



God is With Me at Mealtime

Lesson 2: Acknowledging God and showing respect for others through prayer and good manners at the table.

As soon as they are born infants require immediate attention and are vocal in expressing their hunger and thirst to those around them. But, as children mature they are able to focus beyond their own bodily needs. They realize they can wait a little while and they become more aware of the person who is providing the food for them. They are now able to begin to understand patience and thankfulness.

Scripture: 1 Corinthians 10:31, CEV "When you eat or drink or do anything else, always do it to honor God."

Class Schedule

(45 minutes)

Welcome Time (15 minutes)

On the mat in the soft corner. Time to settle in and free play. Music or singing.

Bible Time and Lesson (20 minutes total)

At the table

- Bible Time
- Lesson: The family meal will be used as the model today for eating. In preparing, eating and cleaning up after the meal the children will experience ways to show thankfulness to God, good manners to others and a servant-heart for helping with the cleaning up.
- Craft: (optional) Any craft about food.
- Snack: Snack time will be part of the lesson itself today. Healthy fruits, vegetables and foods are the menu.

Closing (10 minutes)

On the mat in the soft corner Quiet activities to settle down. Quiet music or nature sounds.

Teaching Items to Collect

(Some are in the Theme Boxes)

- Dollhouse
- Doll Family
- Plastic table setting:
 - Plates
 - Cups
 - Fork and spoon
 - Placemat/ tablecloth
- Toy or real food items
- Playdoh and utensils for using rolling pins or pretending to make food.
- Dishwashing Items:
 - Small pan or tub of water
 - Dish soap to make bubbles
 - Tea Towels or cloths



1. Welcome Time

(15 minutes) *On the mat in the soft corner*
Time to Settle in and free play.
Today focus the conversation on food.
Show pictures or read a book about food.

- Bubbles/toys/picture books
- Welcome each by name
- Mirrors, Peep Tube, Vehicles
- Bell to indicate class is about to start

2. Bible Time

When you move to the table spend the first 5 minutes in routines that you repeat each week.

- Pat the bible
- Find Jesus picture (sticker) in bible. Take time to talk about Jesus as our friend.
- “Read” - God is with _____. Filling the blank with the child’s name and members of his/her family.
- Sing B-I-B-L-E

Vocabulary:

- Table, plate, fork, spoon
- Food and drink
- Hungry
- Thirsty
- Pray
- Patient

Sensory:

- Tastes and textures of various food and drink
- Warm dishwater
- Texture of dish cloth

3. Bible Lesson

(15 minutes) *At the table*

- Guide children in exploring the world of food, drink and the family table. In all scenarios use the opportunity to model good manners and thankfulness.
 - Use the doll house and doll family to act out situations where the family members are hungry and gather at the table to eat. This can be repeated as many times as the children enjoy it. (In one of the settings you may wish to include today’s snack.) Each time the family will:
 - Pause for a prayer before eating.
 - Say “please” and “thank-you” at the appropriate times.
 - Help clean up afterwards
 - Guide toddlers in setting a table with the plastic dishes.
 - Use a dishpan and water to wash dishes. This can be messy but lots of fun. Even little ones will enjoy rubbing a cloth on a dish.
- Craft (optional): Any craft to do with food items.
- Prayer: Fold hands and close eyes to pray. You may be repeating prayers a lot in this class since you will be acting out the eating of food.
- Snack: Snack time will be part of the lesson itself today. Healthy fruits, vegetables and foods are the menu.

4. Closing

(10 minutes) *On the mat in the soft corner.* Quiet activities to settle down

- Play feeding the dolls
- Cuddle the baby dolls and “pray with them” as you put them to bed.



Suggested Songs for this Lesson:

Note: Infants and toddlers enjoy the rhythm and melody of song but they are not critics of the teacher's abilities! It's fine if you sing the same tune every time, make up your own tune or even just say the words in a poetic or fun way. Just have fun with it and put the children's needs above your own shyness.

