

THE STORY OF CREATION

UNIT ONE: GOD CREATED HEAVEN AND EARTH

Lesson 8: God Gave Us Food

CONTENT:

1. God made plants to make the world beautiful for us. But he made them for another reason also. He made plants for food: food for animals, birds, fish and for us.
2. If there were no plants, then all the birds and animals would die, and we would also die, because there would be nothing to eat- no fruit or vegetables, no rice or chapattis, no milk or eggs or meat.
3. God knows that we need food. He gives it to us to keep us well and strong. That's why we should always remember to thank him for the food we eat.
4. Once a little boy shared his bread with Jesus. Jesus worked a miracle and fed thousands of people with the boy's lunch.
5. We too, can share our food with hungry people and so make God happy.

ASSIGNMENT: Bring some foodstuff to share with those who don't have enough to eat.

REFERENCES: Gen. 1: 29-30; John 6:1-11. CCC 305-6; 2447-49.

MATERIALS NEEDED: Handout, blackboard, a few fruit, knife, paper plate/banana leaves.

NB. Plan how your class can share food with the hungry. If possible let the children get personally involved in giving.

I. STARTER:

- Last week we drew flowers and leaves on our papers. Would you like to show your pictures to everyone? (*Children hold up their pictures. The teacher admires their pictures*)
- Flowers are beautiful! But God didn't make plants just to look nice. He made them for something else as well. Can you guess why God made plants? I'll show you something to help you... (*Show them the fruit you have brought as a clue.*)
- God made plants for food! When God had finished making everything, he said, "See all these plants and bushes and trees. I have given them to you all for food. They will be food for you and for all the birds and fish and animals."

II. DEVELOPMENT:

- Let's draw some food that we eat! Each one think of something you eat. (*As children give suggestions, you could draw simple sketches on the blackboard*)
- God gave us all these things because he knows we need food to keep us well and strong.
- Suppose there were no plants left in the world, what would happen? There would be no apples, no bananas (*draw a line through the pictures*).. no potato wafers, no chapattis (because chapattis are made from the wheat plant.) Would there be milk for us to drink? And ice cream? (*No! Because milk comes from cows and cows eat grass.*) Would there be chicken? (*No! Because chickens eat grain, from plants*)
All the fish and birds would die because there would be no food to eat.
- That's why God made plants... to feed us all.

[Give out handouts and let the children draw some food on the table in front of the child. They could use the sketches on the blackboard to help them.]

III. PRAYER:

I have something here for all of us to eat. But before we eat there is something good that we can do. Do you know what that is? *[Pray!]* God has given us food because he knows that we get hungry. It's good if we thank him for it. *(Once all the children have their fruit in front of them, ask them to make the sign of the cross and pray after you. After this they eat the fruit.)*

Thank you God for this good food. Bless us as we eat it. And bless the food also. Amen.

IV. STORY: *[Before telling the story, read the written matter on the handout with the children.]*

One morning Reuben woke up feeling happy. He wondered why he was feeling so happy. And then he remembered. It was a holiday, and his mummy had promised to give him a picnic lunch, so that he could go off by himself into the hills. This was something Reuben loved to do!

Soon he was out in the hills with a small basket strapped to his back. Reuben could smell the fresh bread and roasted fish his mother had cooked for him. Mmmm! He began to feel hungry. But he kept walking, because he planned to have his lunch at a favourite place of his: a nice grassy hill where no one ever came.

But when Reuben reached the place, he got a big surprise! Everywhere he looked there were people. Thousands and thousands of people, all sitting on the grass and listening: old women, young men, children, poor villagers and even some rich people! Who were they listening to?

And then he saw him! A tall, brown-haired, brown-eyed man with the most wonderful voice he had ever heard- so gentle, so strong. He was telling a story. *(Can you guess who he was?... Jesus!)* Reuben wanted to hear the story, and he also wanted to get close to the brown-eyed man. So he moved closer and closer, closer and closer, until he was so near Jesus that he could almost touch him!

When the story was over, everyone started talking again. Reuben saw another man coming up to Jesus. "Master, everyone is hungry! All the food is over! What shall we do? We don't have enough money to buy food for all these people."

When Reuben heard this he thought of the lunch in his basket. By now he was feeling very hungry. First he said to himself, "I'd better go away and eat my lunch quietly." But then he thought, "What about Jesus? I don't think He has anything to eat, and He looks so tired!"

Then Reuben did a very difficult thing. He untied his basket and went up to one of Jesus' friends and said, "Please, sir, will you give this to the Master?" The man, whose name was Andrew, said, "Come, give it to Him yourself!" He took Reuben to Jesus and Reuben put his basket into Jesus' hands. Jesus looked at Reuben and smiled. He put his hand on his shoulder. Reuben felt happier than he had ever felt in his life. He knew that Jesus was happy with him.

Now the exciting part begins. First Jesus told everyone to sit down. He lifted up Reuben's basket and thanked God. Then he told Reuben to go and offer some food to the people. Reuben didn't want to give his lunch to the other people, but he obeyed. As he walked down the lines, people put their hands into his basket and took some of his lunch: One boy took 2 little 'paos' and two fish, another person took one pao and one fish, another took 3 paos. His mother had only made 5 paos and 2 fish. But the basket didn't get empty. More and more people took fish and bread and soon everyone was eating happily. Reuben also sat down next to Jesus and ate along with everyone else.

What a wonderful day it was! It was the best day of Reuben's life. When he went home that night, he asked his mother, "Guess how many people ate the fish and bread you gave me?"

"Two?... Three?" asked his mother. Reuben shook his head. "No, the answer is *five thousand!*"

God wants to feed all the hungry people in the world. But he wants us to be like Reuben and to help him. Are you ready to help God to feed those who are hungry?... Then we'll do something together. Next week bring something nice to eat (which won't get spoilt soon) and we'll make a parcel and give it to some people who don't get as much food as we do.

Home Assignment: Read the words on the handout at home.
Bring some foodstuff to share with those who don't have enough to eat.