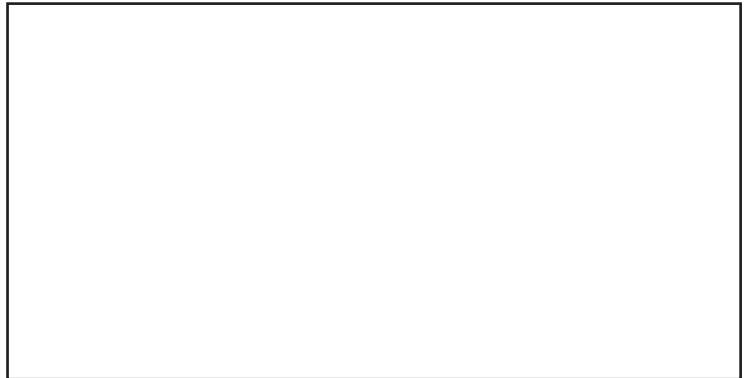
- 1. Name a healthy energy food.**
- 2. Name a healthy food for building muscles.**
- 3. Why do we need to eat a variety of fruit and vegetables?**
- 4. Why do we need to exercise?**
- 5. Name three exercise activities.**
- 6. How many glasses of water should you drink per day?**
- 7. Why is water the best drink?**
- 8. Why do we need sunlight?**
- 9. Name two foods that could contain artificial colourings or flavourings.**
- 10. Name two foods that contain no food additives.**
- 11. Why do we need fresh air?**
- 12. Name two ways to provide the body with fresh air.**
- 13. Why should we avoid staying up late?**
- 14. What does sleep do for the body?**
- 15. Why should we think happy thoughts?**

12b – Choosing healthy foods

Draw a healthy breakfast.

Here are Supermax's favourites:

water
fresh fruit
porridge
egg on toasted rye bread



Now draw a healthy lunch.

Here are Sniffer's favourites:

rye bread
raw carrots
boiled egg
salad
soup
sultanas
sunflower seeds
bananas



Draw a healthy main meal:

Here are some foods you might choose:

potatoes or sweet potatoes
rice
fish
roast lamb
cooked vegetables
raw salad vegetables
lentils
cooked dried beans or chick peas
plain yoghurt with honey



**Colour this badge, stick it to cardboard and cut it out.
Attach a safety pin.**



12c – Fruit and vegetable rhymes

Play a rhyme game

Find a fruit or vegetable to rhyme with these words:

chair _____ flea _____ parrot _____ clean _____

tower _____ glum _____ merry _____

- Here are the answers in jumbled letters: **earp, ape, rarcot, eban, acuiwfloer, lump, ycehrr or rbery**

Draw a picture for these rhymes

- I like to eat a pear, sitting on a chair.
- I'd like to see a parrot, with a beak like a carrot.
- I'd like to build a tower, made of cauliflower.
- Now make up your own funny rhyme about a fruit or vegetable. Write it on the back.

Riddle

- Q. Why did the orange stop in the middle of the road?
A. It ran out of juice.

13a – God our Father cares for us

A reading activity

God our Father cares for us

Do not worry about what you should eat...look at the birds of the air and how he feeds them... (Matthew 6:25-27). You are worth more than many sparrows (Matthew 10:31).

Do your parents like to give you special surprises? Mums and Dads love to make their children happy. They also like to provide good foods for you so that you will grow up to be strong and healthy. God, our Heavenly Father, thought about the people He had made. He wanted to give them special treats, so created all kinds of delicious fruits and vegetables. He also made sure that these foods contained the best nutrients for healthy bodies.

God our Heavenly Father cares for His children so much that He provides enough food for their needs. Did you know that there is really enough food in the world to feed everyone? Unfortunately not everyone gets the food because some people are greedy, and some people start wars, which prevent people from getting food.

When God's people really trust their Heavenly Father to provide food for them, God will provide, just as He has promised us in the Bible. If God provides for the birds, won't He provide for us? He loves us much more than the birds.

In the Bible there is a story about two ladies who had to trust God to provide for them. Their names were Ruth and Naomi. Ruth was Naomi's mother-in-law. They were very sad because their husbands had died. Naomi originally came from Bethlehem, but she had been living in a foreign land for some time. One day she said, "I am going home to Bethlehem."

