

# God Gives Vegetables

## Lesson 10



**Scripture:** Genesis 1:11-13, 29

**Focus:** ♥ God gives us vegetables.











**Bible Words:** “God gives us food” (based on Psalm 136:25).

### Heart to Heart Teacher Devotion

It’s one of the first prayers we learn: “God is great, God is good, let us thank Him for our food.” Food. It’s a necessity. We need it to survive, yet we often take it for granted. The amazing way a huge pumpkin grows from a tiny seed in the ground is a miracle only God can perform.

Help your children see that the colorful vegetables that they love to eat—and play with—are truly a gift from God. As you thank God for your food today, remember also to thank Him for each child in your class, by name, and to pray that each one will receive a steady lifetime diet of God’s Word.

## Lesson 10 at a Glance

<p><b>ACTIVITY TIME</b></p> <p>Use one or more of these activities to help children <i>explore the theme, God gives us vegetables.</i></p> <p><b>Note:</b> You can find the CD, visual sheets, and board books in the <i>Toddlers &amp; 2s Teacher’s Convenience Kit.</i></p>	<p><b>First Hour Unit 3 Activities</b></p> <p>poster, books and puzzles, song</p> <div>  <p>Going to the Grocery Store</p> </div> <div>  <p>Reach for the Food</p> </div>	<p><b>Materials</b></p> <ul style="list-style-type: none"> <li>• sheet 2 unit 3 poster, sheet 6 unit 3 song poster, <i>God Gives Us Food</i> board book, CD, books and puzzles, CD player</li> <li>• variety of toy or real vegetables, toy shopping baskets, paper bags</li> <li>• sheet 5 unit 3 mobile pictures, hole punch, yarn</li> </ul>	<p><b>Extra Hour Unit 3 Activity</b></p> <p>Kitchen Fun</p> <div>  <p>Family Living</p> </div> <div>  <p>“God Gives Us Carrots”</p> </div>	<p><b>Materials</b></p> <ul style="list-style-type: none"> <li>• toy food, dishes</li> <li>• CD <i>Family Together Time</i> issue 10</li> </ul>
<p><b>BIBLE TIME</b></p> <p>Help children <i>know that God gives us food, especially vegetables.</i></p>	<p>Bible Time can be done several ways and whenever best fits your schedule. If you do the longer story on the unit pages, you will need more items.</p>	<ul style="list-style-type: none"> <li>• Teddy the bear puppet, hand mirror, Bible, whole carrot, whole potato, CD, CD player</li> </ul>	<p>Bible Time can be done several ways. If you do one of the other story options, you will need different items.</p>	<ul style="list-style-type: none"> <li>• Teddy the bear puppet, Bible, mirror, CD, <i>God Gives Us Food</i> board book, whole carrot, CD player</li> </ul>
<p><b>DISCOVERY TIME</b></p> <p>Use one or more of these activities to help children <i>continue exploring the theme, God gives us vegetables.</i></p>	<div>  <p>Dig for Food</p> </div> <div>  <p>Fun with Vegetables</p> </div> <div>  <p>Very Veggie Print Bags</p> </div> <p><b>Saying Good-bye or Transition to Extra Hour</b></p>	<ul style="list-style-type: none"> <li>• sand table, carrots, potatoes, plastic spoons</li> <li>• vegetables, baskets, kitchen center</li> <li>• potato, miniature pumpkins, knife, paper lunch bags, washable ink pads, wet wipes</li> <li>• modeling dough, baby dolls, bottles, small spoons, CD <i>Family Together Time</i> issue 10</li> </ul>	<p><b>Puppet Fun</b></p> <p>Teddy Likes Carrots</p> <div>  <p>Food</p> </div> <div>  <p>Match-a-Batch of Vegetables</p> </div> <div>  <p>Carrot, Carrot on My Plate</p> </div> <p><b>Saying Good-bye</b></p>	<ul style="list-style-type: none"> <li>• Teddy the bear puppet, carrot</li> <li>• carrots, potatoes, vegetable peeler, bowl, basket, blanket, napkins</li> <li>• basket, vegetables in assorted colors, construction paper</li> <li>• paper plates, clear tape, marker, carrots, vegetable peeler</li> <li>• CD <i>Family Together Time</i> issue 10</li> </ul>

## Activity Time (25–30 minutes)

Do these activities with individual children or a few children at a time to help children **explore the theme, God gives us vegetables**.

