

# God Made Food and Water

## Time Out for Teachers

Have you ever wondered exactly how God created the world? We can accept that God spoke it into being. But how infinitely big God must be to create something as huge as our world and the universe! Our human minds cannot fully understand how one Voice could call all things into existence.

The “how” of creation is not as important as “Who.” God is the One who created the earth, and everything He created was very good. On earth, God created life and ecosystems to sustain it. God created nature in such a way that every living thing, including people, would have the food and water they need to survive.

People become so busy they often forget that God is the one who set life in motion and keeps it in motion today. We sometimes think that by our hard work, we are the ones to thank for the food on our plates. Our mealtime prayers can become nothing more than a recitation of a familiar rhyme or memorized sentences. As you sit down to eat, take a few seconds before that first bite to remember that God is the One who created nature to provide food for all living things.

## As We Grow . . .

Most toddlers and twos enjoy routines. Since these little ones can also learn to pray at this age, now is the time to help them get into the habit of praying before meals. Pray with the children as you give them their snacks and drinks. In time, they may initiate snack-time prayers before you do. As you constantly recognize God as the One who created the world and provides for people’s needs, the children will begin to believe God is trustworthy.

### B A B Y T I M E



The development of trust begins as soon as babies are born. Trust begins when babies realize that someone will care for their needs when they are hungry, thirsty, or in need of a diaper change or comfort. It is important that you care for the babies in a prompt, loving way. As you meet the babies’ needs in the nursery, give thanks to God for providing the things they need. In this way, you are helping the babies to trust not only you, but God.

## Connect with Me

When you tell a young child that God made food and water, he or she will believe you. However, because young children are very literal thinkers, this little one may think that God is in the kitchen making the meals. This is a misconception that children will grow out of without much trauma. But you can lead your children to a better understanding of how God makes food and water by saying, “God made bananas grow on trees. We eat the bananas. Thank You, God, for bananas!” and “Thank You, God, for making water for people to drink!”

### BIBLE STORY

“God Made Food and Water”  
Genesis 2:4-9

### BIBLE TRUTH

God made food and water.

### LESSON GOAL

To let children enjoy experiences with food and water that God created.

### UNIT BIBLE VERSE

“All that [God] made . . . was very good”  
(Genesis 1:31).

### DON'T FORGET!

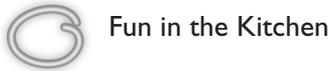
Remember to distribute *Baby's First March* to parents of babies. Give *Toddler Time* to parents of toddlers.

**FTW** Words

**God (Creator):** The One who made the earth and everything in it.

## UNIT 1

## ACTIVITY CENTERS



Fun in the Kitchen



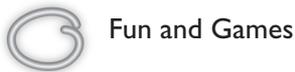
Water, Water Everywhere



Snack Fest



Discovery Zone



Fun and Games

**NOTE:** Most toddlers and many twos are not yet able to play cooperatively or share. To reduce squabbling over toys, stay involved in the play kitchen center, even if every child is trying to “feed” you at once.

# ACTIVE LEARNING

Because of the varied activities provided in some centers, you will need to be selective. You cannot do all of them in one session. Please refer to pages 4-5 for instruction on center use.

## Center 1: FOOD AND WATER WHERE WE LIVE

### Let's Go Shopping! (Toddlers and Twos)

On a low shelf, arrange play food items or empty food boxes and milk jugs taped shut. Provide a basket or toy shopping cart and a toy cash register, if you have one. As a child shows interest, invite him or her to use a basket and pretend to shop or play with the foods. Talk about the items the child chooses, thanking God for each one.

Say, **God made food for us to eat. Milk helps you grow big and strong. Thank You, God, for milk.** Then say, **God made the world and everything in it. The Bible says, “All that God made . . . was very good” (Genesis 1:31). Thank You, God, for making food.**

Then lead the child to the cash register and help him or her “pay” for the groceries.

