

God Gives Cereal and Bread

Lesson 12



Scripture: Genesis 1:11-13, 29

Focus: ♥ God gives us cereal and bread.

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

Heart to Heart Teacher Devotion

Bread has been and continues to be a primary source of food for millions of people. Most of us enjoy many kinds of cereal and bread—sourdough bread, cheese biscuits, rye bread, and blueberry muffins, not to mention all our favorite cereals.

On a spiritual level, bread had special significance in the Bible. It appears repeatedly in special meals and in worship, from the exodus and passover to the last supper. Jesus called himself “the bread of life.” Remember to thank God for the physical bread He provides. But more importantly, thank God for the bread of life—Jesus.

Lesson 12 at a Glance

<p>ACTIVITY TIME Use one or more of these activities to help children <i>explore the theme, God gives us cereal and bread.</i> Note: You can find the CD, visual sheets, and board books in the <i>Toddlers & 2s Teacher's Convenience Kit.</i></p>	<p>First Hour Unit 3 Activities poster, books and puzzles, song</p> <p> Grocery Store</p> <p> Scoop 'n' Pour</p>	<p>Materials</p> <ul style="list-style-type: none"> • 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 • empty cereal boxes, bread wrappers, toy grocery baskets or grocery bags • 2 plastic tubs, sheet 5 Bible figures, clear tape, dry cereal, tablecloth, scoops 	<p>Extra Hour Unit 3 Activity Kitchen Fun</p> <p> “This Is the Way”</p> <p></p>	<p>Materials</p> <ul style="list-style-type: none"> • toy food, dishes • CD <i>Family Together Time</i> issue 12
<p>BIBLE TIME Help children <i>know that God gives us food, especially cereal and bread.</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"> • Teddy the bear puppet, hand mirror, Bible, CD, CD player, empty cereal box, slice of bread in a resealable plastic bag 	<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"> • Teddy the bear puppet, Bible, mirror, CD, <i>God Gives Us Food</i> board book, box of cereal, CD player
<p>DISCOVERY TIME Use one or more of these activities to help children <i>continue exploring the theme, God gives us cereal and bread.</i></p>	<p> Surprise Boxes</p> <p> Toaster Pop-Ups</p> <p> Cereal Bracelets</p> <p>Saying Good-bye or Transition to Extra Hour</p>	<ul style="list-style-type: none"> • surprise boxes used in lesson 4 • toaster, bread slices, margarine, plastic knife, napkins • chenille wires, O-shaped cereal • modeling dough, baby dolls, bottles, small spoons, <i>CD Family Together Time</i> issue 12 	<p> Puppet Fun Teddy Eats Cereal and Toast</p> <p> Going on a Picnic</p> <p> Happy Smiles</p> <p> Cereal Shakers</p> <p>Saying Good-bye</p>	<ul style="list-style-type: none"> • Teddy the bear puppet • bread, margarine, dry cereal, plastic knife, basket, blanket, napkins • bread, cookie cutters, margarine, plastic knives, O-shaped cereal, napkins • marker, paper plates, crayons, food stickers, cereal, heavy-duty tape, CD, CD player • <i>CD Family Together Time</i> issue 12

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 cereal and bread.**

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 cereal and bread. SAY: **♥ God gives us cereal and bread. Do you like cereal?**

Books and puzzles: Use the *God Gives Us Food* board 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.

Grocery Store

Before class, set up an area of the classroom like a little grocery store. Stock your store shelves with cereal boxes and bread wrappers.

Show children how to go shopping and put cereal and bread in grocery bags. SAY: **God gives us food. ♥ God gives us cereal and bread.**

When children pick up an item, say its name and encourage verbal children to repeat the names. SAY: **You’ve chosen some cereal! God gives us food.** Invite verbal children to say the Bible Words with you.

1s will put cereal and bread in bags.

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

Scoop 'n' Pour

Before class, tape the Bible figures to the inside bottoms of two tubs. Fill one tub with cereal. Place both tubs on a tablecloth.

Allow the children to use scoops, plastic measuring cups, and other small containers to scoop the cereal from the filled tub into the empty one. ASK: **Can you point to the Bible? The Bible tells us that ♥ God gives us cereal and bread.** When they scoop all the cereal from the tub, they’ll discover another Bible. Clap. **It’s a Bible! The Bible tells us that God gives us food.** Invite verbal children to say the Bible Words.

