

Heaven's Kitchen

Family Concoctions

by Dienna Goscha



Heaven's Kitchen was written by Dienna Goscha and published by River's Edge Curriculum, a company that is committed to developing creative, bible-based resources for children, women and parents.

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Introduction

Cook up some fun with your family using the Heaven's Kitchen Family Resource. Investigate five parables that Jesus told (parables are just stories with a spiritual meaning) using a variety of fun activities. If you have ever felt that talking to your child about spiritual concepts was awkward, this book is for you. If you have ever wanted a creative way to connect spiritually with your child, you will find the resource is full of fun, hands-on activities. If perhaps you are used to a special Bible time with your family, this book will enhance the time you spend together.

The resource is flexible. Pick and choose activities that fit your time constraints. Some ideas are simple while others will take a bit of planning. Perhaps you will want to read a parable one night and each night the rest of the week pick an activity based on that parable. Or instead you might like to have a family night in which you pick a number of activities to do together. Use the resource in a way the benefits your family.

Each chapter contains:

Listening and Learning: Read the parable. Ask questions based on the story.

Dialogue: Pick one or two questions to discuss applications of the point of the parable.

Drama: Acting, building and movement ideas.

Family Journal: Use a drawing pad or notebook. Draw, write or create something in the journal from the ideas given. Write the ideas on the top of each page of the journal. Family members can have fun adding to the journal during the week.

Kitchen Science: Experiment with food and other kitchen stuff.

Family Outings: Ideas for family fun outside the home.

Crafts: Create some works of art.

Cooking: Recipes and simple snack ideas to share.

Chapter One: Soil and Seeds

Point to Remember: I should listen and learn from God's Word.

The Parable to Read: The Sower Matthew 13:3-8, 18-23

Verse to Memorize: I have stored up your word in my heart, that I might not sin against you. Psalm 119:11

Note to Parents:

We all can relate to hearing something we need to act on and allowing it to go in one ear and out the other. Or perhaps acting on what we have heard and then becoming distracted with life and not following through on that action. Or just giving up because the action seems too hard. Only those that persevere and keep at it will be successful. The same is true of God's Word. We have a choice in how we are going to listen. Use the activities in this chapter to teach your child the importance of listening to God's Word, learning from it and applying it to life.

Listening and Learning:

Read The Parable of the Sower.

Adapted from Matthew 13: 3-8

Jesus often taught people by telling stories. These stories are called parables. One of the stories He told was the Parable of the Sower.

One day a sower (or farmer) went out to plant his seed. He scattered the seed on the ground in a field. Some of the seed fell on a path. The birds swooped down and ate it up. Some of the seed fell on rocky ground, where there wasn't much soil. The seeds sprouted and plants grew quickly but the soil wasn't deep so the plants couldn't grow roots. When the sun came up, it dried up the plants because they had no roots. Other seed fell among thorns and weeds. The seeds sprouted and grew but the thorns crowded out the plants. Finally some seed fell on good soil. It made a huge crop that was 100, 60 or 30 times more than what was planted.

Jesus explained what the parable meant in Matthew 13:18-23.

The seeds on the path are like people who hear about God but do not understand it. The evil one comes and steals what has been planted in their hearts. The seeds on the rocky places are like those who hear about God and receive it with joy. However, they last only a short time. When trouble or suffering comes they do not remember what they learned. The seed that fell on the thorny ground are like those who hear about God and receive it, but they get worried about life and the things they want and they forget. Finally, the seed that fell on the good soil are those who understand what they hear about God. They stick with it and live it.

After reading the parable, ask the following questions:

Q: What happened to the seed that fell on the path?

A: The birds came and ate it.

Q: What happened to the seed that fell on the rocky soil?

A: It grew but then it had no roots so it wilted.

Q: What happened to the seed that fell on the thorny soil or in the weeds?

A: The weeds grew up around it and choked it.