### Focus

♥ God gives us vegetables.

### Welcome

- Welcome each child by name.
- Follow check-in procedures (name and security tags, etc.).
- Play quiet music in the background (tracks 9 and 10).
- Lead each child to an activity.

### Unit 3 Activities

Use these activities anytime during your session. Children will enjoy doing them each week.

Poster: Before class, display the unit 3 poster in your room. Ask children to point to the carrots. SAY: ♥ **God gives us vegetables like carrots. Carrots are crunchy. Do you like carrots?**

Books and puzzles: Use the *God Gives Us Food* book and other books and puzzles that show food God made. Look at books with interested children, and help children do puzzles. Talk about God giving us food.

“God Gives Us Food” song: Before class, display the unit 3 song poster in your room. Play “God Gives Us Food” from the CD. Sing with individual children or small groups.

### Going to the Grocery Store

Before class, set up an area of the classroom like a little grocery store. Stock your store shelves with a variety of vegetables.

Show children how to go shopping and put vegetables in paper bags or shopping baskets. SAY often: **God gives us food. ♥ God gives us vegetables.** When children pick up a vegetable, say its name and encourage verbal children to repeat the name. **You’ve chosen a carrot! God gives us food.** Invite verbal children to say the Bible Words with you.

*1s will* put vegetables in bags.

*2s will* do the above, name some vegetables, and say the Bible Words.

### Reach for the Food



Beginning each session with a set of songs and a repeated activity can provide the structure needed by many children. The unit mobile is an excellent choice for offering predictability and order.

Before class, press out the vegetables and fruit. Punch holes in the tops of figures, tie with yarn, and hang from the ceiling in your room. Or hang them from a dowel rod to hold above the children’s heads.

While you sing this song (tune: “Twinkle, Twinkle, Little Star”) several times, encourage the children to stretch their arms toward the food: **See the pumpkin, way up high. Jump to reach it, high, high, high.** Also sing about the orange, banana, and apple. SAY: **God gives us food! Who gives us food?** Encourage verbal children to respond.

Older children may enjoy jumping. Or you can lift the children so that they can touch the pictures of food. Ask verbal children to name the food items and what colors they see.

*1s will* enjoy reaching for the food items.

*2s will* do the above, name foods and colors, and tell who gives food.

### Bible Words

“God gives us food” (based on Psalm 136:25).

#### Materials

sheet 2 unit 3 poster, sheet 6 unit 3 song poster, *God Gives Us Food* board book, CD track 5, books and puzzles, CD player



#### Teaching Tip

Cover the poster with clear adhesive covering.

#### Materials

variety of toy (or real) vegetables, paper bags (or toy shopping baskets)



#### Materials

sheet 5 unit 3 mobile pictures, hole punch, yarn (optional: dowel rod)



#### Teaching Tip

Keep the mobile so you can use it throughout unit 3.

#### Transition to Bible Time

- Use a cleanup song or signal to transition to Bible Time.

## Focus

♥ God gives us vegetables.

# Bible Time (shorter version: 5-10 minutes)

Use this Bible Time or the longer version found on the unit pages to help children **know that God gives us vegetables.**

### Materials

Teddy the bear puppet,  
hand mirror, Bible,  
whole carrot, whole potato, CD  
track 1, CD player



### Tips About Bible Time

The song "Oh, I Love to Pat the Bible" is recorded on the CD.

Call Teddy by name. Children will love to hear the name of their furry friend!



