

PECULIAR TREASURES LESSON

OUR HEALTH 1 – HEALTHY FOOD

TEXT Philippians 3:13,14 "No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus is calling us.

Deuteronomy 34:7 (Moses old but good eyesight and strong.)

Leviticus 11:1-47 (foods that are clean and unclean)

CENTRAL TRUTH We need to take care of our health.

MEMORY VERSE Proverbs 4:18 "The path of the righteous is like the morning sun, shining ever brighter till the full light of day."

OR

Proverbs 4:18a "The path of the righteous is like the morning sun,"

WORD

In the book of Leviticus, the Israelites were given a list of foods that were considered clean and unclean. For us, this could mean food that are healthy and unhealthy, with the unhealthy ones tending towards being poisonous to our health. In school we learn about eating a balanced diet. A balanced diet consists of **carbohydrates** – rice, spaghetti, *eba*, *amala*, yam, cornflakes, bread, etc; **protein** – meat, chicken, fish, egg, snail, crab, beans, etc; **vitamins and minerals** – orange, pineapple, grapefruit, grape, watermelon, spinach, carrot, lettuce, cabbage, *ugwu*, etc; **fats and oils** – margarine, vegetable oil, soya oil, palm oil, etc; and **water**. Sometimes people have a separate group of dairy which includes milk, cheese and yoghurt, but these items are usually included in protein.

Pig meat was discouraged in those days because ham and bacon, which come from pigs, have a high level of fat. A little fat is good, but too much fat is bad for you. Things that were not mentioned but which are not good for you is carbonated drinks such as Coke, Fanta, Bigi, and 7up. They are not healthy, just a nice sweet drink. Healthier drinks are zobo. However, fresh fruit juice, vegetable juice, and water and among the best drinks. Too much sweet is bad for you. There is no health benefit in sweet.

Similarly, beer and other alcoholic drinks are not good for your health.

QUESTIONS

1. Who did we learn about that was strong and healthy until he passed away?
2. Give an example of the food groups and an example of each group.
3. Mention some types of food that have no health benefit that some people enjoy eating.

CONFESSION

I am a better person, better than I was yesterday. I thank the Lord for this New Year. I will become a better person. God will help me to put all my strength into becoming the kind of person he wants me to be this year. The fruit of the Spirit is in me. People can see the fruit of the Spirit in my life. I eat well. I eat a balanced diet. I am strong and healthy. I am blessed. I am a blessing.

ACTIVITIES

Levels 1 and 2 Worksheet – Circle the correct one and colour.

Levels 3 and 4 Worksheet – Pick the correct option.