Bonus Activities

All Ages

Enjoy a Healthy Snack: Provide sliced fruit or raw veggies with ranch dressing, plates, napkins and water. Encourage children to try something new! Talk to them about how Scarlette Jasper helps children learn how to choose healthy foods. When we eat healthy foods, it can actually change our lives!

Older Children

Create a Menu: Download and print the template found here: www.myplate.gov/life-stages/kids. Provide pencils, and a white board and markers. Encourage children to share a few things they like to eat. Write them on the board and talk about where they would fit in the MyPlate menu (fruit/veggie/whole grain/protein/dairy). Ask children to name some fruits and vegetables (write those as well). Encourage children to think about what they like and to use their template to create their own menu. Help as needed. Talk about how eating a balanced diet helps us stay healthy.

All Ages

Play a Game: Choose a favorite game of your class that gets them moving (Hide and Seek, soccer, frisbee, etc.). Give them time to play a few rounds and talk about how moving around, playing games, exercising, dancing etc. helps us stay healthy.

Pathlight

www.cbf.net/pathlight

CBF's *Pathlight* curriculum helps children explore the Good News of Jesus through stories, scripture and activities.

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Pathlight

Your word is a lamp that gives light wherever I walk. **Psalm 119:105 (CEV)**

Theme Overview

Scarlette Jasper, CBF field personnel in Corbin, KY, shares God's love through teaching her community how to care for themselves. She teaches children, families and even senior adults about nutrition, appropriate portion sizes and healthy food preparation. She teaches them that they are worth caring for, and that they deserve to live long, healthy lives. This session focuses on the theme of sharing God's love.

Bible Verse

2 Corinthians 9:6–8

Remember this saying, "A few seeds make a small harvest, but a lot of seeds make a big harvest." Each of you must make up your mind about how much to give. But don't feel sorry that you must give and don't feel you are forced to give. God loves people who love to give. God can bless you with everything you need, and you will always have more than enough to do all kinds of good things for others.

Session Outline

Prepare

- Make copies of the Student Handout.
- Review the Story and Bible Verse.

Welcome

- Greet students as they arrive.
- **Ask**: "What do you do to be healthy?"

Engage

- Distribute the Student Handout.
- Read and discuss the Bible Verse.
- Work on the Handout Activity.
- Transition to Story Time.

Share

- Tell the Story, "Sharing God's Love through Healthy Eating."
- Share the photo and caption.
- Discuss the Story and pray.

Conclude

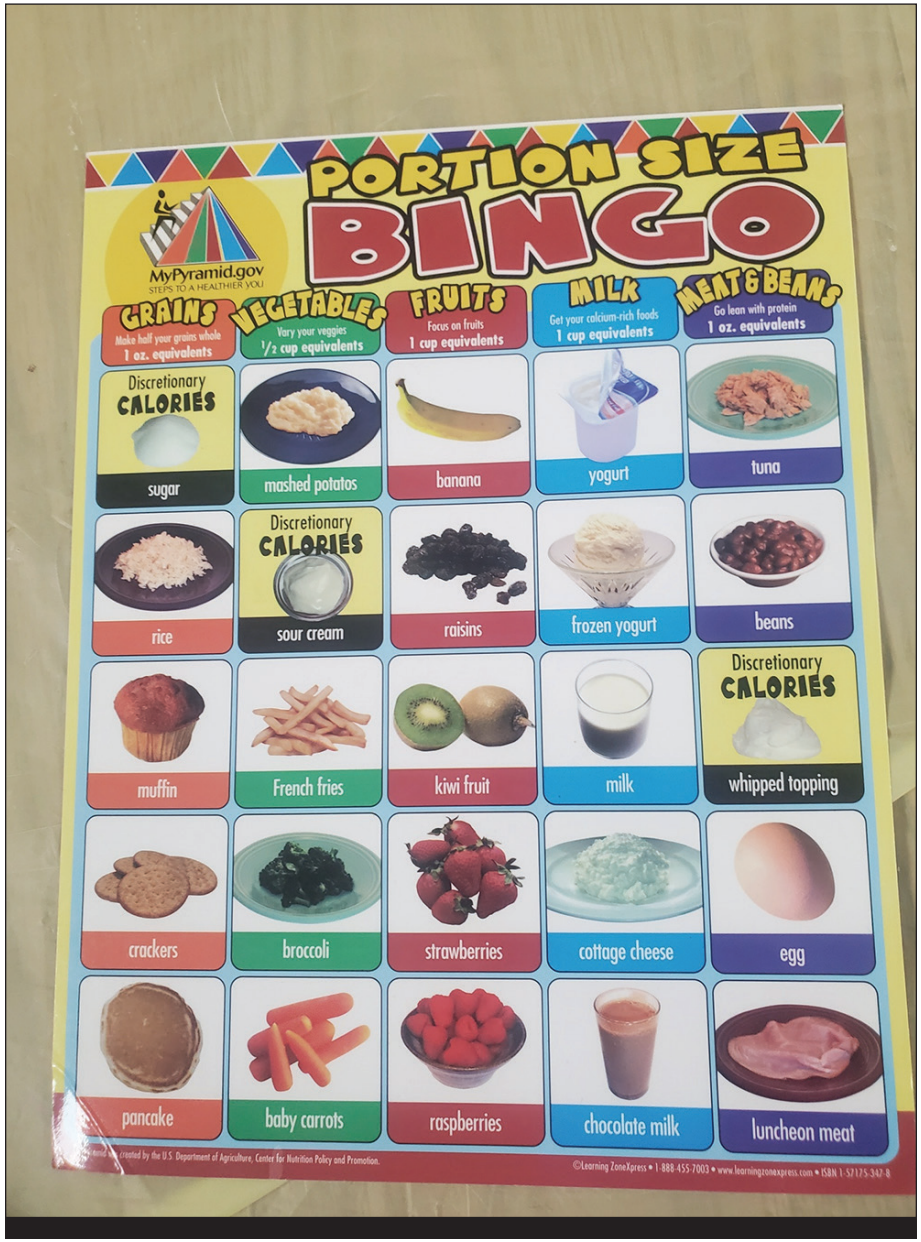
- Lead students in Bonus Activities as time permits.