Read Special Needs Tips in the CD Special Needs folder for how to use Bible Time with children who have special needs.

After children have gathered for Bible Time, sing this song several times as each child pets or hugs Teddy the bear puppet:

(tune: "The Farmer in the Dell")

**I like to go to church. I like to go to church.**

**With all the other boys and girls, I like to go to church.**

At the end of the song, clap and ask everyone to clap. SAY: **We're so glad to be at church! We're glad you're at church today!** Hold the mirror in front of a child. **We're so glad \_\_\_\_ is at church today. And we're glad \_\_\_\_ is at church today.** Do this with each child, using each child's name.

Show your Bible. ASK: **What is this?** Children should say "Bible." **We love our Bible. It tells us about God. Let's pat our Bible.** Hold the Bible in front of each child. Let each pat the Bible while singing "Oh, I Love to Pat the Bible" (track 1) several times:

(tune: "Did You Ever See a Lassie?")

**Oh, I love to pat the Bible, the Bible, the Bible.**

**Oh, I love to pat the Bible, for it is God's Word.**

SAY: **Our Bible tells us that ♥ God gives us vegetables like carrots.** Show children the carrot. Let each child hold the carrot while singing this song:

(tune: "Here We Go 'Round the Mulberry Bush")

**God is so good, He gives us carrots,**

**Gives us carrots, gives us carrots.**

**God is so good, He gives us carrots. Thank You, God.**

SAY: **♥ God gives us vegetables such as potatoes.** Show children the potato. Let each child hold the potato while singing this song:

(tune: "Here We Go 'Round the Mulberry Bush")

**God is so good, He gives us potatoes,**

**Gives us potatoes, gives us potatoes.**

**God is so good, He gives us potatoes. Thank You, God.**

SAY: **The Bible tells us that God gives us food.** Encourage verbal children to say the Bible Words with you. Hold the mirror in front of each child. **♥ God gives you vegetables to eat, \_\_\_\_.** PRAY: **Thank You, God, for giving us vegetables to eat. In Jesus' name, amen.** Encourage children to say the prayer with you. Have Teddy say good-bye as each child pets or hugs the puppet.

## Discovery Time (15–20 minutes)

Do these activities with individual children or a few children at a time to help children **continue exploring the theme, God gives us vegetables.**

### Focus

♥ God gives us vegetables.

### Dig for Food

In a sand table, bury several carrots and potatoes. Allow children to dig with plastic spoons to uncover them.

SAY: ♥ **God gives us vegetables. Let's dig to find the vegetables.**

**What vegetables did you find?**

When all the vegetables have been dug up, allow the children to use the spoons to plant them again so other children can dig for them. **We can plant the carrots, and God will make them grow!**

*1s will dig and plant the vegetables.*

*2s will do the above and tell what vegetables they found.*

### Fun with Vegetables

Place some vegetables on one side of your room. Give the children empty baskets. Ask the children to find the vegetables and place them in their baskets. SAY: **Look for the vegetables. ♥ God gives us vegetables.**

Guide the children to place their vegetables in the kitchen center. Suggest that they pretend to wash the vegetables and then pretend to cook and eat them. **Do you like carrots? Carrots are crunchy. ♥ God gives us vegetables to eat.** Pretend to eat a vegetable. **Thank You, God, for giving us food. I'm glad that God gives us food.** Invite verbal children to say the Bible Words with you.

*1s will find vegetables and may take them to the kitchen area.*

*2s will do the above, pretend to cook and eat vegetables, and say the Bible Words.*

### Very Veggie Print Bags

Before class, cut a potato and a miniature pumpkin in half.

Show children the potato and pumpkin. SAY: ♥ **God gives us vegetables.** Encourage verbal children to name the vegetables. **God gives us potatoes and pumpkins.** Help them press the vegetables on the ink pads and then press them onto their lunch bags. As children decorate their bags, talk about the vegetables God gives us to eat. **We can use these bags to carry our vegetables home.** Give children miniature pumpkins to take home in their bags. As an option, you could cut potatoes, carrots, and pumpkins from felt or craft foam. Let the children decorate their bags with these cutouts. Younger children will enjoy coloring the pumpkin coloring page from the CD.