1s will enjoy scooping cereal and point to the Bible.

2s will do the above and say the Bible Words.

Focus

♥ God gives us cereal and bread.

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



Materials

variety of empty cereal boxes, bread wrappers stuffed with filler, grocery bags (or toy grocery baskets)



Materials

2 small plastic tubs; sheet 5 Bible figures; clear tape; dry cereal; tablecloth (or large towels); scoops, measuring cups, and other small containers



Use gluten-free cereal. Check with parents and caregivers to be sure the choice is appropriate even if a product is marketed as gluten-free.

Transition to Bible Time

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

Focus

♥ God gives us cereal and bread.

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 cereal and bread.**

Materials

Teddy the bear puppet, hand mirror, Bible, CD track 1, CD player, empty cereal box, slice of bread in a resealable plastic bag



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.

Bible Time

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 food. ♥ God gives us cereal.** Show children the empty cereal box. Let each child hold the box while singing this song:

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

God is so good, He gives us cereal,

Gives us cereal, gives us cereal.

God is so good, He gives us cereal. Thank You, God.

SAY: **Our Bible tells us that God gives us food. ♥ God gives us bread.** Show children the slice of bread. Let each child hold the bread while singing this song:

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

God is so good, He gives us bread,

Gives us bread, gives us bread.

God is so good, He gives us bread. 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 cereal and bread to eat, ___. PRAY: Thank You, God, for giving us cereal and bread 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 cereal and bread.**

Surprise Boxes

Encourage children to open the boxes and look at the pictures. ASK: **What do you see?** Encourage verbal children to respond. SAY: **It's a bowl of cereal. Cereal is good. ♥ God gives us cereal. Do you like cereal?**

1s will open the boxes, look inside, and may name some food.

2s will do the above and respond to questions.

Toaster Pop-Ups

Show children a slice of bread. SAY: **♥ God gives us bread to eat.** Then show children a toaster. **Let's make some toast.** Demonstrate how to make toast. Show children how to push down the lever, count to three, and then pull the lever up. (You don't need to plug it in.) Then say this rhythm and invite children to imitate your actions: **Take a slice of bread** (stand up, arms straight up, palms touching), **put it in the toaster** (squat down, hands at side). **One, two, three** (count slowly), **pop up, pop up, pop up** (jump up)! **Toast is ready! Mmm, mmm good** (pretend to eat, then rub tummy)! **Thank You, God, for bread** (fold hands in prayer)!

Then give children a piece of bread with margarine to enjoy.

1s will enjoy hearing a rhythm, imitate some actions, and eat bread.

2s will do the above and say some of the rhythm.

Cereal Bracelets

Before class, tie large knots in the ends of the chenille wires. (Or you can use yarn, heavy string, string licorice, or shoelaces.)

Give children some O-shaped cereal and show them how to string the cereal onto the chenille wires. Talk with the children as they work and eat some of the cereal. SAY: **♥ God gives us cereal. We can make pretty bracelets with the cereal. And we can eat the cereal. Our Bible tells us that God gives us food. I'm glad God gives us food.** Encourage verbal children to say the Bible Words with you. When children are finished with their bracelets, tie the bracelets loosely around their wrists. Be sure and tag bracelets with names so that they will go home with the owners and germs won't be shared.

1s will try to string the cereal and eat some.

2s will do the above and say the Bible Words.

Saying Good-bye

- For children who are leaving, give parents craft activities and copies of *Family Together Time* issue 12 from the CD. Note: *Family Together Time* is also available online for families to download. See www.heartshaper.com.
- Tell parents something their children enjoyed. Tell each child good-bye.

Focus

♥ God gives us cereal and bread.

Materials

surprise boxes used in lesson 4



Surprise boxes are a secure way to allow children with developmental delays to explore a world that can seem confusing and alarming to them.

Materials

toaster, bread slices, margarine, plastic knife, napkins



Teaching Tip

Check for yeast allergies, and have a gluten-free bread available.

Materials

chenille wires, O-shaped cereal



Teaching Tip

Check all food allergies and try to use a cereal that all children can enjoy.