Q: What happened to the seed that fell on the good soil?

A: It produced a HUGE crop.

Now see if the children can match the following with the right soil:

Q: What kind of soil is the person who hears God's Word but then doesn't pay any attention?

A: Path

Q: What kind of soil is the person who hears God's Word and does it, but then when things get hard they quit?

A: Rocky soil

Q: What kind of soil is the person who hears God's Word and does it, but then gets busy with other things and forgets?

A: Thorny/weed soil

Q: What kind of soil is the person who hears God's Word, learns from it and continues to live what they learn?

A: Good soil

Dialogue

Choose a few questions to discuss together:

Do you ever have a hard time really listening?

Give an example of a time when someone told you to do something and you heard but you did not truly listen?

What about when you hear the Bible being read?

What is the difference in hearing the Bible and listening and learning from the Scripture?

How should reading the Bible change your life?

What can you do so that you will listen and learn from the Bible?

What have you learned lately from the Bible that you need to obey?



Drama

Have kids act out the parable. Be creative! Use socks for rocks, dried beans for seeds, and empty paper towel rolls for weeds.

Build the field using Legos.

Role play the correct way to listen during church (or anytime someone is reading Scripture) and the wrong way to listen.

Make up motions to go with the Bible memory verse. Have everyone practice the motions until the verse is memorized.

Family Journal

(Buy a notebook and place where everyone can get to it. During the week everyone in the family draws or writes something in the journal about the parable.)

Ideas:

Draw the different kinds of ground in the parable.

Write something you have learned from the Bible recently.

Draw a picture of someone not listening and obeying God's Word.

Draw a picture of someone listening and obeying God's Word.

Write a poem about the sower.

Write the word "SOWER" down the left hand side of the page. After each letter, write something from the parable starting with that letter. Example: S- Soil

Divide the page into four parts. In each section, draw the progression of a seed growing. (planted, sprouting, growing, producing fruit)

Kitchen Science



For preschoolers: Slice open an apple. Look at the seeds. Open other pieces of fruit and take out the seeds. Place the seeds in order from smallest to largest. (Fun fact - a coconut is the largest seed!)

Plant popcorn. Place a cup of potting soil in a plastic zipper bag. Put 10 kernels of popcorn in the bag and seal it. Place in a window. In just a few days it will sprout. Watch it grow.

Place potting soil in an aluminum rectangular pan. Write your family's last name with seed in the soil. Water the seed and cover the pan with clear plastic wrap. Watch the herbs grow into your name.



Family Outings

Visit an Arboreteum.

Go on a nature walk and look for the different kinds of ground in the parable.

Visit a neighbor's (or your own!) garden. Help weed the garden or pick vegetables.

Pick apples, strawberries or blueberries. As you pick them, remind the kids about the parable.

Crafts

Make a banner with the Bible memory verse. Write the verse on a long strip of paper . Have everyone in the family decorate it with drawings, fun foam cut outs or painting.

Divide a piece of paper into four parts. At the top of each section write: path, rocky soil, weeds and good soil. Create each kind of soil and what grew on each. Use sand paper, cardboard, scrapbooking supplies, or recyclables to create a 3D design.

Make a planter from an empty can. Rinse the can and check for sharp edges. Paint with chalk board paint (2 coats) and let dry. Decorate with chalk. Place potting soil and a plant or seeds in the can.

Buy terra cotta pots. Use tempera or acrylic paint to make designs on the pots. Permanent markers work for smaller detailed designs. Use planters to plant seeds.

Cooking

Chocolate Brownie Field: Make a pan of brownies and turn it into a field. Frost with chocolate to represent the soil. Make a path with M and M's. Use marshmallows for rocks and pretzel rods for weeds. Make plants using green coconut (place coconut in a plastic bag with a few drops of green food coloring and shake.)

Veggie Flower: Create a flower using vegetables. Celery is the stem. Lettuce or spinach the leaves. Cherry tomato the center of the flower with sliced cucumber for the petals. Use hummus or dip for the dirt.