Ruth, who was not from Bethlehem, said, "I want to go with you, Naomi,"
"No", said Naomi. "You will be happier here with your sisters. Bethlehem is a foreign country for you".
Ruth said to Naomi, "I want to live where you live, and I want to go where you go".
"All right", said Naomi.

So the two ladies went on a long journey to Bethlehem together. But how would God provide food for them? When they arrived they had no food. They had used all the food they had taken with them for the journey.

In Bethlehem it was harvest time. People were busy working in the fields. Some of the workers saw them coming.
"Is that Naomi"? said one.

In the land of Israel, poor people who had no food were allowed to gather corn, which had been left behind in the fields. However it was sometimes hard to find enough. Naomi was getting too old to work in the field, so Ruth had to collect enough corn for both of them. One day, a kind man named Boaz said to Naomi, "Who is this stranger you have brought with you".

"She is my daughter-in-law, Ruth", said Naomi.
"Let her come and work in my field", said Boaz.

He told his servants to leave more of the corn behind for Ruth to pick up. Every evening Ruth went home to Naomi with a big basket of corn. They were very happy and thanked God for providing for them.

God cared for Ruth, and wanted to make her even happier. One day she married Boaz, and they had a baby boy, named Obed. Naomi was very happy too, for she had a little grandson to care for.

Questions to answer:

1. If God provides for the birds, will He provide for you? _____

2. Is there enough for everyone in the world? _____

3. Why is it that some people do not get enough food? _____

4. What must we do if we want God to provide for us? _____

5. What kind of food did God provide for Ruth and Naomi? _____

6. What was the name of the kind man who allowed Ruth to gather corn from his field? _____

7. How did God make Ruth and Naomi very happy? _____

13b – Plant food facts

A reading activity

Think about your favourite fruits and vegetables. Think about the vegetables you like to eat raw. Did you know that God has placed inside fruits and vegetables, some special little fighters. They are called, 'anti-oxidants'. God has put them there for a reason. They fight unhealthy things in your body. Now you might be surprised to hear that you actually have unhealthy things inside of you, but don't worry. Everyone does. Inside our bodies we can build up certain poisons and viruses. This all began when Adam and Eve made the terrible mistake. The perfect world became imperfect, and that meant our bodies too. However, God has provided these little anti-oxidants to fight off the bacteria, viruses and toxins that are sometimes in our bodies. Toxins are chemicals that the body wants to get rid of. We need to eat fruit and vegetables every day if we want to be healthy. The more junk food we eat the more toxins we have to get rid of, so it is best to stay away from junk food and eat the delicious food God has provided instead. Raw fruits and vegetables are the best! As well as containing anti-oxidants, fruit and vegetables also have lots of vitamins and minerals, which we need for a healthy body. Vitamins and minerals are like little messengers that help the body do certain jobs, like growing, healing and preventing us from getting sick.

Different fruits and vegetables contain different vitamins and minerals. Because we need a variety of vitamins and minerals, we need to eat a variety of fruits and vegetables. Here are a few:

Carrots contain large amounts of **vitamin A**, which helps defend the body against diseases like cancer.

Broccoli and **cabbage** also contain **vitamin A** and protect us from disease. **Vitamin A** is good for our eye-sight and keeps our skin healthy.

Grains have large amounts of the B vitamins. (There are several B vitamins). The grains must have the husk on in order to get the vitamins. Therefore **wholemeal bread** and **brown rice** are good. **Nuts** give us vitamin B. So do **Bananas** and **potatoes**. The B vitamins keep our hair, skin, eyes, mouth and liver healthy. They also help our brain to work well. They are good for our nervous system and blood circulation.

Citrus fruits like **oranges, mandarins, lemons** and **grapefruit** contain large amounts of **vitamin C**. Vitamin C is very good for keeping colds away. It helps the body fight against infection. Isn't it wonderful that these fruits ripen in the winter when we need them the most. Fruits will contain more vitamins when they are picked and eaten just when they are ripe. The longer they have been off the tree, the fewer vitamins and minerals they will contain. This is the same for vegetables. **Berries** and **apples** are another good source of vitamin C.

Vitamin K is important for blood clotting, and we get it from **cauliflower, lettuce** and **cabbage**.

Calcium is an important mineral. We need calcium for strong teeth and bones and we get it from **broccoli, sesame seeds, nuts, seeds, spinach** and **parsley**, to name just a few.

