

Preschool Spring
Lesson 3:
God Gives Us Good Food

Objectives: Students will...

- 1) Recognize that God gives us good food to eat
- 2) Do activities that remind them that God provides food like He did for Noah.
- 3) Remember that God is great because He blesses us with what we need.

Accommodations: How will I accommodate individual needs of students?

- See Lesson 1 for a complete list of ideas

Supplies: Check with coordinator to ensure supplies are ready.
All sheets and templates will be on the CD or in the Binder.

Teacher Materials (provided in classroom)

- Pens/Pencils
- Bible (please bring your own)
- Crayons/Pencil Crayons
- Attendance Sheet
- Stickers – enough for each child to have one every lesson for 13 lessons
- Glue sticks and/or Tape
- Scissors– if want you can cut out objects before class or during
- Circle the Food that is the Same Activity Sheet – one per child
- God Gives Us Food Sandwich Craft Template – one per child
- God Gives Us Good Food Color Page – one per child

Optional Activities

- Visual Aids of Noah and the Ark – story books, pictures, small ark with animals, etc.
- God Gives Us Food Trace the Figs Sheet – one per child
- Basket or Paper Bag – one for each child
- Pictures cut out from God Gives Us Food Color Page – one set per child cut out after they have colored the picture (see above)
- Snack – Fruit or Vegetable Pieces – enough for each child to have some
- Napkins
- Cups with water or milk
- Puppet to tell students the real events from the Bible

Lesson:

1) Introduction to lesson:

As students enter, welcome them and help find a chair to sit at. Thank them for coming. Take attendance (using attendance chart supplied). Let each child put a sticker beside their name for this week. If a new student comes, write their name and have them put a sticker on for this week also. Have them all sit around the table.

Share with students, **“This month we will see that God is great and gives us many things. Let’s sing a song about what God has made for us.**

God Made Me

– Sung to Farmer in the Dell Tune

God made the sun, (Raise arms in circle overhead.)

God made the tree, (Spread arms out to indicate branches.)

God made you, (Point to another person.)

And God made me! (Point to self.)

God made plants. (Pretend to be a plant growing tall.)

God made trees. (Pretend to pick a fruit from a tree and eat it.)

God made you, and God made me. (Point to others and then yourself.)

What are some things God has made for us? Can you name some things? Let students name things: sun, moon, pets, mommies, dads, families.

We are going to study today that God gives us good food to eat! What kind of food do we eat? Let students name different foods – apples, meat, rice, cheese, milk, etc. **There are many types of foods. Today we will see that God blesses us with good food to eat and that He also provided for Noah and his family by making sure they had food to eat as well. So let's remember to eat the good food God provides for us!**

2) God Gives Us Good Food

10 minutes

*Optional: If you have a puppet you can use the puppet to tell the event in the Bible. And if available use a story book of Noah and the Ark to show pictures while you read from the Bible.

Read **Genesis 6:18 – 22**

And God said to Noah:

¹⁸ But I will establish my covenant with you, and you will enter the ark—you and your sons and your wife and your sons' wives with you. ¹⁹ You are to bring into the ark two of all living creatures, male and female, to keep them alive with you. ²⁰ Two of every kind of bird, of every kind of animal and of every kind of creature that moves along the ground will come to you to be kept alive. ²¹ You are to take every kind of food that is to be eaten and store it away as food for you and for them."

²² Noah did everything just as God commanded him.

Was Noah supposed to live in the ark? Yes

Was he supposed to take two of every kind of animal in the ark with him? Yes

Noah was to take care of God's animals in the ark after he built it. Noah would have animals from all over the world in his house.

What types of animals can you name? Cat, dog, tiger, cow, sheep, etc.

Did God say that Noah should get food for Noah, his family and the animals before going into the ark? Yes

Did God provide Noah with good food to eat? Yes!

Isn't that great! God took care of Noah and helped Noah by telling him to gather food for him and his family and all the animals. Show picture of an ark if you have one. **God took care of Noah and his family and gave them a plan for a home to keep them safe and food to eat while on the boat. Noah and his family were special to**

God – and we are special to God too! God is great for giving us good food to eat just like He did for Noah;

Let's sing a song about God and why He is great.

Sing:

Here's Why God is Great
God is great. He made the sun.
(Point up; form circle with arms above head.)
God is great. He made the sea.
(Use arms to make waves.)
God is great. He made the stars.
(Hold up hands and wiggle fingers.)
God is great. He made each tree.
(Extend arms like tree branches and sway.)
God is great. He made you and me.
(Point to others. Point to self.)

Say: We are special to God. He loves us and wants to provide for us. He gives us good food to eat. Let's think of this as we do the next activity.

3) Eat Good Food Game

5 minutes

Line the students up in a row so that they can all see you and have enough space to move their hands and feet without hitting anyone beside them.

Say to the students: We are going to play a game about food. Raise your hand if you like food. (Let students raise hands) Today we are going to pretend to eat different foods. I want you to follow and do what I say. If I say to do something, I want you to pretend to do that action. Ready? Everyone quiet and listen.....good job...

Everyone – pick an apple from the tree (pretend to pick apple)

Everyone – take a bite of the apple and chew. (pretend to chew)

Everyone – say “Thank You God for our food.”

