

**Whatever you do,
do all to the glory of God.
1 Corinthians 10:31 NKJV**

For the Parents:

Dear Parents,

In case you would like to do some study for yourselves; here is where this Bible story is found:

Daniel 1

The Bible Story Vol 6 p. 9-14

My Bible Friends book 9

Prophets and Kings p. 479-502

We can begin the process of teaching our babies that water is good to drink by giving them bottles of water from a very early age. From the time we first introduce our children to solid foods we can begin the process of training them to eat healthy food. We need to teach them by example. You can prove for yourself that eating lots of vegetables and fruit and drinking an adequate amount of water will help you to have a clear mind to make the correct decisions for God.

May God bless you as you teach your little ones about Him.

Daniel Chooses Good Food

Sabbath

How long have you been away from home for?

- ☐ Part of a day ☐ One night
☐ A few days ☐ A Week or more

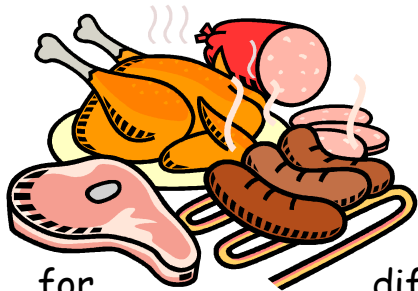
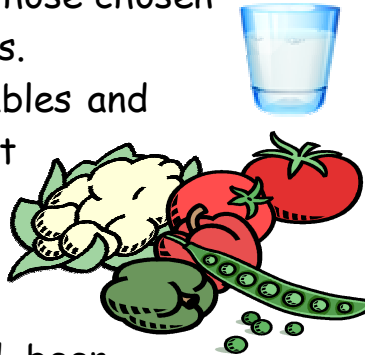
What did you eat? Draw a picture of it.



Sunday

Daniel and his friends were teenage boys when King Nebuchadnezzar took them prisoner back to Babylon. There, the king chose the best looking and healthiest boys, to go to school in the royal palace for three years. Among those chosen were Daniel and his three friends.

At home they had eaten vegetables and fruit with water to drink, but now they were offered fatty meats, lots of sweets, and wine to drink, and instead of asking God to bless the food, it had been given to idols of wood or stone to bless.

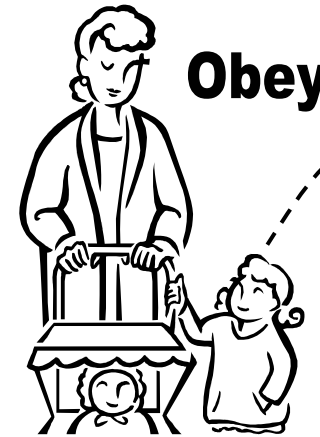


It was not the good kind of food that God wants us to eat so Daniel went to see the chief of staff to ask for different food to eat.

The chief was worried that if he gave them different food to eat they would become sick. Finally he agreed to test Daniel and his friends for ten days by just giving them fruit and vegetables to eat and water to drink.

Friday

Daniel and his friends prayed to Jesus to help them make good choices. When I pray to Jesus He will help me...



