

# Healthy Living

**Dear Facilitator:** The lesson this week is focused on healthy living. Eating right can empower us to do the things that God has asked us to do. It takes time and commitment, but the results are rewarding and life-giving to us and our families.

The lesson incorporates the “Choose My Plate” diagram that shows the portions and descriptions of a healthy diet.

This practical discussion could easily be a time of encouragement for families as they share their ideas to eat healthy and enjoy a fun “Supermarket & Meal Planning” activity.

It might be helpful for you to know what we hope to accomplish through this lesson.

Participants will:

1. Commit to supporting healthy eating habits.
2. Commit to lead by example.

During the past few lessons, we have made commitment statements. This week’s takeaway commitment statement is: I commit to supporting healthy eating habits to take care of my body and help my family through my example.

We pray that God will give you direction and clarity as you prepare the lesson and activities. We hope that the families in your group will grow together in God’s love and become a source of friendship and support for one another.

*Blessings*

## Welcome *5 minutes*

 **Say:** Welcome back! I hope it's been a good week for all of you as you have been working diligently on many things that are positively influencing your family.

Last week we spent time focusing on growing spiritually as a family.

 **Ask:** Did anyone try something this past week that made a positive difference in your family that you would be willing to share?

## Introduction *5 minutes*

 **Say:** Let's stake a few minutes together to read out loud our Family Commitment Statements. (Read together out loud the previous statements.)

Today's teaching objectives are to:

1. Commit to supporting healthy eating habits.
2. Commit to lead by example.

This week's commitment statement is: I commit to supporting healthy eating habits to take care of my body and help my family through my example.

This evening we are going to talk about how healthy eating, resting, and exercising will benefit our families. Let's have fun and learn something about what we all love—eating!

# Family & Table Talk 20 minutes

Have a picture at each table of the “Choose My Plate” diagram and ask parents and children to discuss the following questions:

1. What foods are you and your family eating?
2. Where do these foods fit on the diagram?
3. What are some examples of food that fit into these categories?

*After the meal, children are dismissed to their group.*

*As you begin this portion of the evening, explain that each time you will start with the overview and then the lesson time.*

*Notes*

<i>40 minutes</i>	
<h1>Parent Training</h1>	
<i>Behavior</i>	<b>HEALTHY LIVING</b>

We all enjoy eating, and some of you really enjoy cooking! We are very thankful for the wonderful cooks we have in the audience today. We hope that you will share your tips and ideas for healthy eating and discuss with one another the food recommendations from the “Choose My Plate” diagram.

It’s important to care for our bodies and make sure that we have proper rest, exercise, and healthy eating habits. This takes commitment and time and would probably be helpful to establish as routines in your household. We will focus on what kind of foods we should be feeding our bodies and why as well as the planning, purchasing, and preparation of our food! You will all can practice putting a healthy and affordable meal plan together for the week.

Remember, tonight’s family commitment statement is: I commit to supporting healthy eating habits to take care of my body and help my family through my example.

In the New Testament, in 3 John 1 and 2, John wrote to his friend Gaius that he hoped he was as healthy in body as he was strong

in spirit. It is our hope that we all can help one another be physically healthy as well as spiritually healthy. When God created Adam and Eve, He designed their bodies to eat food from His creation, work in the garden, and rest from their work as He did. We take care of our bodies so that we can do the work God has asked us to do.

There is a saying, “You are what you eat!” If that is even slightly true, it’s important that we take care of our bodies and develop healthy eating habits. Some of you already know this from your own healthy habits. The cells in our bodies amazingly deliver nutrition to the smallest parts of our bodies. We thrive on healthy food that helps our bodies function properly. Just as we can’t put water in a car to make it run, we also can’t put the wrong foods in our bodies and expect them to run well.

Caring for our bodies involves three areas that we will mention tonight: sleeping, exercising, and eating. We all know and agree that it's good to have six to eight hours of sleep regularly to refresh our bodies. It's also important to add some form of exercises to our day. It might be walking to the store or school, lifting weights, or even the work that we do in our jobs. It could also be going to a park or gym as a family. Whatever it is, remember to start with something and be consistent. The best way to be consistent is to find a partner who will do that exercise with you!

To simplify our discussion today, we will be focusing the rest of the time on the three "P's" of healthy eating habits: planning, purchasing, and preparing food.

## ACTIVITY

### Choose My Plate Diagram

Look at the "Choose My Plate" diagram and talk about each category.

## DISCUSS

- What stands out about the "plate" to you?
- What is different or what is the same from what you are currently eating?