*1s will choose a vegetable and make prints with help.*

*2s will do the above and name vegetables.*

### Saying Good-bye

- For children who are leaving, give parents craft activities and copies of *Family Together Time* issue 10 from the CD. Note: *Family Together Time* is also available online for families to download. See [www.heartshaper.com](http://www.heartshaper.com).
- Tell parents something their children enjoyed. Tell each child good-bye.

### Materials

sand table (or large tub with play sand), carrots and potatoes (real or toy), plastic spoons (or shovels)



Looking for items hidden in sand is an excellent sensory activity for children with special needs who crave touch.

### Materials

vegetables (real or toy), baskets (or lunch bags), kitchen center (or pans and dishes)



### Materials

potato, miniature pumpkins, knife, paper lunch bags, washable ink pads, wet wipes for cleanup (optional: felt or craft foam, glue; CD Pumpkin printable file, crayons)



### Transition to Extra Hour

- Greet new children and have another adult engage children in activities away from the door.
- Continue Discovery Time choices.
- Let children play with modeling dough. Show them how to shape the dough to look like potatoes or carrots.
- Let children feed baby dolls. Provide bottles and small spoons.

## Focus

♥ God gives us vegetables.

# Extra Hour Activity and Bible Time

(25–35 minutes)

Do these activities with individual children or a few children at a time to help children **explore the theme, God gives us vegetables.**

## Bible Words

“God gives us food” (based on Psalm 136:25).

### Materials

toy food, dishes  
(optional: kitchen center)



### Materials

CD *Family Together Time* issue 10



### Materials

Teddy the bear puppet,  
Bible, mirror, CD tracks  
1 and 6, *God Gives Us Food*  
board book, whole carrot, CD  
player



### Tip About Bible Time

The songs “Oh, I Love to Pat the Bible” and “I Like Food” are recorded on the CD.

## Welcome

- Welcome new children by name.
- Follow check-in procedures (name and security tags, etc.).
- Check and change diapers and/or have restroom time.

## Unit 3 Activity Kitchen Fun

Allow children to play with a variety of toy food items, especially vegetables. Encourage them to make lunch. SAY: **Let’s have carrots and corn for lunch today! I’m glad that ♥ God gives us vegetables.**

## “God Gives Us Carrots”

Sing the song from *Family Together Time*. Invite children to clap their hands with you. Use a cleanup song or signal to transition to Bible Time.

## Bible Time

Use this Bible Time, the one from first hour, or the longer version found on the unit pages.

Sing this song as each child pets or hugs Teddy the bear puppet:  
(tune: “The Farmer in the Dell”)

**I like to go to church. I like to go to church.**

**With all the other boys and girls, I like to go to church.**

At the end of the song, clap and ask everyone to clap. SAY: **We’re glad to be at church! We’re glad you’re at church today!** Hold the mirror in front of a child. **We’re glad \_\_\_ is at church today. And we’re glad \_\_\_ is at church today.** Do this with each child, using each child’s name.

Show your Bible. ASK: **What is this?** Children should say “Bible.” **We love our Bible. It tells us about God. Let’s pat our Bible.** Hold the Bible in front of each child. Let each pat the Bible while singing “Oh, I Love to Pat the Bible” (track 1) several times:

(tune: “Did You Ever See a Lassie?”)

**Oh, I love to pat the Bible, the Bible, the Bible.**

**Oh, I love to pat the Bible, for it is God’s Word.**

Read the *God Gives Us Food* board book. Sing “I Like Food” (track 6) and let children touch a carrot while singing:

(tune: “Mary Had a Little Lamb”)

**I like carrots, crunchy carrots,**

**Crunchy carrots, crunchy carrots.**

**I like carrots, crunchy carrots. Thank You, God, for food.**

SAY: **The Bible tells us that God gives us food. ♥ God gives you vegetables to eat. PRAY: Thank You, God, for giving us vegetables to eat. In Jesus’ name, amen.** Encourage children to say the prayer with you. Have Teddy say good-bye as each child pets or hugs the puppet.

