

# Parent Guide

November 19, 2023

## 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:

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

**During the Activity:** 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!

**After the Activity:** 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**

## Memory Verse

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.