Look online at <https://www.choosemyplate.gov/> for the most up to date research.

## DISCUSS

- What are some examples of healthy snacks verses unhealthy snacks?
- What are some healthy food ideas for children?
- What is hard about making healthy meals for the family?
- What ideas and suggestions for healthy food choices do you have that your family already eats or will eat for each of the "Choose My Plate" categories?



## Scripture SUPPORT

### **Ephesians 2:10**

*For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

### **Psalms 139:14**

*I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.*

### **Jeremiah 29:11**

*"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."*

### **3 John 1:2**

*Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.*

As we are thinking about healthy food options that are enjoyable and affordable, let's talk about the three P's" for healthy eating habits: planning, purchasing, and preparing food.

- 1. Planning.** First, if you go to the supermarket once a week, make your shopping list ahead of time so you don't miss any food that you may need. Plan your menu to "stretch" expensive items like meat into more portions. Consider stews, casseroles, or meals that contain beans instead of meat.
- 2. Purchasing.** Secondly, avoid purchasing rice, beans, and potatoes in box form. Usually the bag is cheaper. Purchase vegetables in their simplest form and in season if possible. Frozen and store brands will usually be cheaper, and coupons and sales will cut food costs.
- 3. Preparing.** Thirdly, prepare large batches of favorite recipes and freeze or eat the leftovers. Since rice takes longer to cook, it can also be cooked in advance and frozen. Add vegetables to casseroles and use overripe fruit for smoothies or baking. Invest in a crock pot. You can leave beans, chili, or other meats in the crock pot in the morning to save time.

Today we are going to have some fun with preparing a week's worth of healthy menu ideas for dinner and see who can come close to staying within the \$50 budget!

Have participants work in groups using the grocery price list to create a shopping list and menu for the dinner meals for the week. The goal is to try to feed dinner to a family of four for \$50 for the week.

How did you do? What were some of your ideas for healthy and affordable dinners?

Eating healthy is a choice we make every day. What we feed our bodies makes a difference in how we can do the work that God has given us to do. I hope everyone has a chance to go home and practice some of these very creative meals that you have put together.

## SUMMARY

We covered a lot of material in the lesson.

Our objectives were to:

1. Commit to supporting healthy eating habits.
2. Commit to lead by example.

I commit to supporting healthy eating habits to take care of my body and help my family through my example.

To end our lesson, please answer the following:

1. Who has an insight tonight about something you've learned or want to try?
2. What will you change or improve in your role as a parent this week?



## *Scripture* SUPPORT

### **Genesis 1:29**

*Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food."*

### **Genesis 9:3**

*Everything that lives and moves about will be food for you. Just as I gave you the green plants, I now give you everything.*

### **1 Corinthians 6:19-20**

*Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.*

Ages 4-16

40 minutes

# Student Training

*Behavior*

HEALTHY LIVING

## Objectives

- Help children to be aware that God expects them to take care of their bodies and keep their bodies healthy.
- Help children to be aware that they are responsible to make good choices about what and how much food to eat to stay healthy.
- Help children to be aware of how to use the "Choose My Plate" diagram.
- Help children to be aware that God wants their bodies to be healthy so that they can do the work He has for them to do.

The human body is God's complex creation of cells, tissues, organ systems, and intelligence. And when God created our bodies, He called them His masterpiece! You are God's masterpiece! The Bible also tells us that you are fearfully and wonderfully made (Psalm 139:14).

God says that we are his handiwork, created to do good works for him (Ephesians 2:10). God created your body, put a special gift inside of you, and placed you on the earth. God is excited that you are on the earth right now! God has a very special plan for your life, and He wants you to stay healthy and grow up to live out the plan He has for you (Jeremiah 29:11).

God has placed you in a loving family to protect you, care for you, and teach you about Him. God has given you parents to make sure you will have everything you need to be healthy and grow into the person He created you to be. God wants you to live a safe, healthy, happy, and peaceful life. When families pray and seek God's help and read the Bible for guidance, God shows us how it is possible to do just that. The Bible can guide us in every subject—even in how to keep our bodies healthy!

Since you were a baby, your parents have bought, cooked, and fed you the food you need to be strong and healthy. When you were a baby, you really didn't have much

choice in what foods your parents chose for you. You were totally dependent on them. As you are growing older, however, it is becoming more of your responsibility to learn the nutritional facts about the foods you eat and how it affects your health. It is also up to you to find out what else helps your body stay fit so that you are able to do what God created you to do. Just as you can't put water in a car to make it run, we also can't put the wrong foods in our bodies and expect them to run well.

