



GAME:
Fruit Basket



This high-energy game involves players calling out names of fruits, switching positions as quickly as possible, and trying not to be the last one standing!

- Materials:**
- Chairs/mats (one less in number than the total participating); or players can remain standing in a circle

- Instructions:**
- Place enough seats for every child in a large circle except for one who will not have a seat.
 - The child without a seat will stand in the middle of the circle.
 - Give every child the name of a fruit, even the child in the middle. Use 2-4 different fruits depending on the size of your group.
 - The child in the middle calls out the name of a fruit.
 - Everyone with that fruit name must get out of their seat and run to find an empty one. The child in the middle also runs to find an empty seat.
 - Eventually there will be one child without a place. That child is now the one in the middle and he/she will call out the name of another fruit and the game continues.
 - When the teacher calls out "FRUIT BASKET!" all the children must change seats.

Note: For younger children, consider playing Carrot, Carrot, Corn (Duck, Duck, Goose).



FUNdraiser:
Food Project

Help your group choose an age appropriate project from the ideas below, or brainstorm with your group your own ideas of what you can do to join in the work to end world hunger. Ideas might include:

- Putting together a food hamper for families in need
- Volunteering at your local food bank
- Starting your own community garden, and sell the proceeds of the harvest to donate to one of CBM's food projects
- Hosting a fundraiser or fellowship event, where you can sell baked goods or crafts, run activity tables (making crafts, writing letters, board games), organize games, or put on a play. Cost of admission can be donation-based, used to further the work to alleviate hunger at home or overseas through CBM!



PRAYER:
God Always Provides For Us



Dear God, thank you for always providing for us exactly what we need, and for the gift of food. Thank you for teaching us about the importance of food, and we remember people who do not always have enough food to eat. Please help us help others if we know that they are hungry. Help us to love one another, and our neighbours, as you first loved us. In Jesus' name we pray, Amen.



PRESENTED BY



Hunger Bites in Canada



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LEARNING OBJECTIVE	To learn why we need food and where it comes from
KEY CONCEPT	God Always Provides For Us
BIBLE APPLICATION	Genesis 9:3
MISSION ADVENTURE	Canada



BIBLE VERSE:
Genesis 9:3

God Always Provides For Us



INTRODUCTION:

We all need food to grow and stay healthy. The nutrients in food – protein, carbohydrates, fats, vitamins and minerals – are the building materials that keep our bodies working properly. But did you know that many people do not have enough food to eat? Food is a gift to us from God, a gift that he has given to everyone. God gave us the job of making sure everyone has enough food to eat, and that no one is left hungry. Let's learn together about why food is just as important to God as it is for you and me.



BACKGROUND: Canada

Many people do not realize the extent of hunger's reach in this country. Each month, close to 900,000 Canadians are assisted by food banks. The people helped include families with children, employed people whose wages are not sufficient to cover basic living essentials, individuals on social assistance, and Canadians living on a fixed income, including people with disabilities and seniors. Consider these numbers:

- 93,000 people/month access a food bank for the first time
- 38% of those helped by food banks are children and youth
- 10% of those assisted are Indigenous people
- 52% of households helped receive social assistance
- 18% have income from current or recent employment
- 35% of food banks ran out of food during the survey period
- 55% of food banks needed to cut back on the amount of food provided to each household

Source: World Food Programme, Canadian Foodgrains Bank, Food Banks Canada

Food insecurity is an issue that is found all around the world. It is a myth in the Western world that there is not enough food in the world for every person to eat. The actual problem is more about unequal distribution and poverty. It is usually the disadvantaged people groups and communities in a society that struggle to have enough food, and healthy food.

There are over 600 food banks in Canada, and they work to provide each family with a basket of food to last a month. Usually the food is not as nutritious because perishable items cannot be included, and the amount of food normally does not last for more than a few days. Since food banks started in the 1980s, rather than improving food insecurity issues, the problem has more than doubled. Lack of affordable housing, daycare, and living wages are root causes to why people have to rely on food banks.



Older youth may want to discuss how food banks can be only a temporary solution that do not address the real issues of poverty. Food banks can create a culture which accepts food as charity rather than as an injustice, and make people dependent on handouts which do not improve their situation in the long-term. As well, the use of food banks is often stigmatized and food security includes obtaining food in a way that preserves human dignity.

Hunger is an issue of justice, not of charity. It is everyone's responsibility to ensure that all people have access to food that is healthy and nutritious.

Source: <http://bit.ly/QmFpi2>, <http://bit.ly/K8HLNB>



MISSION
ADVENTURE
STORY:

Hunger Bites in Canada



In place of a story for this lesson, consider leading a discussion on food instead. When God created the world, he said it was very good! Food is part of the goodness of creation, a gift from God and an expression of his love. Throughout the Bible, we see his gracious and generous provision of food.

He planted a garden (Gen 2:8) and asked the first human beings to tend and care for it, giving them every fruit and plant to eat. When God delivered the people of Israel from slavery in Egypt, he provided manna in the wilderness. He brought them out of the wilderness and into a land with everything they needed, "flowing with milk and honey." The land was a gift, not a right.

Food reminds us that God is our creator and provider and we are dependent on him. When we say "grace" before a meal, we are bearing witness to his gracious character and receiving his good gifts in gratitude.

KEY POINTS

- Food is a gift from God and an expression of his love for us.
- Food reminds us of how much we need God and rely on him.
- Food received in thankfulness reflects the graciousness of God.

DISCUSSION QUESTIONS:

1. From the verses we read together, what do they tell us about who God is?
2. Did you notice that the people knew what it meant to be hungry and without food? What do you think was God's purpose in that?
3. What are the good things that are going to happen in the future for the Israelites? List some of the food that will be in the new land.
4. What is the warning Moses is giving to the people? Why?
5. Name at least one thing you think God wants us to learn from this lesson.
6. Describe one action you can do from what we have discussed today.
7. What does praise mean? How can you praise God using food?

We need to remember that God created the earth. God wants us to take good care of the earth that He created. We need to praise God for what we have. Sometimes people on earth have not done a good job of taking care of the earth, which is why too many people are hungry.

Many people do not know God and do not praise Him. It's our job to help others to get to know Jesus, by sharing God's love with them and taking care of one another.



DISCUSSION ACTIVITY:

Food is deeply connected to culture and tradition and can help us learn about other people. Canada is a multicultural country, with people from all around the world. Share stories about your favourite foods or about how food is prepared and eaten in your home, as a way to get to know each other.

Materials: Different pictures of food from all over the world (eg. noodles, tacos, pizza, egg rolls, etc.)

- What food do you eat in your home?
- What food do you eat on special holidays?
- Hold up pictures of different kinds of food and discuss where each food could come from.



ACTIVITY: Food Journal



Create a Food Journal booklet and decorate the cover page in a creative way. Children can keep track of what they eat each day for the next week, as a way to remember and be thankful for the food we have.

Materials: White paper, construction paper, markers, crayons, pens, pencil crayons, glue/tape, scissors, stickers, ribbons

Instructions: Make a paper booklet out of the materials listed. Each session, ask the group to refer to their food diaries to name different foods they have eaten. Be aware that not everyone in your group may have the opportunity to eat enough healthy food and be careful not to comment on individual diaries.

Note: For younger children, they can draw pictures instead of writing.