

*GOOD TO EAT

What You Need:

magazines or printed out pictures of foods that kids can choose from, paper plate, scissors, glue

What You Do:

- *Give kids each a paper plate.
- *Cut out a phrase below for each child and have them glue in center of their plate.
- *Ask kids to look through magazines or printed pictures to find vegetables that are good for them to eat. (About 5)
- *Have them cut out the pictures they find that are good for them. (For younger kids, it may help to draw a line/circle around an object for them to follow while cutting.)
- *Glue pictures on the paper plate around the verse.
- *Allow kids to use crayons and add any finishing touches they feel needed.

What You Say:

Daniel knew that God wanted him to follow the rules about the food he ate. So, Daniel bravely spoke up and asked permission not to eat the food that came from the king. Daniel and his friends had conviction. They knew which things God said were right and wrong, and they chose to stand for what was right.

When you know what God says, it can help you stand for what's right.

So, when you need to do the right thing again and again, remember Daniel and his friends. But most of all, remember what God said in 2 Thessalonians 3:13:

'Don't ever get tired of doing the right thing.'

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