

KIDS FOR YAH

VOLUME 2, ISSUE 10

OCTOBER 2008

What kinds of food should we eat?

Many children who believe in Yahweh wonder about the kinds of food Yahweh wants them to eat. They see their classmates eating sandwiches made with ham and often have to refuse certain things served in their school cafeterias.



Yahweh loves the people He created and He wants them to be healthy in both body and mind. Yahweh has set aside certain foods as "clean" that are to be consumed by His people. There are certain foods that are forbidden as food because they can cause illness and disease in the human body. Pigs, for instance, are not to be eaten. Many studies show that pigs are high in fat and carry many parasites. Other unclean creatures are rats, skunks,

lizards, snakes, rabbits, horses, and camels.

The meats which are fine to eat are from animals that eat grasses and foliage, such as cattle, sheep, goats, deer, and buffalo. We also find that we are allowed to eat clean birds like chickens, turkeys, geese, ducks, and doves. These birds feed on grains or plants. The unclean birds like eagles, owls, hawks, and vultures, often feed on dead animals.

In addition, we are also not allowed to eat fat and blood. Food that is cooked in lard is unclean. Butter, olive oil, and vegetable oils should be used when cooking instead of animal fat. In His great wisdom, Yahweh has revealed the way to good health!

Inside this issue:

What kinds of food...	1
Word Scramble	2
Clean or Unclean?	3
Word Search	4

"Do not eat any detestable thing."

— Deut 14:3 NIV

Word Scramble

Unscramble the following words to discover some of the unclean creatures we are forbidden to eat.

1. BBTIAR _____
2. ESROH _____
3. GELAE _____
4. WOL _____
5. WHKA _____
6. DRAIZL _____
7. IPG _____
8. TAR _____
9. MELCA _____
10. UNKKS _____
11. EKNAS _____
12. LUVERUT _____



(answers: 1. Rabbit, 2. Horse, 3. Eagle, 4. Owl, 5. Hawk, 6. Lizard, 7. pig, 8. Rat, 9. Camel, 10. skunk, 11. Snake, 12. Vulture)

Clean or Unclean?

Circle the creatures below that are clean for us to eat



Yahweh's Assembly in Yahshua
 2963 County Road 233
 Kingdom City, Missouri 65262

Main Line: 1-573-642-4100
 Toll Free: 1-877-642-4101
 Fax Line: 1-573-642-4104
 Website: www.KidsForYah.org



Clean Animals

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

Buffalo
Deer
Goat

Chicken
Dove
Turkey

Cow
Duck