



Have fun learning and playing
with your preschooler!

Activity

Name That Food

What You Need:

Aluminum foil and several food items with distinct shapes like a can of soup, a banana, an apple, a small box of pasta, etc.

What You Do:

Wrap each food item in a separate piece of aluminum foil and place it on the table.

Say, "Inside each of these pieces of foil is a food item. I'll pick one for you to guess what you think is inside. (*Pick a food item.*) Can you guess what this is? (*Pause.*) Let's see if you guessed the food. (*Unwrap the item to reveal the food.*) It's a [food's name]. Did you guess it? What do you think this food is? (*Repeat with each of the wrapped foods.*) That was super fun! You did a great job of figuring out each of these food items. God gave the Israelites food to eat, and God gives us food to eat too! I'm so thankful for everything God gives us!"

Bible Story

Manna and Quail
(Exodus 16)

Remember This

"Always give thanks to God."
Ephesians 5:20, NIV

Say This

Who can you thank
for everything?
I can thank God
for everything.

Prayer

"Dear God, thank You for giving the Israelites the food they needed. Thank You for the food You give us. We are so thankful! We love You. In Jesus' name, we pray, amen."

