

# KIDS FOR YAH

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## *Nourishing our bodies and health*

Everyone is special. Just look around and see the many different peoples. It is obvious that Yahweh loves diversity. The Bible says that all Yahweh's people are members of one Body. And none of the "Body" parts should look down on any other part, because a whole body works together. Think of the different parts of the human body. We can't see our brains, but they control all our different parts. You don't have to think about picking up a glass of water. When you want a sip, your brain automatically sends a signal to your hand to pick up the glass. Its wonderful that so many things happen automatically in us.



Imagine your digestive system. You take a bite of an apple and immediately your saliva begins breaking it down. Once it reaches your tummy, powerful acids further break it down and use it to nourish your cells. Food is fuel to the human body, as well as energy and nourishment! That's why it is important to follow Yahweh's food laws.

The Bible tells us exactly what foods we are to eat for our own good. Fruits and vegetables are great for our health! When you want something sweet, grab fruit instead of a sugary dessert. If your family eats meat, choose the ones that Yahweh says is okay, such as beef, chicken, fish with fins and scales, turkey, and deer. Avoid pork and shellfish. They were not meant to be eaten. They are like garbage disposals as they absorb things that are bad for us.

In addition to proper food, getting enough sleep and exercise are also important. Try not to spend too much time in front of computers. Now that it is summer, go outside and have fun!

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# WHAT HAVE YOU LEARNED?



1. To be edible, fish must have...

- A. Blue stripes.
- B. Yellow polka dots.
- C. Fins and scales.
- D. Whiskers.

2. Food is like...

- A. Fuel for our bodies.
- B. Nourishment.
- C. Energy.
- D. All are true.



3. What is the purpose of unclean animals and sea creatures?

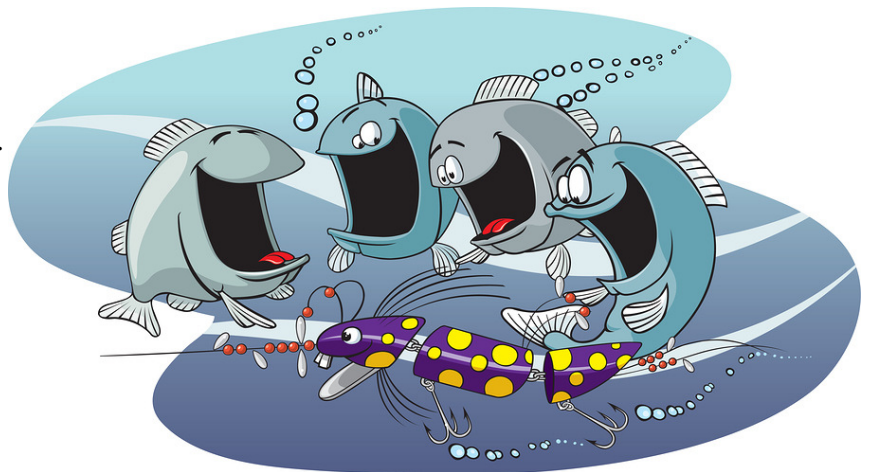
- A. They are there to scare us.
- B. They are meant to be eaten.
- C. They act as garbage disposals.
- D. Unclean creatures have no purpose.

4. What other ways can I stay healthy?

- A. Staying up late watching TV.
- B. Staying inside all the time.
- C. Getting plenty of sleep and exercise.
- D. Eating large amounts of sugar.

5. Which one is not clean?

- A. Beef.
- B. Pork.
- C. Chicken.
- D. Turkey.



## Clean Fish word search

Below is just a small list of clean fish that contain both fins and scales. See if you can find them!

SALMON

E D J D R D J M R Y B O T O Y

PERCH

N A D O H V A A J C C N R V D

POLLACK

I X N C N C X F F G A B O M K

BASS

D R P U K C A L L O P H U Z B

CARP

R H E E T N C P S Z C C T A X

GROUPE

A D R P R A C Z L N C Y S H J

SARDINE

TROUT

S E V O U C O P A H F S V Q C

TUNA

L C D R E O H U W J Q Q R F P

MACKEREL

ANCHOVY

R F V J T V R S A L M O N S T

COD

U P G W I N Y G S N E R S Z I

# YAIY

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*Let's go fishing!*

Eating fish is good for us! Yahweh said we may eat those that have both fins and scales. Let's start at the bottom arrow and work our way up to the ducks who are fishing already!