For our bodies to use the calcium, we need a mineral called **magnesium**. We get it from **nuts, grains** and **dried beans**.

Iron is also an important mineral. You need iron for strength, but you can't get it from eating nails! Your body needs it in a special form. You get it from foods like **parsley, grains, sunflower seeds, pumpkin seeds, potatoes, raw cabbage, beetroot, peas** and many other vegetables. **Dried apricots** are also good for iron. So are **bananas**.

Sprouted seeds, like **alfalfa**, are packed full of all kinds of vitamins and minerals.

Answer these questions:

1. Why should we eat a wide variety of plant foods?

2. What different coloured vegetables can you think of?

3. Why should we eat lots of different coloured vegetables?

4. Why are green vegetables important?

5. What are vitamins and minerals?

6. What are viruses?

7. How can we help our body get rid of poisons and viruses?

8. What kind of food can prevent our body from working well?

Make a table

From the information provided, make a list of vitamins and minerals, and the foods in which they are found. Describe how each vitamin or mineral helps us e.g. vitamin A... carrots... for the eyes

Vitamin/mineral	Food	How it helps
Vitamin A		
B group vitamins		
Vitamin C		
Vitamin K		
Calcium		
Magnesium		

Knock Knock

Who's there?

Some vegemite

Some vegemite who?

Some vegie might improve this soup.

14a – The best foods

God saw all that He had made and it was very good. Genesis 1:31

When God created the world and everything in it, he designed it very carefully. Just look at the variety of plant foods He created. He created these for our pleasure. Think of the most delicious fruit or vegetable you can. Let's say that your favourite is mango. Can you imagine what it would be like if mango was the only fruit you could eat? Even if you really liked it to begin with, you would soon become tired of it. God was so generous and thoughtful in providing so many different tastes. Some are sweet and some are sour. Even the sour ones are tasty when served with certain foods. God was also thoughtful in designing our bodies with taste buds. In our mouths we have different taste buds for tasting sweet, sour, bitter, salty and sweet? This is not only for our pleasure, but also for our safety.

When the earth became cursed as a result of Adam and Eve's dreadful mistake, poisonous plants appeared which were not there previously. Because God knows everything, He had thought about the possibility of the mistake happening, and He provided for it. He gave us taste buds so that we could tell good food from bad food. We know what particular foods should taste like because of our taste buds. If food doesn't taste the way it should, then it may be bad, or even poisonous, and we shouldn't eat it.

It is important to thank God for all the wonderful plant foods He created. We can do this every time we eat. We should remember that plant foods are the best foods, because they were created as the only food in God's perfect world. For a healthy body, we should eat more plant foods than any other foods. Although we get nutrients from animal foods, we need to get most of our nutrients from plant foods.

Fruits and vegetables straight from God's garden are much better for us than foods that have been processed. When food is processed, it is been changed into something else. Fruit can get changed into fruit bars, sometimes with sugar coating. Potatoes can get changed into chips or crisps, which are cooked in fat and salted. They are not so good for us. Crunchy apples or plain cooked potatoes are much healthier.

Questions to answer

1. Why did God give us taste buds?

2. What should we eat more than anything else?

3. Why are plant foods the best foods?

4. Write the foods from God's garden that you like to eat.

Knock knock – Who's there? – An apple – An apple who? – A nap'll be good. I'm so tired!

14b – Growing new vegetables from old ones

1. Carrots

The carrot we eat is really the root of the plant. There are no seeds in the root of the plant, but we can still grow a new plant from it. Here's what you do:

1. Take a fresh carrot and three clear glass jars, each the same size.
2. Cut the carrot so that you have three different parts.
3. Place each of the parts in a jar of water. Label the jars 1, 2 and 3. Make sure that the jars have the same amount of water and sunlight.
4. Leave the parts in the water for a week or two until some shoots have appeared.

