

When finished with activities, return all necessary items to bag and place in the hallway for pick-up.

Program B-2

Daniel Chooses Healthy Food

Daniel 1:1-21

Daniel Series: Lesson #1

Bible Verse: God gives food to us. Psalm 136:25

Bible Story for children:

Focus on: God wants us to make healthy choices. (Eating, exercise, learning, doing right)

Prop ideas: Healthy food/junk food
Pictures of people exercising, playing sports

SAMPLE STORY

Daniel was a young man living in Jerusalem. An army from Babylon attacked Jerusalem and took many people away and carried them to Babylon. The King of Babylon, King Nebuchadnezzar, chose some of the finest young men to be trained as his workers. Daniel and three of his friends were chosen to be in the training for three years.

As the king's workers, Daniel and his friends were supposed to eat the same food as the king ate. But, if they ate that food, they would be disobeying God! Daniel asked the guard to give them only vegetables and water. At first the guard was worried that Daniel and his friends would look worse than all the others if he did this. He thought that he would get in trouble for not taking care of the four young men. So Daniel asked him to test them for ten days. They would get only vegetables and water for ten days. Then they would be compared to all the others in training.

At the end of the ten days the guard was surprised to see that Daniel and his friends looked healthier and stronger than all the rest. Because of this he agreed to let them have only the foods that God wanted them to eat. At the end of the training, the king thought that Daniel and his friends were the wisest men in the kingdom. God blessed Daniel and his friends for obeying Him and making wise and healthy choices about what to eat.

FYI

Second Session Classes will be:

Coloring "Daniel and Friends" Page

Home-living/Cooking Serving Food

Playing "Daniel Says"

DANIEL AND FRIENDS COLORING PAGE

Materials: Coloring Page
Crayons/markers (In room)

Do: Allow children to color freely. Be certain to add their names. Encourage older children to try writing their own names.

Talk about: What do you see in the picture?
What are your favorite vegetables or fruit?

HOMELIVING

COOKING / SERVING FOOD

Materials: Food boxes from previous hour
Pots/pans/dishes In home-living area

Do: Encourage the children to make some healthy dishes for you. Be sure to request lots of vegetables! Decline anything unhealthy or only after “eating” all your veggies.

Talk about: Vegetables and fruit give us important vitamins.
It’s OK to eat sweets, but not all the time.

DANIEL SAYS

Materials: None

Do: Play ‘Simon Says’ using Daniel instead.
Focus on exercising. (Jumping jacks, stretching, running in place)

Talk about: Exercising is an important part of being healthy. What can you do to exercise? (Walk, run, ride a bike)

Extra: Hide some plastic food to find. (Find the Banana, carrot or apple)

Take a ‘healthy’ walk to the water fountain for a healthy drink.

While children are seated in a circle, name a color and go around the circle and have each child name a food that has the color. Continue until no more foods can be thought of. Pick another color and continue.