Sharing God's Love through Healthy Eating

"Good morning, boys and girls!" said Scarlette Jasper as she entered the elementary school gym. "I am so glad you are all here today! We are going to be learning some important things, but we are also going to have fun. Are you ready to have fun?" "YES!" yelled the group. Scarlette began the program by playing nutrition bingo to see what each child knew about healthy eating. Next, she brought out some props to show appropriate portion sizes and how their plates should look. Then it was time to try some new food! Around the room, teachers pulled out plates of fruit kabobs, sliced fruit, veggie kabobs, raw veggies with ranch dressing and more. The children were encouraged to choose what they wanted to try. Then they got to rank what they liked best! Next, it was time to move! Hannah Reeder, their missionary in residence at Olive Branch Ministries, was there to help the children dance and have fun. She reminded them that movement, too, helps them stay healthy. After a full day of fun, the boys and girls got to pick out a fruit or vegetable to take home from the mini grocery store Scarlette had set up. Later, Scarlette prayed for each of those children, that they would continue to eat healthy foods and change some of the unhealthy patterns in the state of Kentucky. She knew that helping people be healthy was one way she could share God's love for these bodies God had created.

Discussion and Prayer ✱

- **Ask**: How is Scarlette Jasper helping people in Kentucky?
- **Ask**: How is Scarlette sharing God's love?
- **Ask**: How can we help others eat healthy foods? How is that sharing God's love?
- **Say**: Scarlette does a lot to teach people in Kentucky. She helps people learn how to budget and find jobs so that they can take care of themselves. She also teaches people about nutrition and eating healthy foods. She helps people learn about healthy food preparation and appropriate portion sizes and gets them up and moving around. She shares God's love by reminding people that God created them, and that God wants them to take care of the bodies God has given them.
- **Pray**: Dear God, help us to take care of these bodies you have given us. Help us to help people in need have good foods to keep them strong and healthy. Amen.



Scarlette Jasper

Scarlette Jasper, CBF field personnel in Corbin, KY, shares God's love through teaching her community how to care for themselves.

STUDENT HANDOUT
DECEMBER 14, 2025

Pathlight

Your word is a lamp that gives light wherever I walk. Psalm 119:105 (CEV)

Learn About

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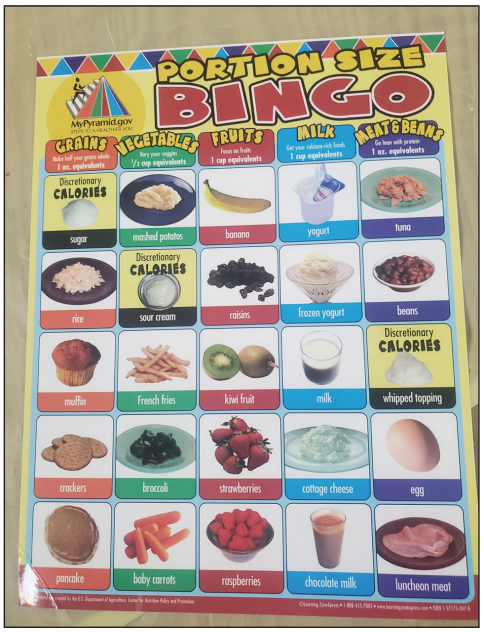

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Name that Fruit/Vegetable!

Cut out the fruit and veggie cards and tape them to headbands, or to the backs of your students. Encourage students to walk around, giving clues to each other to try to help each other guess which fruit or vegetable they are.

Apples	**Strawberries**
Watermelon	**Broccoli**
Lettuce	**Green Beans**
Asparagus	**Tomato**
Lemon	**Banana**
Pomegranate	**Pear**
Orange	**Spinach**
Carrot	**Pumpkin**