

## **Lesson 8 - God Gives Us Food**

### **Aim**

To be grateful to God for the food we eat

To understand how bread is made

### **Materials**

- \* “Pass the Rolls,” from The Toddlers Bedtime Story Book, by V. Gilbert Beers
- \* Samples of different kinds of bread - white, brown, pitta bread, muffins etc.,
- \* Bread dough for children to poke,
- \* Some grains of wheat to feel, from a pet shop or health food shop.
- \* pictures of bread from magazines
- \* paper, pencils, scissors, glue
- \* a picture to colour

### **Lesson Outline**

1. Introduction
  2. Story & Discussion
  3. Activities - action rhyme, bread collage, loaves & fishes, grain pattern, sow seeds, colour a picture
  4. Review aims of lesson
  5. Prayer
- .....

### **1) Introduction**

- \* Show the children the different kinds of bread. Ask them what kind of bread they like and what they spread on it. Taste some of the bread.
- \* Ask them where bread comes from. Show the grains. Talk about the farmers who plant the grains and what they need to grow - sunshine, rain, soil, warmth. Talk about cutting the grain with big machines, storing and selling it. Grinding grain into flour, putting it into bags, sending it to bakeries. Talk about turning flour into dough and baking it in ovens, taking to shops, where we buy it. Let them poke bread dough.
- \* To eat one piece of bread we should think about all the stages it took for the grains to turn into a loaf of bread. Every time we eat bread we should be grateful to God and all the people who helped bring bread to our table.
- \* Show pictures of farmer cutting field of wheat and mother and boy eating toast. - the beginning and end of a piece of bread

## **2) Story and Discussion**

- \* Tell the story. Discuss the importance of being grateful for each roll of bread and always saying please, when we want to eat food at the table. When we say please we are showing God that we are grateful for the food.

## **3) Activities**

- \* Action Rhyme - The Farmer Sows the Seeds
- \* Bread collage - Children could cut out pictures of bread from magazines, or colour and paint loaf and roll shapes to make a bread collage.
- \* Loaves and fishes in the basket. For each child cut a round shape in a neutral colour for a picnic basket, five bread roll shapes and two fish shapes. Let the children stick the loaves and fishes in the basket.
- \* Grain pattern - Make a pattern or picture by gluing grains to a piece of strong paper.
- \* Sow grain seeds - Sow some grain in a shallow box or tray and watch them grow.
- \* Colour picture - mother and boy eating toast

## **4) Review the aims of the lesson**

To be grateful to God for the food we eat

To understand how bread is made

## **5) Prayer**

Thank you for the food to eat,  
Bread and butter, milk and meat.  
Fruit and fish the boats bring in,  
Thank you, God, for everything,

# Pass the Rolls

From The Toddlers Bedtime Story Book, by V. Gilbert Beers.



1. "I want the rolls," said Brendon. Mummy and Daddy did not pass the rolls. "How should you ask?" said Mummy.
2. "Pass the rolls," said Brendon. Mummy and Daddy did not pass the rolls. "How should you ask?" said Mummy.
3. "I want the rolls," said Brendon. Mummy and Daddy were quiet. They did not pass the rolls. "Aren't you forgetting something?" Mummy asked.
4. Brendon began to whine. "Rolls!" said Brendon. But Mummy and Daddy did not pass the rolls. "What should you say?" said Daddy.
5. "Why can't you pass the rolls?" said Brendon. "I've asked and I've asked!" But Mummy and Daddy did not pass the rolls.
6. "Did you hear someone ask for the rolls?" Mummy said to Daddy. "I hear better when someone says PLEASE," said Daddy.
7. "Please pass the rolls," said Mummy. "I'll be happy to," said Daddy. He passed the rolls to her.
8. "Please pass the rolls back to me," said Daddy. "I'll be happy to," said Mummy. She passed the rolls to Daddy.
9. "Please pass the rolls," said Brendon. "I'll be happy to," said Daddy. He passed the rolls to Brendon.
10. "Please remember to say please," said Daddy. "I'll be happy to," said Brendon. Do you think he remembered?