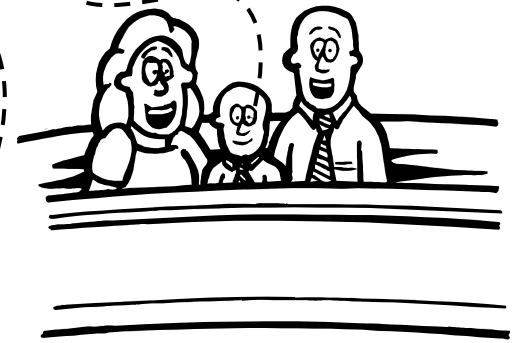
Obey



Share



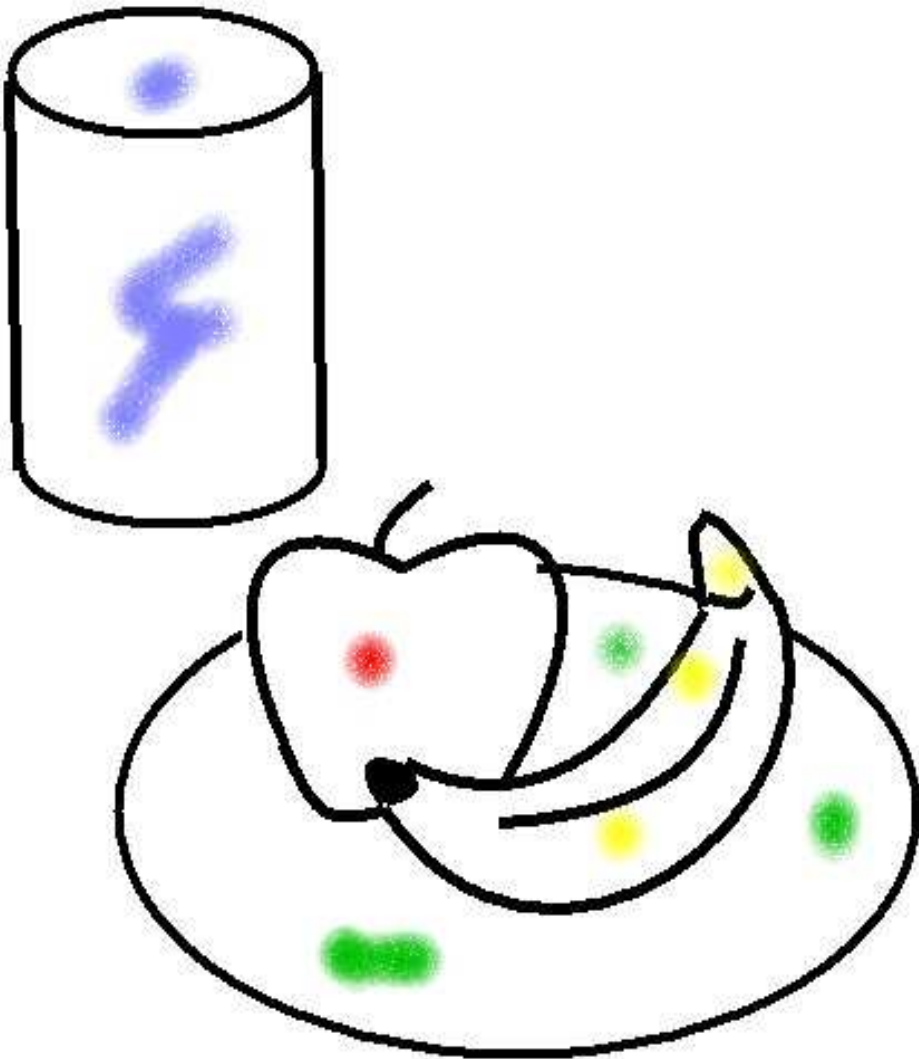
Gentle hands



Sit in Church

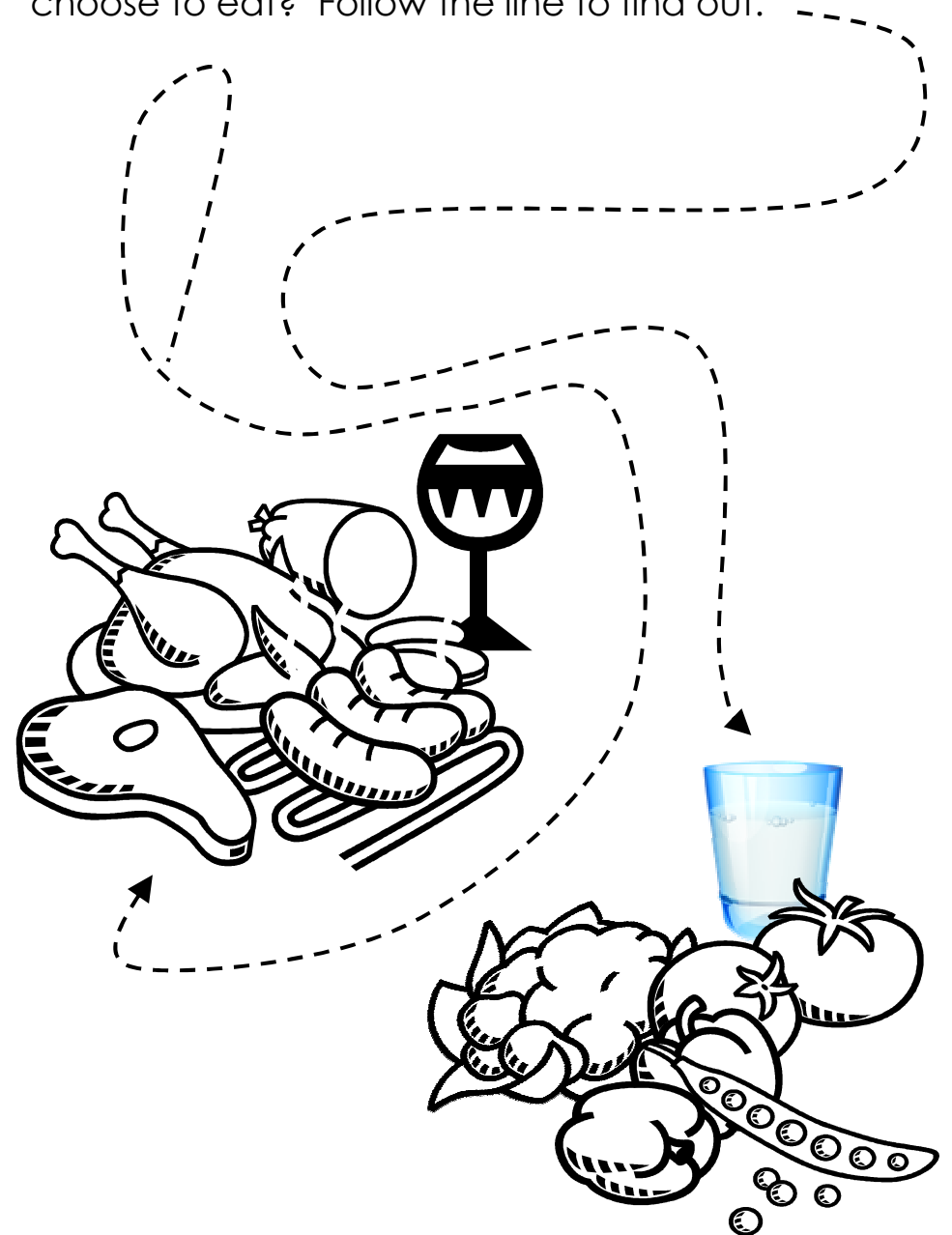
Thursday

Mummy and daddy want you to eat vegetables and fruit so that you will grow strong and healthy.



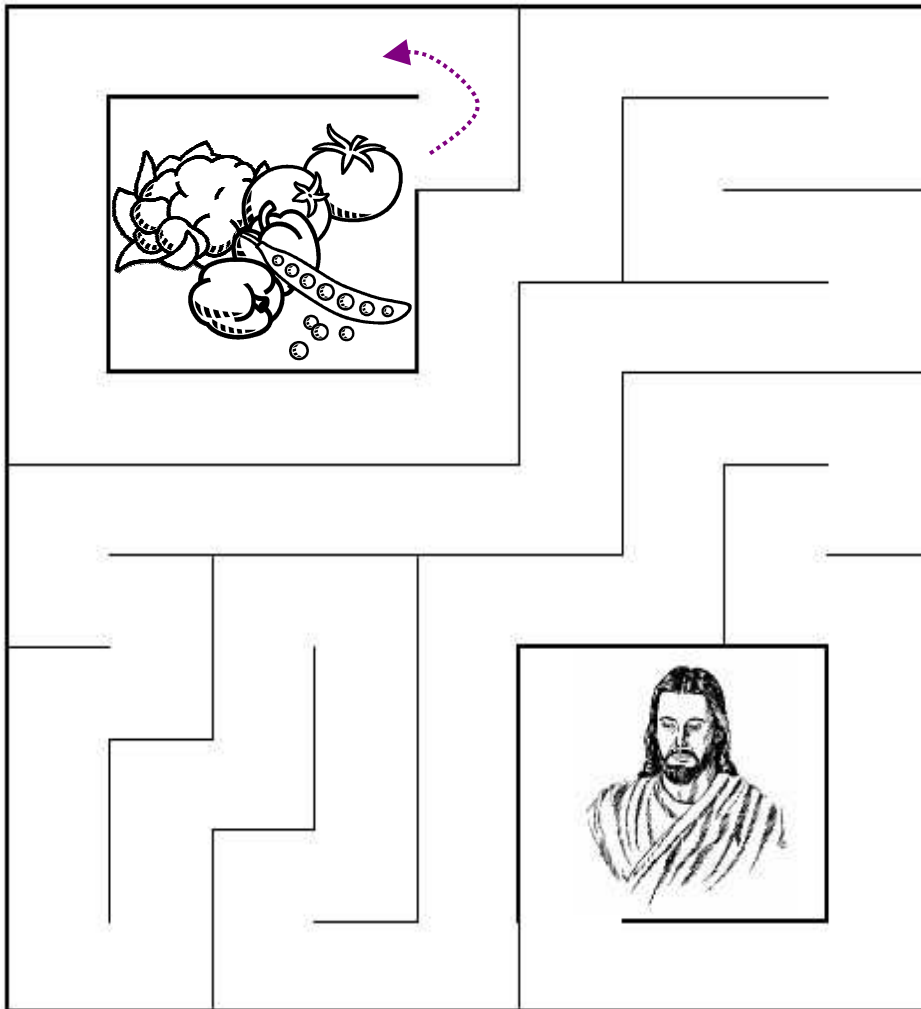
Monday

What sort of food did Daniel and his friends choose to eat? Follow the line to find out.



Tuesday

Daniel and his friends chose to eat vegetables and fruit so that their minds would be clear to talk to Jesus.



Wednesday

While they were doing the test, Daniel and his friends continued their habit of praying to God three times every day. They asked Him to bless them as they chose healthy food.

When the ten days were over, all the boys who had been prisoners were brought together so the chief could look them over. He found that Daniel and his friends looked much healthier and happier than any of the other boys, so after that they were allowed the good food that they wanted to eat and water to drink, just as they had asked for.

Finally the three years of school were over and it was time to test everyone. The King tested them and he found that Daniel and his friends were ten times wiser than anyone else in his entire kingdom!



Jesus wants us all to make healthy choices; when we eat healthy food, exercise and go to bed early, our brains think clearly, the way God wants them to.