## Extra Hour Discovery Time (20–25 minutes)

Do these activities with individual children or a few children at a time to help children **continue exploring the theme, God gives us vegetables.**

### Focus

♥ God gives us vegetables.

### Puppet Fun Teddy Likes Carrots

Use Teddy the bear puppet to welcome children. Go with Teddy to individual children or to small groups of children. SAY: **Hi! My name is Teddy. I'm so glad you came to class today, \_\_\_\_!** (Say each child's name.)

SAY: **I like to eat vegetables. I really like carrots.** Let Teddy hold a carrot. **Yummy! Do you like carrots? Me too! Let's clap for carrots.** Clap Teddy's hands and invite children to clap their hands. **I'm glad God gives us food, especially carrots.**

### Picnic Time

Before class, shred a carrot and potato into the bowl. Put the prepared food and a whole carrot and a whole potato in a basket.

SAY: **Let's go on a picnic.** Hold the basket and encourage the children to walk with you. Stop and spread out the blanket. Invite children to sit. **Let's see what we'll eat at our picnic today.** Pull the whole carrot out of the basket. **What is this?** Allow verbal children to respond. **Thank You, God, for carrots.** Give children a small amount of shredded carrot on napkins and allow them to enjoy. Do the same with the potato. **I'm glad that ♥ God gives us vegetables. Do you like carrots? Do you like potatoes? God gives us food.** Invite verbal children to say the Bible Words with you.

*1s will* enjoy going on a picnic and tasting vegetables.

*2s will* do the above, respond to questions, and say the Bible Words.

### Match-a-Batch of Vegetables

Place the basket of vegetables on a table. Tape the construction paper to the table around the basket. SAY: ♥ **God gives us vegetables to eat.** Ask a child to pick a vegetable from the basket. \_\_\_\_ (name of child) **picked a red tomato.** Guide the child to put the tomato on the red paper. Allow children to take turns putting a vegetable on a sheet of paper. Encourage them to say the name of the vegetable and the color with you.

*1s will* choose a vegetable and place it on the paper with help.

*2s will* do the above and say the names of the vegetables and colors.

### Carrot, Carrot on My Plate

Before class, write "God gives us vegetables" on a paper plate for each child. Shred carrots into long shreds.

Show the carrot shreds. SAY: ♥ **God gives us vegetables to eat. God gives us carrots.** Show how to tape the shreds to the plates. Provide enough so children can eat while they work. **Carrot, carrot on my plate. Thank You, God. You are great!** Clap hands and invite children to clap too. You can also provide vegetable stickers for children to add to their plates.

*1s and 2s will* tape carrots to a plate with help and clap their hands.

### Saying Good-bye

- Give parents copies of *Family Together Time* issue 10 from the CD and craft activities their children may have done. Tell each child good-bye.

#### Materials

Teddy the bear puppet, carrot



Children with special needs may identify with Teddy as a recurring character each week. Use Teddy at other times to provide comfort during an activity that is more difficult for a child.

#### Materials

carrots, potatoes, vegetable peeler, bowl, basket, blanket, napkins (or plates)



#### Teaching Tip

Check all food allergies and have alternate snacks available.

#### Something More!

Let children color the lesson 10 coloring page from the CD.

#### Materials

basket, vegetables (real or toy) in assorted colors, 1 sheet of construction paper to match each vegetable color, tape



#### Materials

small paper plates, clear tape, marker, carrots, vegetable peeler (optional: vegetable stickers)



#### Teaching Tip

Check all food allergies.

**Note:** *Family Together Time* is also available online for families to download. See [www.heartshaper.com](http://www.heartshaper.com).