

Lesson 7 - God made all things for us

Aim

- * To understand that all things in the creation are meant to give us joy
- * To appreciate the wonderful gift of fruits and vegetables God has given us..

Materials

1. Selection of fruits and vegetables. Give them a good wash in case someone decides to taste them.
2. A Story to read - "Sam and the Garden," by Esther Tanahashi
3. Picture from the story to colour
4. Egg shells
5. cotton wool
6. cress or mustard seeds
7. Felt tip pens
8. Orange paper, brown cards

Lesson Outline

1. Introduction
 2. Story & Discussion
 3. Activities - a picture to colour, cut & paste, egg shell people
 4. Review aims of lesson
 5. Prayer
-

1) Introduction

Show the fruits and vegetables. Let the children handle them, encouraging them to notice the shapes, colours, smells and the different skin textures. Cut some in half, to show the lovely patterns inside, e.g in a pepper or a cabbage, or an orange cut horizontally. An apple cut horizontally gives a pretty star shape around the pips. Show a bunch of carrots and runner beans. Let them feel and smell them. Ask who likes carrots? Who likes beans? Let them taste them. Today's story is about carrots and beans in a boy's garden.

2) Story and Discussion

Read "Sam and the Garden." Discuss how God made carrots and beans to be eaten, not just to admire. They are full of goodness and keep us healthy. We should eat vegetables and fruit everyday. Let us be grateful for such wonderful things.

3) Activities

- * Colour picture from the story of carrots with happy faces.
- * Cut carrot shapes from orange paper and paste onto brown card. Draw faces
- * Make egg-shell people by putting damp cotton wool into clean egg-shells and sprinkling with cress or mustard seeds. A face is drawn on the shell with felt-tip pen, and in a few days 'hair'

begins to grow as the seeds germinate. This is a very popular activity with young children and is easy to prepare and carry out.

4) Review the aims of the lesson

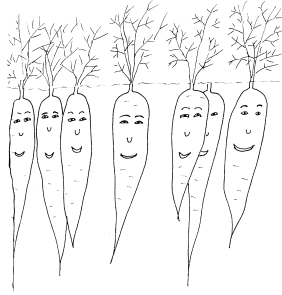
- * To understand that all things in the creation are meant to give us joy
- * To appreciate the wonderful gift of fruits and vegetables God has given us..

5) Prayer

Thank you God for all these fruits and vegetables. They smell good; they look good; they feel good; they taste good,! Thank you God for giving them to us.

Sam and the Garden

By Esther Tanahashi



1) Deep in the hills lived a beautiful family. They lived on a farm which had many fields. Sam was the son of the farmer. His father had given him a small garden, for which only he was responsible.

2) Last Spring he had sewn some runner/string beans and also some carrots. He had taken care of them every day, so they were growing well.

Then one day, Sam's mother said,

"Would you like to pick the vegetables from your garden for our dinner tonight?"

3) Sam went once more to his garden, but it was so hard to pick the beans and pull out the carrots that he had so carefully cultivated.

"How do you feel if we eat you for dinner tonight, little beans?" he asked.

4) With their kind little voices they answered altogether,

"Oh, please pick us and eat us. We are full of good things of the earth and we would be so glad to become part of you as you eat us! We cannot just stay here and wither away. What a sad end that would be to our lives."

That made Sam feel so good that he started picking them one by one, careful not to miss one for fear of leaving him alone.

5) Next day he went to the carrots and said,

"Oh, my dear carrots! It took you a long time to grow. I don't know how big you have become there under the ground. Would you mind being served for dinner tonight?"

6) And with a deep voice, coming from underground, one answered,

"Oh, no! We would love it!"

"Oh, yes!" they said altogether. *"Please take us out and enjoy us! We will be proud to become a part of you as you eat us."*

7) And little Sam pulled them

"Oh, what a beautiful colour you have! How could you become so bright orange, growing in the dark soil? Sam asked with surprise."

8) *"That was the plan of our Heavenly Father from whom we came,"* said the longest and wisest carrot of them all. *"It is a surprise to us as well and we didn't really know we were so beautiful until you told us, Sam! And thank you for taking such good care of us. You really deserve this nice dinner tonight!"*

9) Thus father, mother and Sam had a wonderful meal that night.

**Doesn't our Heavenly Father know well how to make things good and beautiful for us?
He made everything for us to enjoy.**

God Made all things
for us