Popcorn Balls: Make popcorn balls, reminding the kids that popcorn is a seed. (Recipe at the end of the chapter.)

Carrot Pots: Create mini pots of growing carrots. Buy small terra cotta pots. Place hummus or dip inside the pot (Cover the hole with foil.) Take baby carrots and slice the top. Place a piece of curly parsley in the cut. Place the carrot in the dip. Continue with 5-6 carrots. Make one for each person. (Tip: paint a rectangle with chalkboard paint and write each person's name on the pot with chalk.)



Dirt Dessert: Place prepared chocolate pudding in a small glass or bowl. Put crushed oreos on top. Slide a gummy worm or two into the pudding.

Dirt Sandwich: Spread peanut butter (dirt) on a piece of bread (the field). Place raisins to represent the seeds planted in the good soil.

Popcorn Balls

Ingredients

1/2 cup butter

1 (16 ounce) package large marshmallows

2 cups popped popcorn

1 cup candy (candy corn or candy coated chocolate)

Directions

Combine butter and marshmallows over low heat, stirring consistently. Add the popcorn and candy. Mix until evenly coated with marshmallows. Once the mixture is cool enough to touch, grease everyone's hands with butter and form balls.



Chapter Two: Yeast

Point to Remember: A little bit can make a big difference.

The Parable to Read: Parable of the Yeast Matthew 13:33

Verse to Memorize: “But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us.”
2 Corinthians 4:7

Note to Parents:

We all know that a little bit of gossip, a little bit of anger, or a little bit of jealousy can make a big difference in our homes, our relationships and even our communities. Likewise, a little bit of love, little bit of faith and a little bit of joy can also make a big difference. In the parable of the yeast, a small bit of dough that contained a leavening agent was mixed into a large amount of flour. That little bit permeated through the entire dough, changing it. This is the same way that God's Kingdom grows, both throughout the world and in our own lives.

Listening and Learning

Read The Parable of the Yeast.

Adapted from Matthew 13: 33

Sometimes Jesus told parables that were short. They almost seem to be too short to be a story.

Jesus told the people, “The kingdom of heaven is like yeast,” he said. “A woman mixed it into a large amount of flour. The yeast worked its way all through the dough.”

Yeast is used in bread to make it rise. It forms bubbles when it is put in the dough and pushes the dough up. The bubbles will burst, but the dough still stays. In this story, Jesus is telling the people that just a little bit of yeast can make a large amount of dough rise.

It’s the same way with our lives. Just a little bit of faith can grow until it makes a big difference.

After reading the parable, ask the following questions:

Q: What did the woman put into the flour?

A: Yeast

Q: What happened when she put the yeast into the flour?

A: It worked its way through the dough.

Q: What do you think happened to the dough as it sat?

A: It started to rise.

Q: What do you think would happen if the woman made bread out of the dough?

A: As it cooked, it would keep rising.

Dialogue

Choose a few questions to discuss together:

How do you think that a little bit of faith can make a big difference?

How could you make a difference in your school by showing Jesus' love to others?

How could you make a difference in your neighborhood by showing Jesus' love?

How could faith in your own life make a big difference in your life?

What could we do as a family to make an influence in our community? Remember even the smallest things can make a big difference.

**Read the Bible verse, "But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us."
2 Corinthians 4:7**

Do we make a big difference on our own?

What are some ways that our family can tell others about Jesus?



Drama

Role play ways of being a good influence in school. Think about kids that are shy, kids that are bullies and kids that do not have friends.

For preschoolers: Pretend to be the dough before the yeast is added. (Curl up in a small ball on the floor.) Then pretend that the yeast has been added and grow big.

Pretend to be a baker. Go through the motions of making bread. Set up a store with pretend baked goods.

