

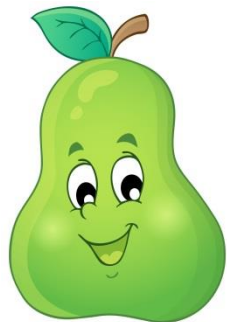
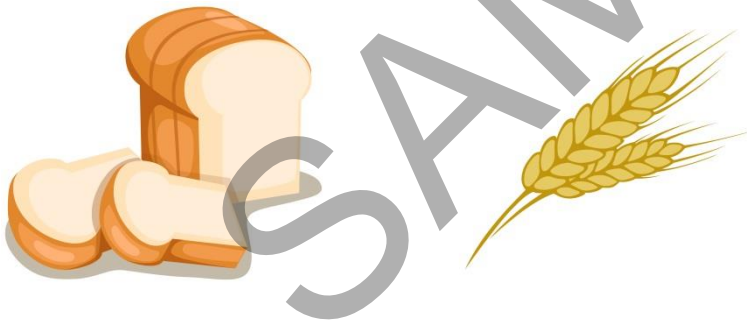
## Kindergarten Health

### Nutrition for Kindergarteners, Part 1

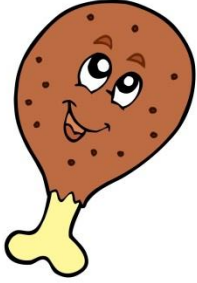
Stewardship is a word that means using, not abusing, all that God has given you. One way to be the steward God wants you to be is with food. God has given you all you need to help your body grow strong and stay healthy. There are a lot of foods at the store and at restaurants that taste yummy, but they do not help your body grow strong; in fact, they could harm your body if you eat too many of these foods. Try to decide which three foods are healthy and which three foods are unhealthy for you: soda, water, fish, chips, candy, and fruit.

Our foods are grouped into carbohydrates, proteins, and fats. When you look at the foods that belong in each group, you will be amazed at what food can do for you!

These foods help give your body something called energy, which allows your body to feel rested, grow, think, and move. They also give your body strength and help your brain to develop. But when you eat too many foods that are not in these groups, your body becomes tired and sick, and you may feel cranky.



In the carbohydrate group, God has made grains like wheat, oats, rice, and corn. He has made so many more grains you can discover, too. Guess what else is in the carbohydrate group? All your fruits and vegetables. In order to help your body to stay fuller longer, the better choice is to eat all these types of foods instead of candy and chips. Your grains, fruits, and veggies have the nutrients and minerals God designed them to have, and the chips and candy do not. Things like chips and candy make you hungrier and more tired over time.



Another food group is called the protein group. This is the food group that will help give you stronger muscles and healthier organs, like your heart, and will help your body fight sickness. The best foods in this group are beef, poultry (chicken and turkey), fish, eggs, dairy products (milk and yogurt), nuts, seeds, and legumes like black beans and lentils.



The last important food group is called the fats group. The name, "fats," sounds like something you shouldn't eat, and there are unhealthy fats, but these healthy fats are something you need to help your brain and nerves develop well. They include nuts, oils, butter, fish, and beef.

You can also have fun with your food while you learn to make good habits and choices. Play a guessing game with your family by pretending to eat certain foods that are healthy for you (peel a banana, grate some cheese, or scramble some eggs). You could also make a picture out of macaroni (a healthy grain) and glue it on paper into the shape of your favorite healthy food.

Ask a parent to find some pictures of food online that can be printed and cut out, or pictures of food in a magazine. Then glue the pictures of food to a paper plate to make a healthy meal.

Color the picture of all the yummy fruits and vegetables at the fruit stand on the next page.

Remember that God wants you to take care of the body He gave you, and you can when you choose the right foods!



## Kindergarten Health

### Nutrition for Kindergarteners, Part 2

Have you been to a fun birthday party? Think about the food you ate. Did you have fruit? What about cheese or crackers? Did you see chips, candy, cake, or ice cream? What do you usually like to eat when you are at a birthday party? Parties like that are fun because of the games, friends, and food. But have you ever gotten a tummy ache because of all the food you ate while you were there? Sometimes tummy aches happen to us because God designed our bodies to tell us when we have eaten things that were not good for our nutrition, or we ate too much and our body was trying to tell us to slow down or stop.



Let's learn about what God says about self-control and how using that gift will help nourish your growing body. Did you know that God says in the Bible, "So, whether you eat or drink, or whatever you do, do all to the glory of God" 1 Corinthians 10:31. This means that the food and drink He gifts you with is to be enjoyed by glorifying Him with a thankful heart, a patient heart, and a heart of self-control, not a heart that is greedy. When your heart is greedy for food and drink, that could cause you to eat too many unhealthy things, which could make your tummy sick and make you tired or even cranky. A greedy heart could also cause you to forget to be thankful to God or the person who served you or made the food for you. But when you eat and drink to the glory of God, you are pleasing Him and taking care of your growing body!



How can you glorify God when you eat and drink? Have you heard the story in the Bible of the little boy who gave his whole lunch to Jesus? Remember when you learned what

a protein and a carbohydrate do to nourish your body? In John 6:8-9, the Bible tells us that this little boy gave his five loaves of barley bread (carbohydrate) and two fish (protein) to Jesus to share with over 5,000 people! Did his basket have cakes and cookies in them? Do you think those types of foods would have nourished this big crowd that had been far from home all day? No! Jesus used good, healthy food, and this little boy trusted Jesus and shared his food. He glorified God by his generous heart and still didn't go hungry.



Now let's think ahead to the next party you go to. All parties have yummy sweets, because those foods make things fun! And they are okay to eat as long as your parents say so. But too many sweets are not good to nourish a growing body. Start asking God to help you have self-control so you can glorify Him in whatever you do. The Bible tells us that "He bends down to listen..." (Psalm 116:2, NLT), so keep praying about how you can bring Him glory. He is listening! Then you will do your part to stay healthy and grow strong.

Draw a picture of some of your favorite foods in the frame on the next page.

SAMPLE