# The Farmer Sows the Seeds

Sung to the tune "The Farmer's in his Den."

The farmer sows the seed,  
The farmer sows the seed,  
E I E I  
The farmer sows the seed  
(*Mime sowing seed by hand*)

God sends the rain and sun, (*etc*)  
(*Mime rain with fingers and show sun by circling arms*)

The wheat grows tall and straight, (*etc*)  
(*Mime wheat growing with hands and arms traveling upwards*)

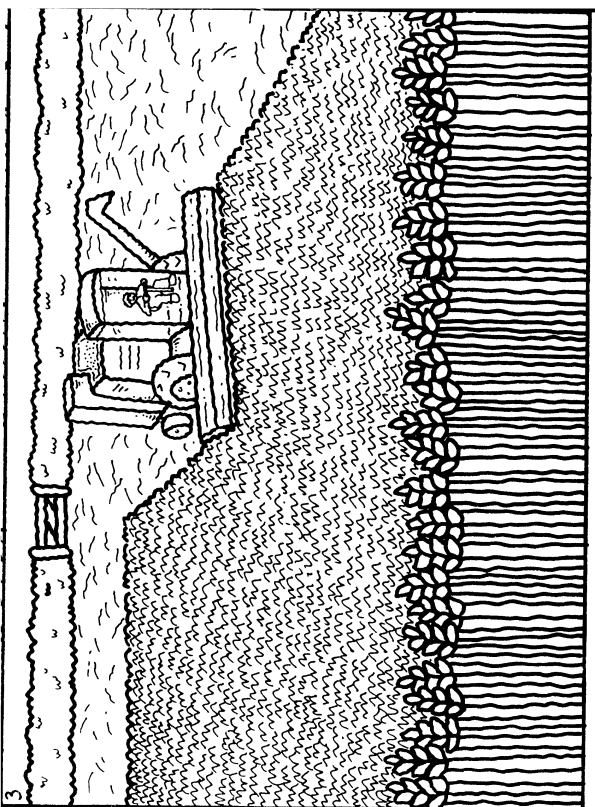
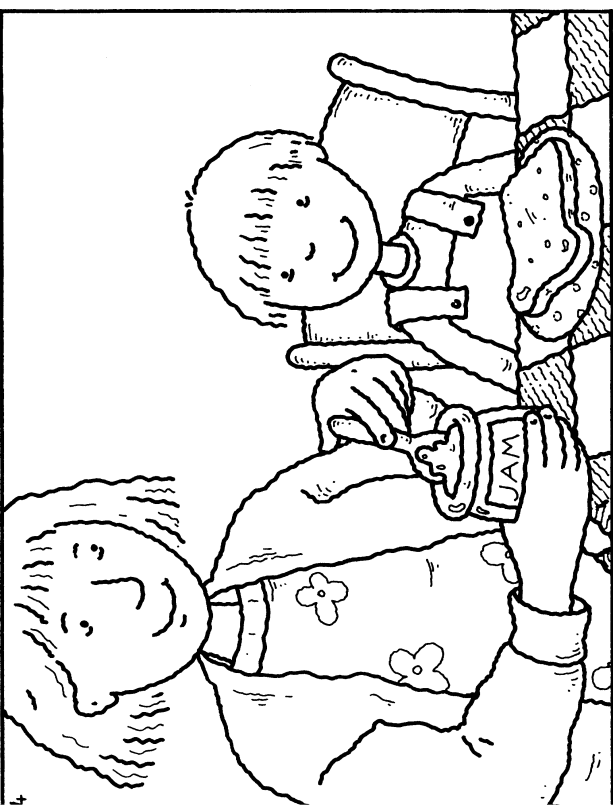
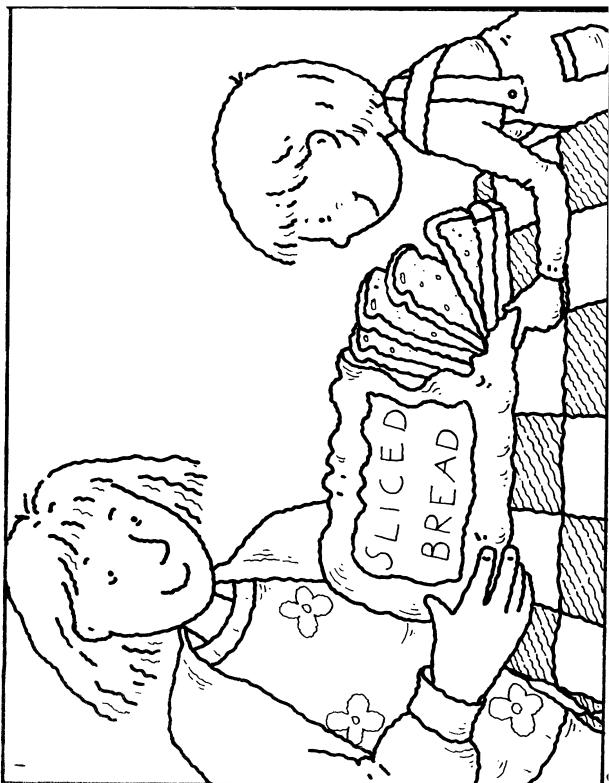
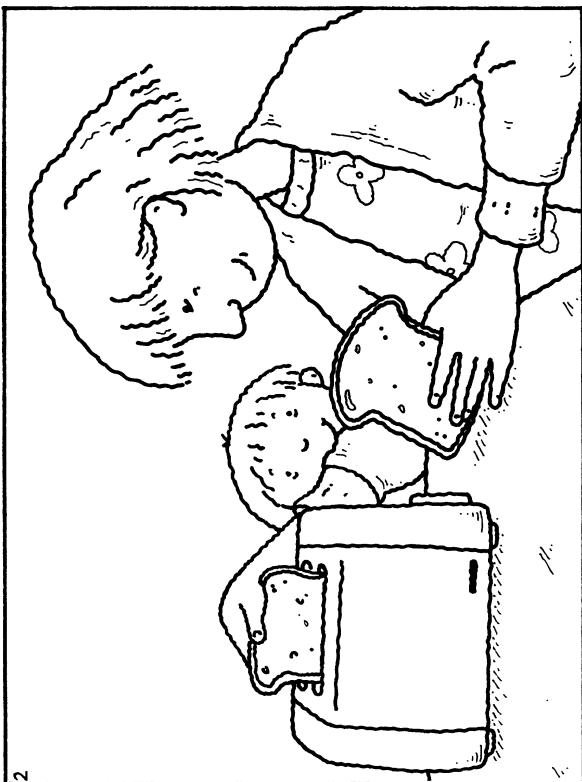
The farmer cuts it down, (*etc*)  
(*Mime action of scythe*)