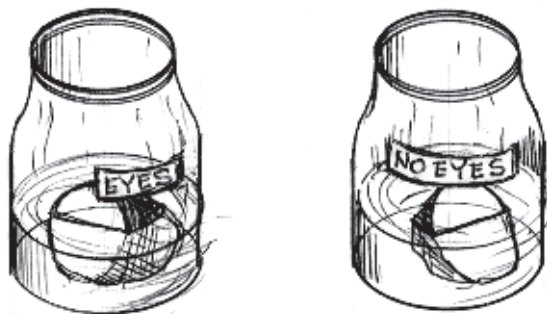


5. What did you observe? Did all the parts grow new shoots?

2. Potatoes

We call the dark spots on a potato, the *eyes*. If you have ever seen a potato that has been left too long in the cupboard, you will have seen shoots growing from it. Here's an experiment for you to try: Take two pieces of potato, one with eyes and one without, and see whether they will both grow shoots.

1. Cut two pieces from a potato, one with eyes and one without.
2. Place each piece in a jar of water, and leave them there for one week.
Make sure both jars have the same amount of water.
3. Describe the results of your experiment.



15a – Food from God’s Garden

Then God said, “I give you every seed-bearing plant on the face of the earth and every tree that has fruit with seed in it. They will be yours for food. And to all the beasts of the earth and all the birds of the air and all the creatures that move on the ground - everything that has the breath of life in it - I give every green plant.” Genesis 1:29-30

Imagine a world where everything was perfect. No fighting, no killing... animals and people all getting on perfectly together. People and animals ate only plants, so there was no need for killing. Imagine a world where there were no cold nights and no stifling hot days. The climate was absolutely perfect. The weather was just right, day and night. The plants grew wonderfully in the warmth, and they were watered by underground springs, and by dew, which formed on the earth. All the plants and seeds were edible, that is, except for one. What a feast the first man and woman had, eating all the delicious food God had provided. But what about that one they were not to eat. It was a fruit from a tree called ‘the tree of knowledge of good and evil’. Adam and Eve, the first man and woman disobeyed God. They ate from the tree.

Oh no! Now God’s perfect plan had been destroyed! God now had to curse the earth. The plants were no longer perfect. Thorns and thistles grew. Not all the plants were edible now. Animals were no longer satisfied with plants for food. They started killing one another. God was heartbroken. He had to make a new plan, but in the mean time, the perfect world would be imperfect.

Although many plants are no longer edible because of the curse, there are still many, many nutritious plants in God’s wonderful world. God put them there for the health of His people. Plant foods are the healthiest foods you can eat. They were part of His original perfect plan, for the survival of the people He made. Let’s thank God for the wonderful plant foods He provided, right from the beginning of the creation! Next time you eat your favourite fruit of vegetable, thank God for it’s delicious taste.

1. What did Adam and Eve and the animals eat for food? _____

2. How did some plants change? _____

3. Why did they change? _____

4. Make a drawing of the Garden of Eden as God first made it. Show the plants and animals.

15b – Growing seeds

Have you ever thought that nearly all the plants around us start as seeds? Seeds come in all shapes and sizes, but they are alike in two ways:

1. A seed contains a new young plant, called the **embryo**.
2. A seed contains a supply of food that helps the young plant to grow.

When you buy a packet of seeds from the shop, they feel hard and dry. The hard coat is to protect the young plant inside. If you look closely at the outside, you will find a little scar. This is where it was attached to the parent plant.

If you look carefully, you will also find a little hole. This is where the moisture gets into the seed when it is planted. The moisture makes the seed start to grow. The seed must also have warmth, and air for breathing. When the seed starts to grow, we say that the seed has **germinated**.

Let's plant a bean seed. We will make sure that we plant it in a warm place, and we will give the seed a little water.

The first thing that happens is that the skin splits and a little white root appears. The root turns downward and grows down, down, down into the soil. A little root cap appears to protect the root and to help it slip down into the soil. Little hairs grow out from the root. These take in the water and **nutrients**. Nutrients keep the plant healthy. It's a bit similar to the vitamins and minerals that people must have to stay healthy.

The next thing that happens is that a little shoot appears. It grows up, up, up, and pushes through the soil into the daylight. This little shoot becomes the stem of the plant, and it will soon grow leaves.

Until now, the plant has not been able to make food for itself. It had to live on the food in the seed. Once the leaves appear, the plant uses the sunlight and the air to make food in its green parts.

1. Why is it good for a seed to be hard and smooth on the outside?

2. Where does the seed get warmth from?

3. When a seed starts to grow, we say that it ger _ _ _ _ _ s.

4. Make a list of the things a seed needs before it can germinate.

5. Where does the young shoot get its food for growing?