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 a loaf of bread or a muffin.
- Let children feed baby dolls. Provide bottles and small spoons.

Focus

♥ God gives us cereal and bread.

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 cereal and bread.**

Bible Words

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

Materials

toy food, dishes
(optional: kitchen center)



Materials

CD *Family Together Time* issue 12



Materials

Teddy the bear puppet,
Bible, mirror, CD tracks
1 and 6, *God Gives Us Food*
board book, box of cereal,
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 procedure (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 cereal and bread. SAY: **Let’s have some cereal and bread with our lunch today! I’m glad that ♥ God gives us cereal and bread.**

“This Is the Way”

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.” SAY: **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 hold a box of cereal while singing:

(tune: “Mary Had a Little Lamb”)

I like cereal, crunchy cereal.

Crunchy cereal, crunchy cereal.

I like cereal, crunchy cereal. Thank You, God, for food.

SAY: **The Bible says that God gives us food. ♥ God gives you cereal and bread to eat. PRAY: Thank You, God, for giving us cereal and bread 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 cereal and bread.**

Puppet Fun Teddy Eats Cereal and Toast

Go with Teddy to individual children or to small groups of children. SAY: **Hi! My name is Teddy. Every morning I eat cereal and bread for breakfast.** Rub Teddy's tummy. **Cereal and bread are yummy! Do you like cereal and bread? Let's clap and hop for cereal and bread!** Clap Teddy's hands and hop him up and down. **I'm glad that ♥ God gives us cereal and bread.**

Going on a Picnic

Put the food and supplies in a basket. SAY: **Let's go on a picnic.** Hold the basket and start walking. Encourage children to walk with you. Stop and spread out a blanket and invite children to sit down. Pull out the bread.

What is this? Allow verbal children to respond. **Thank You, God, for bread.** Give children small pieces of bread with margarine. Do the same with the cereal. **I'm glad ♥ God gives us cereal and bread to eat.** Clap hands. **Yay!! I'm glad God gives us food.** Encourage children to clap their hands and say the Bible Words with you.

1s will enjoy going on a picnic and tasting the food.

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

Happy Smiles

Help children press a round cookie cutter onto bread slices and discard the crusts. Spread margarine on the bread. Older children may do this themselves. SAY: **♥ God gives us bread.** Then help children add cereal on the bread to make smiles. **♥ God gives us cereal. We can use the cereal to make smiles on our bread.** Older children can add cereal for eyes and a nose. Allow children to eat the bread and cereal.

1s will put cereal on the bread and eat it.

2s will do the above, spread the margarine, and add eyes and noses.

Cereal Shakers

Before class, write the Bible Words on the back of small paper plates for each child. Give each child one of those plates and another plate.

Children can scribble-color and add food stickers to the backs of plates. SAY: **God gives us food. Can you say that with me?** Let a child help you pour enough dry cereal onto one plate to cover the bottom. Then top it with the other plate front-to-front and seal together with heavy-duty tape. Allow children to eat some of the cereal as they work. **I'm glad that ♥ God gives us cereal to eat. Cereal is good and crunchy.** Play music from the CD and show children how to shake their shakers to the music.

1s will scribble-color, add stickers, eat cereal, and shake their shakers.

2s will do the above and say the Bible Words.

Saying Good-bye

• Give parents copies of *Family Together Time* issue 12 from the CD and craft activities their children may have done. Tell each child good-bye.

Focus

♥ God gives us cereal and bread.

Materials

Teddy the bear puppet



Materials

bread slices, margarine, dry cereal, plastic knife, basket (or paper bag), blanket, napkins (or plates)



Something More!

Sing songs while walking.

Teaching Tip

Check for all food allergies.

Materials

fresh bread slices, plastic round cookie cutters, margarine (or cream cheese spread), plastic knives, O-shaped cereal, napkins



Teaching Tip

Check for all food allergies.

Something More!

Play tracks 5 and 6 of the CD while children work.

Materials

marker, small paper plates, large crayons, food stickers, dry cereal, heavy-duty tape, CD tracks 5 and 6, CD player



Use gluten-free cereal.

Check with parents and caregivers to be sure the choice of cereal is appropriate even if marketed as gluten-free.

Note: *Family Together Time*

is also available online for families to download. See www.heartshaper.com.