

HEALTHY FOODS



1. Learn the four (4) or five (5) food groups.
2. Name ten (10) healthy foods.
3. Name five (5) unhealthy foods.
4. Why would Jesus want us to eat healthy?
5. Cut out healthy foods and make a scrapbook or collage.
6. Draw a picture of what kinds of foods would be in a garden.
7. As a group, give out a food basket with only healthy foods in it.
8. Say a simple prayer for your food.