Let's Look ...

CHATTING

About the Importance of Food in our Daily Lives

Engage the children in a discussion about food and the importance of food as a source of nourishment for our bodies using these or similar questions:

- What food and drink have you had since you got up this morning? Turn to the person beside you and tell them.
- Would it be a good idea not to eat anything all day? Why or why not?
- Why do we need food and drink? How does it feel if you haven't had enough food or drink?

Compare people's need for food to that of a car's need for fuel. Without petrol or diesel, a car can't be driven. Explain that it's the same for people with food. We need food to nourish us and to give us energy to do all the things we need to do each day.

Prayer Space: Print the mini-banner 'Jesus gives us himself' (online) or make your own. Display this in the prayer space.

ACTIVITY

Thumbs Up/Thumbs Down

Read out the following statements and ask the children to put their thumbs up if they agree with the statement and thumbs down if they disagree. If there is disagreement, have a brief discussion.

- Healthy food is important for nourishing our bodies.
- Everyone in the world has enough food to eat.
- We can do without food for days and we'll be fine.
- When I am hungry, my tummy gurgles.
- Sweets are really good nourishment for our bodies.
- Some people have no food to eat today.
- We can thank God for the food we eat.

Conclude by telling the children that, just as our bodies need to be nourished so that we can have energy to do all the things we want to do, so too Holy Communion nourishes us to be able to live and love as Jesus asked us to. Chat about this using these or similar questions:

- Jesus gives himself to us in Holy Communion so that we can live as he taught us to. How did Jesus teach us to treat one another?
- Can you think of a time when you showed love for others and for God, as Jesus asked? Tell us about it.

PRAYER

Sign of the Cross

T: We thank God for the food we have to eat every day. This food nourishes our bodies. We also thank God for the nourishment we receive in Holy Communion. Let's take a moment to use our inside voice to thank Jesus for giving himself to us in Holy Communion. We can begin by making our bodies quiet and still.

Sing the song 'Quiet and Still' (Track 2, p. 47)

Allow the CD to run to Track 3, 'Reflective Music', and leave this playing in the background for the rest of this prayer.

T: Now that our bodies are quiet and still, let's close our eyes. (*Pause*)

Think of all of the people who love you. These are the people who share with you, are kind to you, care for you and chat with you. They might be the people in your family or your friends. Using your inside voice, say each of their names. (*Pause*)

Now thank God for his love which we know surrounds us at all times. God's love never ever leaves us and is always nourishing us. (*Pause*)

When you are ready, you can open your eyes again.

Sign of the Cross

Quiet and Still

https://www.youtube.com/watch?v=JZmtZMtSoP0