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- toy food **OR** clean, empty food boxes and milk jugs, taped shut
  - basket or toy shopping cart
  - toy cash register or box

### Play Kitchen (Toddlers and Twos)

Provide a play kitchen with dishes, pretend food, and a toddler-size table and chairs. If you used the “Let's Go Shopping” activity, set up the kitchen near the shopping area. As the children show interest in the play kitchen, ask, **What are you cooking? That looks yummy!** Play with the children, letting them “cook” and “serve” the food. Ask, **Do you know who created food and water for people to eat and drink? God did! The Bible said, “All that God made . . . was very good” (Genesis 1:31). Thank You, God, for creating food and water!**

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- play kitchen with dishes and toy food
  - toddler-size table and chairs

## B A B Y T I M E

Let a baby play with a piece of toy food that is at least 2¼ inches in diameter. As baby explores and mouths the toy food, ask, **Is that a piece of food you have? Food sure is yummy! God made the world and everything in it. He also made food. Thank You, God, for making food!** Place toy food that has been in the baby's mouth into a “yuck bin” to be washed and sterilized.

## Washing Dishes (Toddlers and Twos)

YOU'LL NEED

- plastic dishpan with water
- toy dishes
- dishcloths
- towels
- tarp or protective floor covering
- low table
- smocks

Place a tarp or protective floor covering on the floor. Set a low table on the tarp. Place dish cloths, towels, toy dishes, and a small dishpan of water on the table. Provide smocks for the children. As children come to the table, help them wash the dishes. Say, **We've had fun playing in the kitchen, haven't we? Now it's time to wash the dishes. Did you know that God made food and water? We use water for drinking, playing, taking baths, and even washing dishes! God made the world and everything in it. Thank You, God, for making water!**

**NOTE:** To reduce splashing around the dishpan, fill the washtub only two inches deep, and limit the number of children using the washtub at one time.

## B A B Y T I M E

Place a shallow container with about one inch of water on a protective floor covering. If baby is able to sit up unassisted, let the baby sit next to the container and touch the water with his or her hands. Hold younger babies securely and let their feet touch the water. Ask, **Do you feel the nice, cool water? We use water to drink, take baths, and play. God made water. Thank You, God, for making water!**

Sing a Song

## Thank You, God, for Making Food

(Tune: "Mary Had a Little Lamb")

Thank You, God, for making food,  
Making food, making food.  
Thank You, God, for making food,  
Food so yummy!



## My Shopping Cart (Older Toddlers and Twos)

YOU'LL NEED

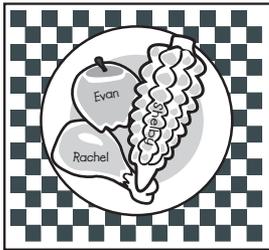
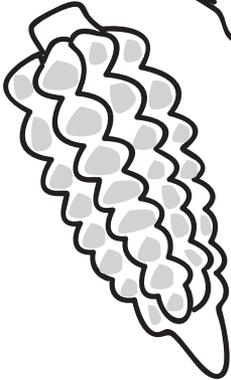
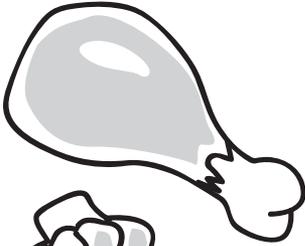
- Toddlers/Twos Connections, Sheet 1C

Punch out the pictures of bread, milk, and the shopping cart on Toddlers/Twos Connections, Sheet 1C. Hold up the shopping cart and say, **Look at the shopping cart! Can you put the food inside it?** Let the toddler try to slip the paper into the slit in the shopping cart. Offer assistance if the child becomes frustrated. Praise the child as he or she completes the task. Say, **God made the world and everything in it. God made the plants and animals we use for food. The Bible says, "All that [God] made . . . was very good" (Genesis 1:31). Thank You, God, for creating food!**

**NOTE:** Sliding small items into a slot is good practice in hand coordination (finding the slot) and problem-solving (turning the wrist to make the piece fit). This challenge often fascinates little ones, which is why parents often find small objects in the most unlikely of places.

