

KIDS FOR YAH

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Can we eat anything we want?

Food is very important to all living creatures. Yahweh created us to need nourishment to make our bodies strong and healthy. It makes sense that eating a proper, healthy diet would cause us to experience better health.



Yahweh tells us exactly what we are to eat. He made some animals clean and some unclean. Two entire chapters in the Bible are devoted to clarifying which creatures we may eat: Leviticus 11 and Deuteronomy 14. The clean animals are healthy for us to eat, such as cows, deer, goats, sheep, and buffalo. The unclean animals which we are not to eat include pigs, rodents, horses and camels. The Jews call clean items "kosher" which means those

items do not violate Yahweh's clean and unclean laws.

It is interesting to note that the clean animals are generally vegetarians, mainly eating grasses and foliage. Many of the unclean animals are widely regarded as "earth's garbage disposals." They eat unclean things to keep the earth free of dead and decaying matter. Many are carnivores, meaning they eat meat. Clean and unclean also applies to the creatures of the air and sea. Yahweh tells us that if we eat fish, they must have both fins and scales, such as salmon. Please contact us for a list of clean fish with fins and scales.

Concerning birds, we must avoid eagles, hawks, owls, and crows because they are unclean. Clean birds include turkeys, chickens, geese and doves—those which feed on grains and plants. We must obviously conclude that Yahweh knows exactly what human bodies need to stay healthy. He made many different types of fruits, grains, nuts, seeds, and vegetables to enjoy too! Eat a balanced diet and you will grow up to be healthy and strong as your Creator intended.

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Let's Eat Clean!



Test yourself

1. What is one interesting thing about clean animals?

- A. They mainly eat grasses and other foliage.
- B. They eat whatever they want.
- C. They mostly eat meat.
- D. They mostly eat fish.



2. What is mostly true about unclean creatures?

- A. They are like garbage disposables.
- B. They keep the earth clean by eating dead and decaying matter.
- C. Many are carnivorous.
- D. All of the above.

3. Which statement is true?

- A. The clean and unclean laws apply only to eating animals, but not fish.
- B. The kosher laws apply to anything we eat, even fish and birds.
- C. All food is considered clean to eat.
- D. We are only to eat fish and vegetables.

4. If we eat fish, what rule must we follow?

- A. They must have yellow stripes.
- B. They must have fins and scales.
- C. They must be only freshwater fish.
- D. They must be only saltwater fish.



5. What does kosher mean?

- A. It means the item does not violate the clean and unclean laws in Scripture.
- B. It means an animal is cute and cuddly.
- C. It means unclean.
- D. It means holy.

BELOW ARE SOME CLEAN FOODS. FIND THEM!

- BEEF** CHICKEN DEER **BUFFALO**
- TURKEY SALMON **NUTS** GRAINS
- SEEDS FRUITS VEGETABLES

V D B N O S S C F H P H W T B
J E U E T C N H M F I I Q U N
L T G I E H I I G L M N F O W
S L U E H F A C L S R F P W P
Q R N B T T R K N U A J U Q S
F V Z O T A G E O L C Y N O N
T G D B M D B N O Y E K R U T
Z X E O K L V L F E F W E F N
R T E D E S A S E E D S U Q D
X H R A L X W S X S H Z H D H

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Lights in the Bible

1. Who was blinded by a light while on the road to Damascus? (See Act 9:1-3)
2. Who said “Let there be light”? (Genesis 1:3)
3. Who was the pillar of fire (light) Who guided them by night? (Exodus 13:21)
4. Who said, “Yahweh shall be an everlasting light to you”? (Isaiah 60:19)
5. Who blessed Yahshua as a child and called him a “Light to the Gentiles”? (Luke 2:32)
6. Who called Yahshua the “Light of men”? (John 1:4)
7. Which person saw a light in prison? (Acts 12:7)
8. Who asked for a light and ran into Paul and Silas trembling? (Acts 16:29)
9. Who followed the light of the stars to Jerusalem? (Matthew 2:1-2)
10. Which prophet predicted a day when there would be no light? (Zechariah 14:6)

