



Gospel Light®

HOME DISCUSSION GUIDE
for ages 2-5 years

FALL A
Lesson 4

Good Foods from God

Lord, you are good to us.

See Psalm 86:5

Let your preschooler help when you prepare snacks. Try some foods God's people ate in Bible times and talk about how God took care of His people. As you eat, say, **God is good to us. He gives us good food to eat.** Serve raisins, olives, pieces of cheese, bits of dates and dried apricots. Here's a simple recipe: Stir 1½ teaspoons of honey and 1 teaspoon cinnamon into 8 oz. softened cream cheese. Spread mixture onto crackers or bread.

Try This:

Save empty cereal and cracker boxes. Let your child pretend to go to the grocery store and put good foods in her grocery bag. Say, **Thank You, God, for good food.**