# B A B Y T I M E

Let a baby play with a set of plastic bowls and lids, and large plastic spoons with very wide handles. Show the child how to bang on the bowls with spoons, and bang the bowls together. Ask, **Don't these bowls make a neat sound? Do you eat your food from a bowl? God made the yummy food we eat. The Bible says, "All that [God] made . . . was very good" (Genesis 1:31). Thank You, God, for making food!**



## Unit Bulletin Board

Cover the board with paper or fabric made to look like a picnic tablecloth. Attach a large paper circle to represent a plate. Fold a paper towel and attach it to the board for a napkin. Place the words, "Thank You, God, for Food" at the top of the board. Then enlarge, copy, and cut out the pieces of food from the narrow column. Print each child's name on a piece of food, then attach the food to the plate and around the rest of the bulletin board if necessary.

## Center 2: WATER, WATER EVERYWHERE

### Water Play (Toddlers and Twos)

Set up a water play station away from your classroom's main traffic flow. Place a protective covering on the floor. Set up a water table or fill a plastic tub with about two inches of water. Include water toys, cups, small colanders, and spoons in the water station. Provide smocks for the children. Ask the children, **Is it fun to play at the water table? How does the water feel? (Allow answers.) Did you know God made water? God made the world and everything in it. The Bible says, "All that [God] made . . . was very good" (Genesis 1:31). Thank You, God, for making water!**

- YOU'LL NEED**
- protective floor covering
  - water table **OR** plastic tub on a low table
  - water
  - water toys, cups, spoons, and small colanders
  - smocks
  - towels

### Need a Drink? (Older Toddlers and Twos)

Place small paper cups and a small pitcher half-filled with cold water on a low table. Place a protective covering on the floor beneath the table. As children show interest in the water, ask, **Would you like a drink of water? Can you help me pour the water?**

Hold the cup as the child pours the water from the pitcher. If a child uses a sippy cup with a lid, open the cup and hold it still for the child as he or she pours the water into the cup. Be prepared to wipe up spills as the children practice the necessary skill of pouring with accuracy.

Ask, **Did you know God made water for us to drink? God made the world and everything in it. Thank You, God, for making good, cold water!**

- YOU'LL NEED**
- small paper cups
  - small pitcher
  - water
  - protective floor covering
  - towels
  - low table

## B A B Y T I M E

Hand a baby a clean, cold, damp baby washcloth. Let the baby play with the washcloth and gnaw on it. Ask, **How does this washcloth feel? Is it cold and wet? Does it feel good in your mouth? The water makes it nice and cold and wet. Did you know the Bible says, "All that [God] made . . . was very good" (Genesis 1:31)? God made water. Thank You, God, for making water!**

### Bubble, Bubble (Twos)

YOU'LL NEED

- low table
- plastic tub of water
- drinking straws

At a low table, fill a plastic tub with about one or two inches of water. Give each child a drinking straw and show the child how to blow through the straw to make bubbles in the water. Make sure the children are not drinking the water!

Ask, **Do you hear and see the bubbles? Bubbles are fun! The Bible says, "All that [God] made . . . was very good" (Genesis 1:31). God made water. Thank You, God, for making water.**

Throw away the drinking straws after this activity.

## B A B Y T I M E

Fill a clean, clear plastic water bottle halfway with water. Add a small amount of glitter and a few plastic beads to the water. Tightly close and tape the cap. Then let the baby shake the water bottle. Ask, **Do you hear the water? Do you see the glitter? God made water, and it is very good. The Bible says, "All that [God] made . . . was very good" (Genesis 1:31). Thank You, God, for making water.**

### Plants Need Water Too (Toddlers and Twos)

YOU'LL NEED

- potted plant
- paper cups
- water

Show the children a potted plant. Say, **God made water for people to drink. Did you know He also made water for plants and animals to drink? Plants need water to help them grow. This plant is thirsty. Let's give it a drink of water!**

Give each child a paper cup with a small amount of water in it. Let each child water the plant. As the children water the plant, say, **Thank You, God, for making water!**

**NOTE:** Store any houseplants out of children's reach and closely supervise the watering so the children will not eat the leaves or petals.