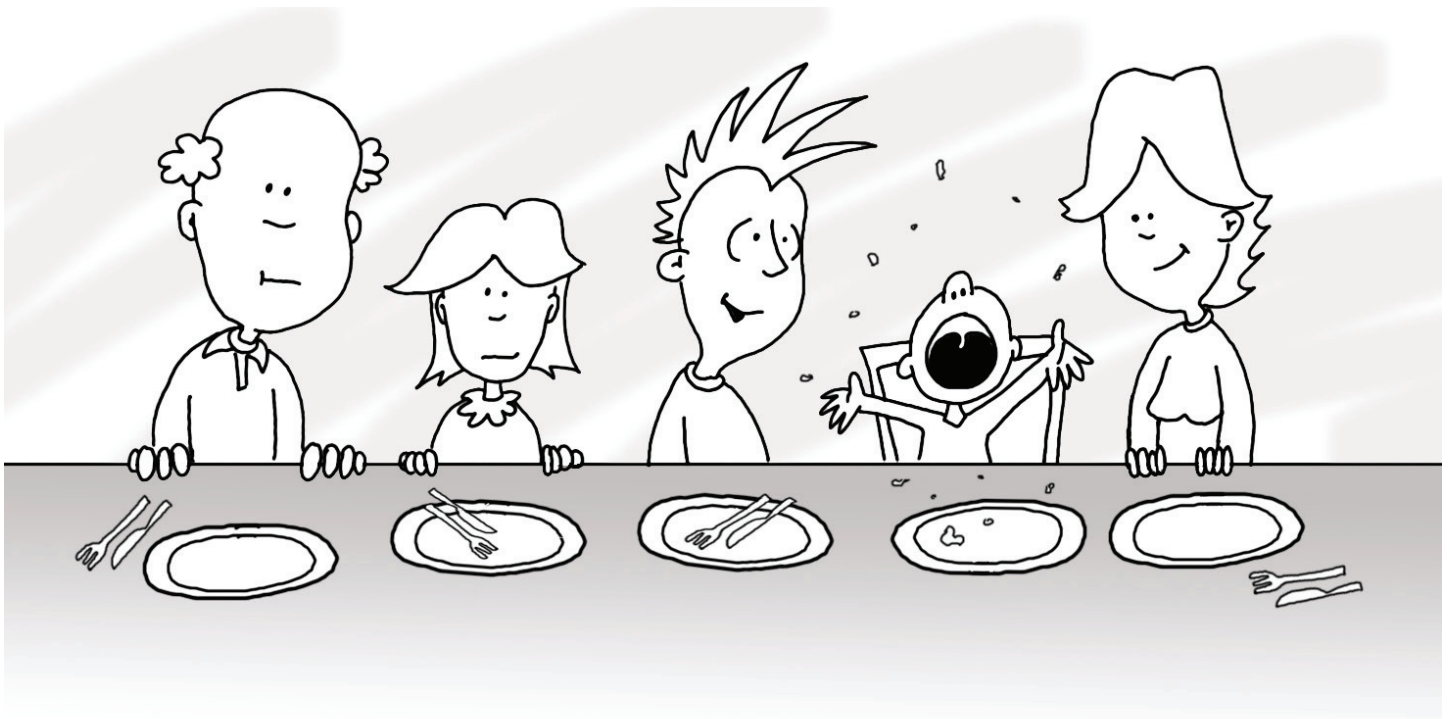


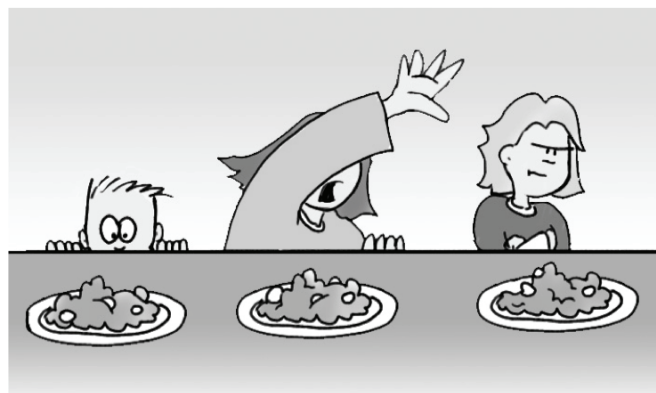
Eating Well in My Family

Draw a picture below of the people who usually gather around your table for a meal. Add "cartoon bubbles" ○ to each person at the table. In each bubble write **what you think each person is usually talking about while you eat.**

Draw on the table the favorite foods your family likes to eat. Do your favorite foods include dairy products like milk and cheese? What vegetables does your family like to eat? What fruits, breads, and meats (if any) do you eat? What are your favorite desserts?



Is this the kind of reaction you have to new food?? Be brave! Make one day of the week "new food day" and try something new! You'll be surprised. You are missing out on some GREAT foods by not risking a little!



Jesus Eats Well

There are many stories in the Bible about Jesus eating with people. Read the story below. Then underline all the “doing” words in the box. For example, underline is a “doing” word!

The apostles came back and told Jesus everything they had done. He took them with him, and they went off by themselves to a town named Bethsaida. When the crowds heard about it, they followed him. He welcomed them, spoke to them about the Kingdom of God, and healed those who needed it.