The miller grinds the flour, (*etc*)  
(*Mime grinding: upper palm in circular motion over lower*)

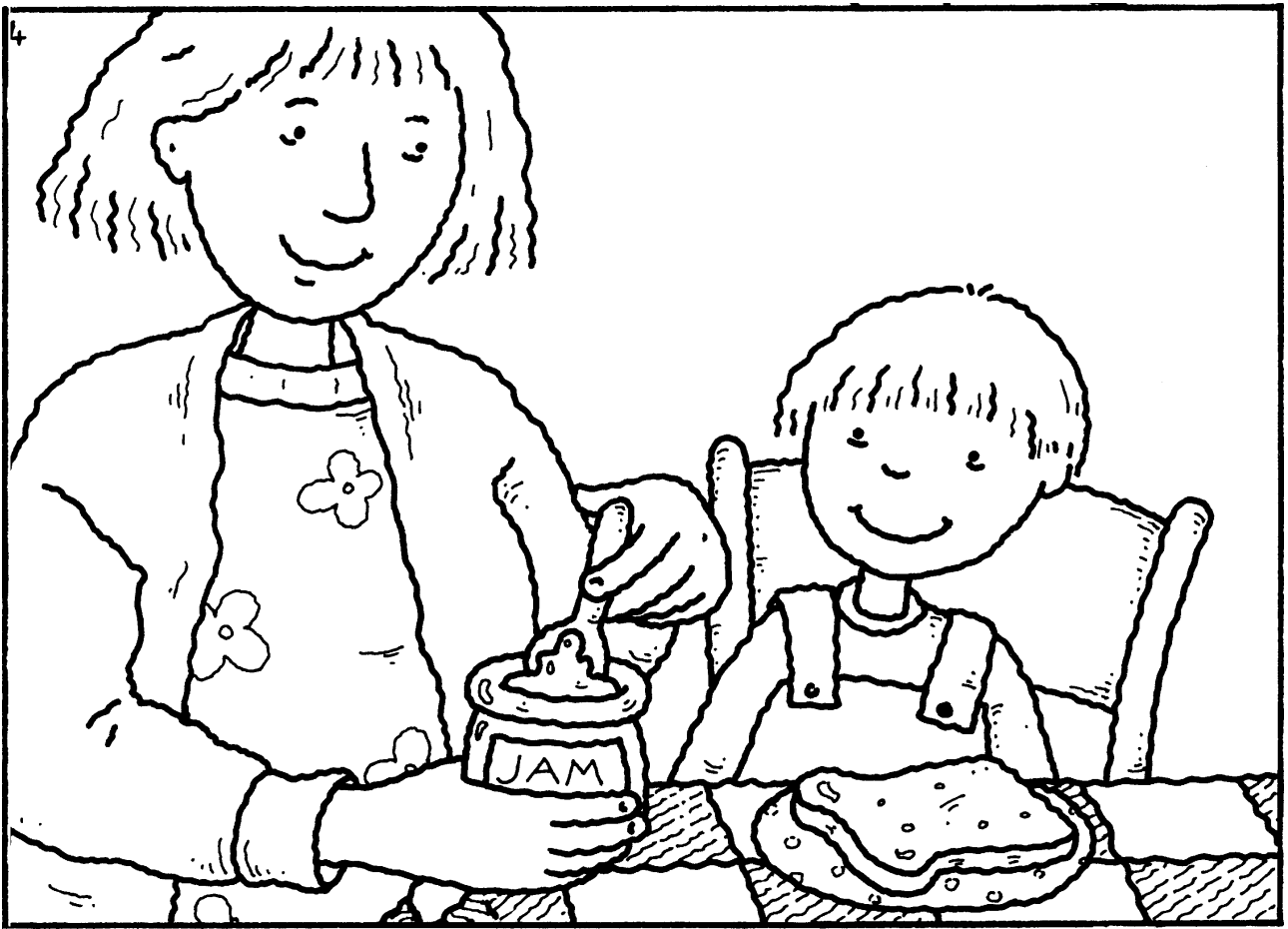
The baker makes the bread, (*etc*)  
(*Mime kneading dough*)

We all eat the bread, (*twice*)  
Yum, yum, yum, yum, (*rub tummies*)  
We all eat the bread.

Thank you God for bread, (*etc*)



# God gives us food



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5. "Why can't you pass the rolls?" said Brendon. "I've asked and I've asked!" But Mummy and Daddy did not pass the rolls.



6. "Did you hear someone ask for the rolls?" Mummy said to Daddy. "I hear better when someone says PLEASE," said Daddy.



7. "Please pass the rolls," said Mummy. "I'll be happy to," said Daddy. He passed the rolls to her.



8. "Please pass the rolls back to me," said Daddy. "I'll be happy to," said Mummy. She passed the rolls to Daddy.





9. "Please pass the rolls," said Brendon. "I'll be happy to," said Daddy. He passed the rolls to Brendon.



10. "Please remember to say please," said Daddy. "I'll be happy to," said Brendon. Do you think he remembered?