God wants us to take care of the magnificent bodies He has given us. We care for our bodies by getting enough sleep, and for you that means seven to eight hours a night. It's important to include some type of daily exercise to keep your body strong. Your exercise could be walking to school and back home, riding your bike to the store, or even playing a sport. Something else that is important is eating the right foods to help your body stay healthy. In the Bible, God lets us know He wants us to be healthy (3 John 1:2). All these activities are critical to taking care of our ourselves, but today we are going to focus on what types of foods we should eat to keep our bodies healthy. We will also learn about how much of each food is the right amount.

In the Bible, God talks to us about the food He has given us for nourishment. In Genesis 1:29, He says, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food." In Genesis 9:3, He says, "Everything that lives and moves about will be food for you. Just as I gave you the green plants, I now give you everything." So, we know that God has provided every food we need to stay in good shape.

Let's look at a guide that can help you make good food choices and eat healthy at home and at school. It's called the "Choose My Plate" diagram. It tells us that we should always fill one half of our plate with vegetables and fruits. One fourth of our plate should be grains such as bread, pasta, corn, flour tortillas, crackers, oatmeal, and breakfast cereals. The last fourth of our plate should be for protein foods.

Healthy protein foods include lean cuts of meat like chicken, fish, and turkey. These are better for you than foods like lunchmeat, hotdogs, chicken nuggets, or fish sticks. Surprisingly, beans are also a protein food your parents may include on your family menu. Although children may like a lot of the not-so-healthy choices, it is important to know that you can have them sometimes but not all the time. The Bible tells us that it is good to practice moderation in eating.

You can honor your parents by letting them know that you are grateful for whatever food they provide for the family. It is not an easy job to shop for and prepare food to satisfy the appetites of several people. Perhaps your parents will let you help plan some family meals and go shopping with them to purchase the groceries to prepare those meals. This will give you a head start on learning how to plan, purchase, and prepare food for yourself and the family. That will come in handy in the future!

Eating the right foods and the right amount is a choice we make every day. Along with exercise and the proper amount of rest, what we feed our bodies is very important to staying healthy. When we make all these practices a part of our daily plan, it makes it possible for us to stay healthy and continue to do the work that God has given to us to do.

## **DISCUSS**

- Lead children in a discussion about why God says we are fearfully and wonderfully made.
- Lead children in a discussion about why God places a special gift inside of each person.
- Lead children in a discussion about why God wants us to take care of our bodies.
- Lead children in a discussion about how the Bible can guide us in how to keep our bodies healthy.
- Lead children in a discussion about how praying for ourselves can help us keep our bodies healthy.
- Lead children in discussion about their responsibility to learn about nutrition facts of food.

- Lead children in discussion about other things they need to do to keep their bodies healthy.
- Lead children in a discussion about the foods God says He has given us for nourishment.
- Lead children in discussion about the “Choose My Plate” diagram.
- Lead children in a discussion about some of the not-so-healthy food choices that need to be eaten in moderation.



## Activities

Activities are age appropriate. One is focused on ages 4-11, and the second is for older children ages 12-16.

### AGES 4-11

#### Materials

Pencils or markers

A blank “My Plate” template (At the bottom of My Plate template is a space for writing exercise plan and sleep plan.)

#### Have children view YouTube:

<https://youtu.be/9Fr1iDqemjY>

(If not possible, do activity without video.)

#### Developing a Healthy Living Action Plan

- Have children fill out a “What’s on My Plate” template by writing in the foods they would choose for each section. (If children cannot write, they can draw pictures.)
- Next, have children write a plan of what exercise they can do each day.
- Then have children calculate what time they should go to bed to get their needed amount of sleep.
- Finally, have children share their “Action Plan.”

*Notes*

*Notes*

## AGES 12-16

### **Materials**

Pencils or markers

A blank "My Plate" template (At the bottom of My Plate template is a space for writing exercise plan and sleep plan.)

### **Have children view YouTube:**

<https://youtu.be/IQRT3DkTB1w>

(If not possible, do activity without video.)

### **Developing a Healthy Living Action Plan**

- Have children fill out a "What's on My Plate" template by writing in the foods they would choose for each section. (If children cannot write, they can draw pictures.)
- Next, have children write a plan of what exercise they can do each day.
- Then, have children calculate what time they should go to bed to get their needed amount of sleep.
- Finally, have children share their "Action Plan."