When the sun was beginning to set, the twelve disciples came to him and said, “Send the people away so that they can go to the villages and farms around here and find food and lodging, because this is a lonely place.”

But Jesus said to them, “You yourselves give them something to eat.”

They answered, “All we have are five loaves and two fish. Do you want us to go and buy food for this whole crowd?” (There were about five thousand there.)

Jesus said to his disciples, “Make the people sit down in groups of about fifty each.”

After the disciples had done so, Jesus took the five loaves and two fish, looked up to heaven, thanked God for them, broke them, and gave them to his disciples to distribute to the people. They all ate and had enough, and the disciples took up twelve baskets of what was left over.

Luke 9:10-17

What does Jesus teach us about Eating Well?

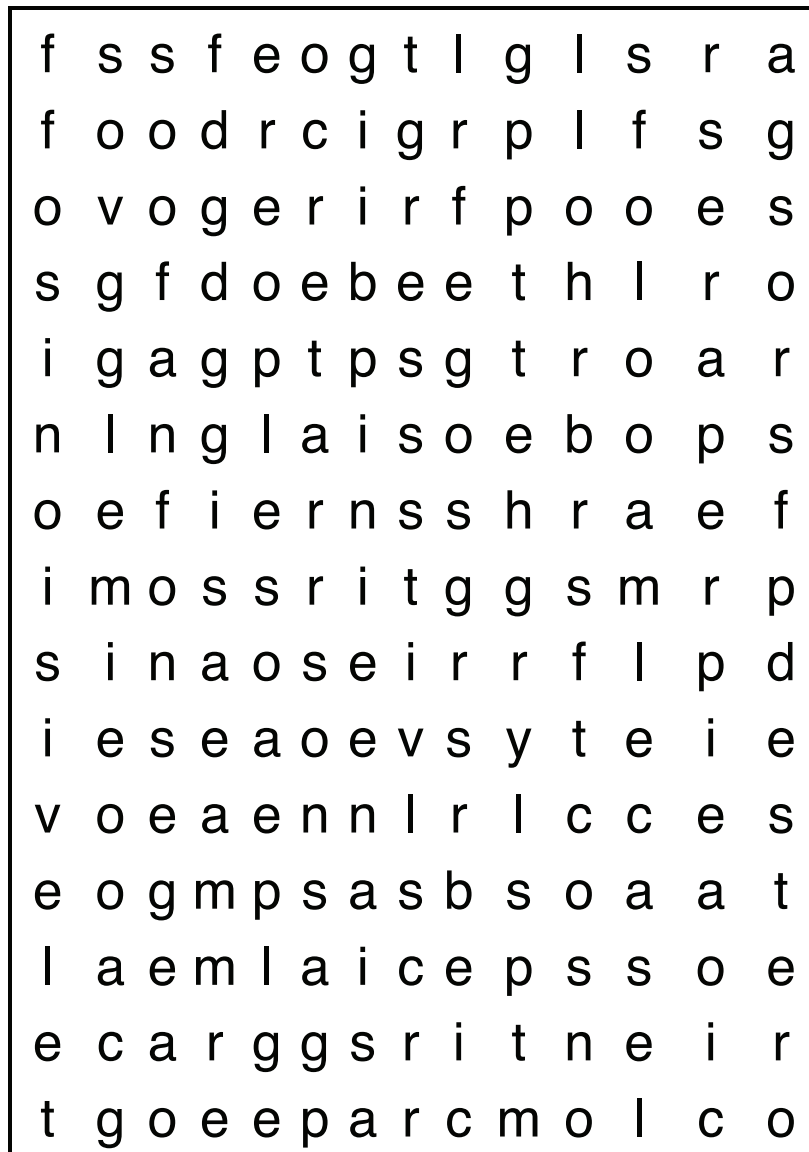
1. Work together to gather and prepare food.
2. Thank God for your food before you eat it.
3. Share your food with others.
4. Gather the leftovers—make sure you don't waste anything!
5. Share stories with one another as you eat.
6. Celebrate well! Plan meals together for important days so you are ready to enjoy the time together.



Eating Well in Our Family

Read the following statements and find the highlighted word in the word search below.

1. I could help **PREPARE** our meals.
2. I could lead **GRACE** and thank **GOD** for our many **BLESSINGS**.
3. I could gather **FOOD** from our **NEIGHBORS** to give to the local **FOOD PANTRY**.
4. I could make sure the **TELEVISION IS OFF** while we eat.
5. I could **SET** the table or decorate it for a **SPECIAL MEAL**.



Try It! — Eating Well

One of the important things we do to "eat well" is to remember to pray and thank God for the gift of the many blessings God shares with us. Have you ever written a prayer before? Why not try writing a table prayer to share with your family? Here's a simple way to write a table prayer.

Dear Lord

We begin our prayer by talking to God. We might say "Dear God" or "Dear Jesus."

Next, is your opportunity to thank God for the food and other blessings of the day.

We also need to remember the needs of others, so the last part of the prayer we place in God's hands the needs of others. You might pray for someone who is sick, or a friend that needs extra help, or the poor.

And we close our prayer simply by saying, AMEN!

Thank you for the
food we eat,
Thank you for the
world so sweet...



How would you start your prayer?

Dear

Thank you God for

We pray for

Amen!