

23 – What do we get from our vegetables?



23 – What do we get from our vegetables?

- Our bodies need lots of different kinds of food in order to grow properly. Eating a variety of vegetables gives us many of the good foods our bodies need.
- Vegetables give us vitamins, minerals, and fiber to keep us healthy.
- Gardening also helps us learn valuable lessons. Try to remember some of the good things you've learned as we've worked on our garden.

God's Word: We have continued praying for you. We ask God that you will know fully what God wants. We pray that you will also have great wisdom and understanding in spiritual things.¹⁰ Then you will live the kind of life that honors and pleases the Lord in every way. You will produce fruit in every good work and grow in the knowledge of God. Colossians 1:9-10

*As we each grow in Christ, good things come from our lives also. We can please God in the things we do, learn to know more about Him, and do works that are helpful to all His people.

Activity: Talk about Activity Card Ls. 23 or some other source of nutritional information.

Share (and write down if you want) some favorite recipes for preparing vegetables.