Everyone – take a fork and get some spaghetti (pretend to swirl spaghetti on a fork)

Everyone – say “God is great”

Everyone – eat your spaghetti (pretend to eat)

Everyone – get a glass from the cupboard (pretend to get a glass)

Everyone – pour some juice into the glass (pretend to pour juice into the cup)

Everyone – drink your juice (pretend to drink juice)

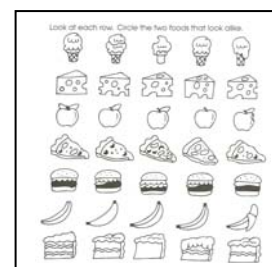
Everyone – sit down!

Thank class for playing and then have them sit at the table for the next activity.

4) Circle the Food that is the Same Activity Sheet

5-10 minutes

Hand out one sheet to each child with crayons and have them look at the first row of food - the ice cream. Help them find the two that look the same and circle them. Then move to the next item – the cheese – find the two that are the same and circle them. Go through each row until they have discovered all the foods that are the same. Talk about how food from God is the fruit and bananas.



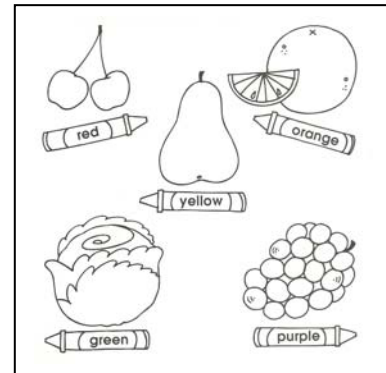
All the other food is food made by man and might contain things that are not healthy like chemicals, sugars and other things that are not good to eat a lot of. But foods that God made are good to eat anytime – like meat, eggs, bananas, apples, carrots, potatoes, rice, and tomatoes!

5) God Gives Us Food Color Page

10-15 minutes

Hand out one sheet to each child along with crayons. Go through each food that God gave us and have the children name all the foods. Then, let them tell you what color each food should be. Let them color the page and when done, ask the assistant to cut out the shapes in squares so that later if you choose to do the optional find the food activity game below, they will have the food to find and put in their baskets or bags.

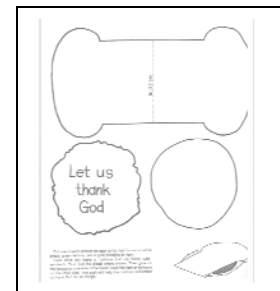
Help students and have them write their name on the page, before moving on.



6) God Gives Us Food Sandwich Craft

10 minutes

Hand out one sheet with crayons to each child and allow them to color the page. Hand out glue and scissors – have the students or yourself cut the shapes of bread, lettuce and meat. Help students glue the sandwich meat and lettuce to the bottom of the sandwich bread. But don't glue the words on the top of the lettuce to the top of the bread so that when the students open the sandwich they can read the words and remember that God gives us good food and we should be thankful to Him!



What is this a picture of? A sandwich.

Do you sometimes eat sandwiches? Let students answer.

God blesses us and gives us good food to eat like meat, lettuce, and tomatoes.

We need to remember to thank God for the wonderful good He gives us every day.

Help students to write their name on their sandwich and help tidy up before moving on to the next activity.

7) Optional: Gather the Food Activity Game

5-10 minutes

Give each child a small box, paper bag or basket. Ask the assistant to cut out the food pictures they just colored in the previous activity above and hide and scatter them around the room. Have the children find food and gather it into their baskets or paper bags as a reminder that God gives us good food.

8) Optional: God is Great Roll the Ball Game

5 minutes

Tell the kids, **“Let's all sit on the floor in a circle. While we are in the circle we are going to pass the ball to one another, as you pass the ball gently to a person, I will say something that God made (example apples, bananas, potatoes, chicken, cows, grapes, tomatoes etc.) and the person who gets the ball will say, “God is Great!”**

You can only pass the ball to someone who hasn't had a turn yet, if someone catches the ball that already had a turn, you must give it to someone who hasn't so we call get a chance to play, ok? "

Remember, the person who gets the ball, must say "God is great".

Make sure each child gets a turn before doing another round or moving on to another activity.

9) Sing

Choose songs from the Songs section of the binder and/or sing

God told Noah to Build an Ark (to the tune Old Macdonald Had a Farm)

Noah had to build the ark, like God told him too.
And on the ark there was some food, like God told him too.
With some (fill in a food - apples) here and some (apples) there,
Here some (apples) there some (apples) everywhere were (apples and apples).
Noah had to build the ark, like God told him too.

Repeat with another food - let students each name a food as you sing.

10) Optional - Fruit and Vegetable Pieces 5 minutes

"You've all done a great job this morning learning that God is great and learning that God helps us have good food to eat. He made everything good in the world and wants us to be healthy and happy in the food we chose to eat. To help us remember, we are going to have a snack of something that God made just for us - fruits and vegetables." Hand out pieces to each child with a glass of water or milk. Remind them that **these snacks are part of God's wonderful creation for us to enjoy and they are good, because God is great! God is great for giving us snacks and giving us good food to eat!** After snack have kids clean up. Then move on to the remaining activities.

11) Close in prayer

Thank God that He created the world and that as we learned today, God is great because He gives us good food to eat. Thank you God for our food, our homes and our families too. Thank You God as well that we can know that we are safe and in good hands because God the Creator is in control and He knows what is best for us today. Thank you God for your Son Jesus who loves us too and thank you God for everyone here today and those who could not be here because they were sick or away. We pray you will bring us all back to Sunday school next week safely. We pray that everyone will eat healthy food that You made for us and that we will remember to always thank You God, for our food! In Jesus name, Amen.

12) Greet Parents at door

Ensure all students go to parents or if some students remain kindly ask them to go to their parents if old enough.

Thank you for serving Christ in this way!