

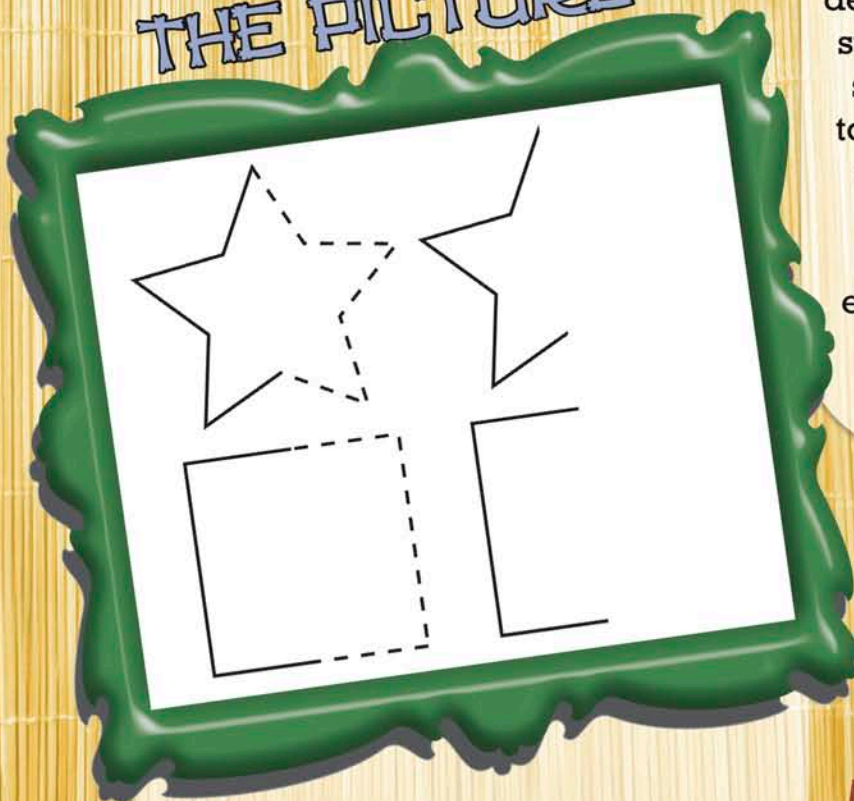
Please use this placemat at your dining table this week to help your child remember the lesson they learned at church. There are activities you can do as a family, as well as, activities your child can do alone or with a little bit of help from you.

## LESSON 4: I WILL TAKE CARE OF MY BODY!

**BIBLE VERSE:** 1 Corinthians 6:20b (NLT) -  
"So you must honor God with your body."

**BIBLE STORY:** Daniel eats good foods.  
(Daniel 1:1-21)

## COMPLETE THE PICTURE



**Directions:** Complete the shapes.

## FAMILY ACTIVITY

### Lesson 4: I Will Take Care Of My Body!

Today we learned that we can take care of our bodies. One of the ways we can do this is by eating healthy foods. This is important because God made us and gave us our bodies. Pick one thing to eliminate from your diet this week. You could give up candy, dessert, or soda. Work together as a family to stay away from that food item all week! Find some healthy alternatives you could enjoy together as a family instead. Maybe instead of eating dessert, your family could go on an after dinner walk together. Whatever you choose to do together, remember to emphasize the importance of taking care of the bodies God gave us!



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