

# Steward of my Temple

## Activity Page

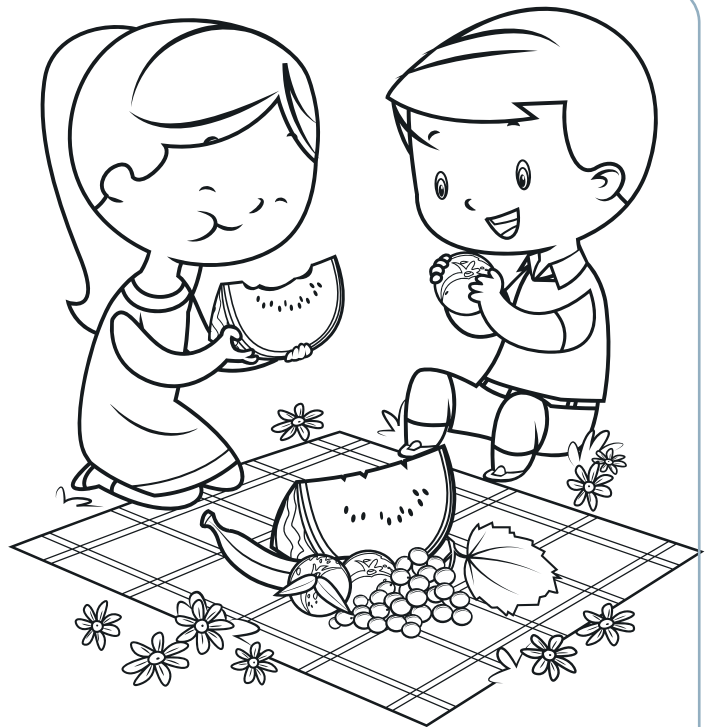
### Eating Healthy

God said, "Look, I have given you all the plants that have grain for seeds and all the trees whose fruits have seeds in them. They will be food for you."

Genesis 1:29 (NCV)

Our bodies are the Temple that God lives in. So that means we need to take care of our body especially with what we put into it. Eating the right food is very important to our wellbeing.

Below is a list with all the letters of the alphabet. Write the name of a fruit or vegetable for each letter eg. A - Apple.



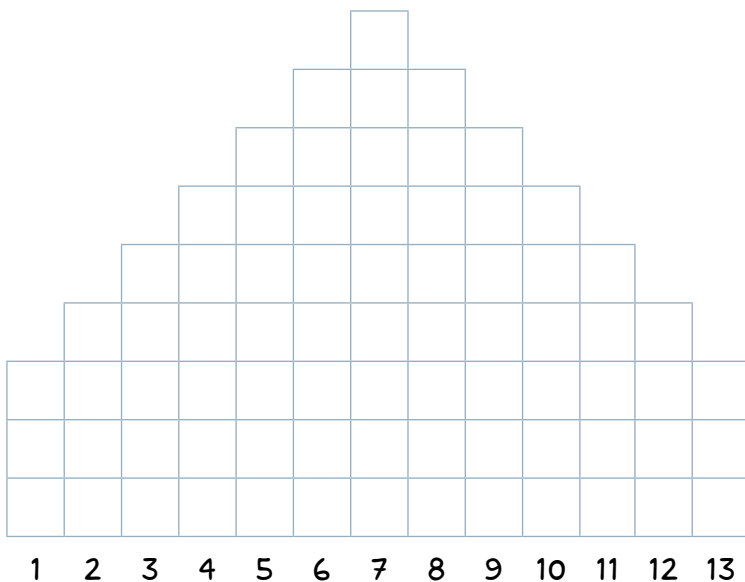
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|----------|----------|----------|----------|
| A. _____ | H. _____ | O. _____ | V. _____ |
| B. _____ | I. _____ | P. _____ | W. _____ |
| C. _____ | J. _____ | Q. _____ | X. _____ |
| D. _____ | K. _____ | R. _____ | Y. _____ |
| E. _____ | L. _____ | S. _____ | Z. _____ |
| F. _____ | M. _____ | T. _____ |          |
| G. _____ | N. _____ | U. _____ |          |



## Food Pyramid

Build your own food pyramid based on the clues given below on various foods in the Bible.

1. Boiled, fried, scrambled (Luke 11:22)
2. Young, beef meat (Genesis 18:7-8)
3. Vine fruit usually eaten by cutting in half (Numbers 11:5)
4. Made from milk (I Samuel 17:18)
5. Today used to make pickles (Ruth 2:14)
6. Vegetable used in making pickles (Numbers 11:5)
7. Produced by wild bees (Matthew 3:4)
8. Sometimes eaten with gravy (II Samuel 13:8)
9. One of the foods which John ate (Matthew 3:4)
10. Strong, smelly spice used for flavour (Numbers 11:5)
11. Strong, smelly vegetable used for flavour (Numbers 11:5)
12. Drink made from grapes served with meals (Judges 19:19)
13. Fruit which grows on trees (Numbers 13:23)



## Spot 10 Differences



1. Apple on the ground; 2. Chick has closed beak; 3. Dark seam in trousers; 4. Spotty top; 5. Ladder missing bottom rung; 6. Apple missing from tree; 7. Worm in different fruit; 8. Two nails missing from wooden crate; 9. Flower in the crate is smaller; 10. Chick's cheek is a different colour.



“For we are His workmanship...” Ephesians 2:10