I Live in a House

I live in a house of *wood or rock.
Stand at the door and knock-knock-knock
Inside you will find my family
Right in the middle you'll find ME.

**Substitute another building material instead of wood if appropriate to where the children live.*

Tune: I'm a Little Teapot

Action: (toddlers might join you) Line 1 form your hands like a rooftop. When you say knock-knock-knock rap your knuckles on the table to make the sound. Point to yourself when you say "ME".

We Say Kind Words

In our house we say kind words.
In our family.
In our house we say kind words.
In our family.
With a *thank-you here and a thank-you there.
Thank-you, thank-you everywhere.
In our house we say kind words.
In our family.

**Substitute "excuse me" or "I'm sorry" or "Yes-Please" or "No-thank-you" or phrases appropriate to where you live.*

Tune: Old McDonald Had a Farm

Action: Use this song in various scenarios as the doll family is interacting in the doll house. For example: Mummy says "thank-you" when child sets the table. Child says "excuse me" if parents are talking and child wants to interrupt.

Are You Hungry?

Are you hungry? Are you hungry?
Family. Family.
Come and eat your *breakfast. Come and eat your *breakfast
First we'll pray. First we'll pray.

Tune: Frere Jacques/Are Sleeping, Brother John.

Action: Use this song for the dollhouse when the family gathers to eat together.

This is the Way

This is the way we *clean the table.
Clean the table. Clean the table.
This is the way we clean the table.
To help in bible class.

**Substitute any helping task (set the table, wash the dishes, fold the clothes, etc.)*

Tune: This is the Way We Wash the Clothes

Action: Sing as you and the children do the tasks together.

God Made Apples Taste So Sweet

God made *apples taste so sweet.
Taste so sweet. Taste so sweet.
God made apples taste so sweet.
Thank you, God, for apples.

**Substitute any food and description (bananas taste so sweet, lemons taste so sour, carrots taste so crunchy, etc.)*

Tune: Mary Had a Little Lamb

Action: Sing as you pretend to taste each food.



Thank You God

Thank you God for food we eat.
Thank you God. Thank you God.
Thank you for our little teeth.
I want to thank you, God.

Tune: *Mary Had a Little Lamb*

Action: *Sing as you eat the snack or pretend to eat.*

A Helper I Will Be

A helper I will be. A helper I will be.
I'll help the teacher *clean the table.
A helper I will be.

**Substitute any helping task (set the table, wash the dishes, fold the clothes, etc.)*

Tune: *Farmer in the Dell*

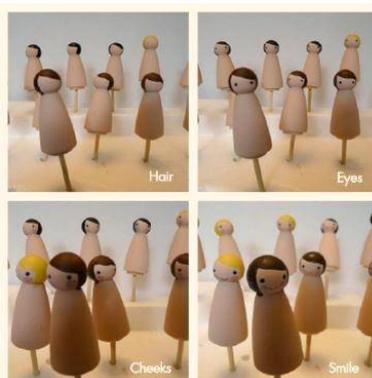
Action: *Sing together as you and the children wipe the table or clean up.*



Items to Use to Teach this Lesson



Doll House: A simple dollhouse with a few rooms and big enough parts to be safe for toddlers. If it is too elaborate it will be confusing. You can easily make your own dollhouse by taping or gluing a few empty boxes and cardboard pieces together.



Doll Family: Any collection of dolls that fit into the dollhouse will work. Purchase or make your own. Even cardboard tubes can be made into suitable dolls.



Building blocks to build tables, chairs and other furniture.



Spray Bottle and cloth: Fill with water and use for cleaning the table. Spray table with water then join the children in wiping up with a cloth.



Plastic dishes to use for setting the table. You can add a plastic fork and spoon. A placemat or table cloth would also be good.



Shallow tub with a little warm water in it. Tea towel or cloth for drying. Add dishwashing liquid for washing dishes.



Playdoh for creating food items. Children enjoy using rolling pins. Rolling out green peas is one easy food items for little hands.