**CHALLENGE QUESTION**

AM I DOING WHAT I SHOULD  
TO KEEP MY BODY HEALTHY?

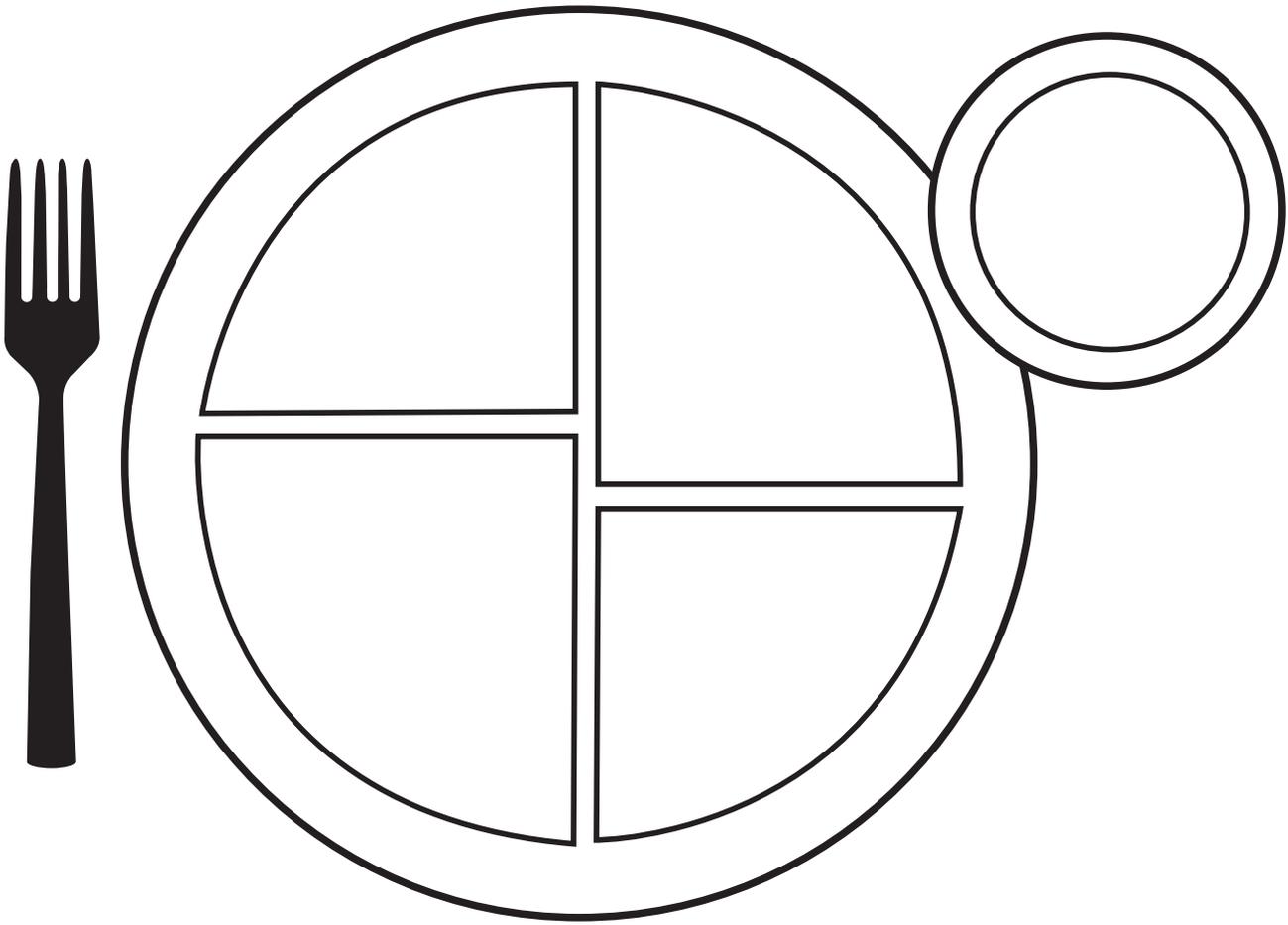
**CHALLENGE COMMITMENT**

WHAT ARE YOU GOING  
TO DO TO WORK ON THE CHALLENGE  
QUESTION THIS WEEK?



**AFFIRMATION** *Have children repeat:*

*I keep my body healthy,  
so I can do the things  
that God wants me to do!*



**What exercise will you do each day?** \_\_\_\_\_

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**What time should you go to bed to get the amount of sleep that you need?**

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