Make different kinds of bread (sandwich, rolls, doughnuts, tortillas, crackers) with legos. Make some with yeast and some without.

Dramatize the parable using playdough. Make a bowl out of playdough. Use another color for the flour. Mix a small piece of yeast in with a different color.

Family Journal

(Buy a notebook and place where everyone can get to it. During the week everyone in the family draws or writes something in the journal about the parable.)

Ideas:

Draw pictures of food that has yeast in it.

Draw pictures of food that does not have yeast.

Rewrite the parable as a poem.

Write the word “YEAST” down the left hand side of the paper. Think of ways to be a good influence in the world that start with each letter of the word. Write the ideas beside the letters.

Draw and color a picture of someone showing Jesus’ love to someone.

Draw and color in black and grey tones someone not showing Jesus’ love to someone.

Make a list of phrases that you can say that would encourage someone. Use different colors of crayons or markers to make the list colorful.

Copy the parable from the Bible. Sketch a border to go around it.



Kitchen Science

Look at different kinds of yeast bread. Look to see the holes made by the bubbles formed by the yeast.

Blow up a balloon with yeast. Blow up a balloon a couple times to stretch it out. Add 1 package yeast and 2 tablespoons sugar to 1 cup very warm water (105-115 degrees F). Once dissolved, pour into an empty water bottle. Attach the balloon to the top of the bottle. The balloon will slowly start to inflate. Be patient!

Fill up a clear glass with water. Drop a few drops of food coloring into the water. Watch as the water slowly turns colored. This is the same way the yeast works in the dough.

Watch yeast work. It seems to be alive. Pour one package of yeast into a bowl and add 1 cup warm water and 1 teaspoon sugar. Wait 10 minutes and see bubbles forming.

Try the experiment again but this time use different kinds of sugar: corn syrup, brown sugar, pancake syrup. Observe.



Family Outings

Do yard work for an elderly person. Make sure everyone in the family has a good attitude for Jesus' love to make a difference.

Volunteer at a food shelf for an afternoon organizing groceries.

Visit a bakery. Taste some yummy treats made with yeast.

Make bread or cookies and take it to someone who needs to be encouraged.

Check to see if your community has an organization to pack rice packs for third world countries. Organize a group to go and pack food. It will change your whole perspective.

Crafts

Make greeting cards using cardstock, markers, stamps, left over ribbon, etc. Write encouraging Bible verses or short quotes in the cards. Keep on hand to give to someone who needs encouragement.

Bread dough beads can be made with a loaf of white bread, white craft glue, acrylic paint, acrylic sealer, yarn or plastic lacing and straws. Make sure you also have a bowl and paintbrush. Begin by tearing the slices of bread into tiny bits (Discard the crust.) and placing them in a bowl. Add white glue a little bit at a time into the bowl and form a dough. Mix with hands. Form small balls or other shapes for the beads. Use the straw to poke a hole through the bead for stringing. Let dry for 1-2 days. Once hard, paint. Spray with sealer once dry. String onto yarn or lacing.

Using the same recipe for bread dough as above, roll out the dough and cut shapes with cookie cutters. Use the straw to poke a hole at the top to place a string to hang. Once dry, paint and then seal. Can be used for Christmas ornaments or for decorations. Use alphabet letters to spell names and glue the letters on a piece of wood.

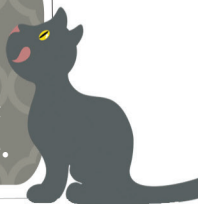
Put together all the dry ingredients for chocolate chip cookies in a mason jar. Attach the recipe. Decorate the jar by painting, using stickers or fabric and ribbon. Give away as a gift.

Cooking

Make Monkey Bread using the recipe on the next page. Make sure all the kids get involved. Talk about how yeast in the biscuit dough will make the bread rise.

Make bread dough sculptures using the recipe below. Have fun making fun pieces of art that can be eaten.

Make a snack mix by combining your child's favorite snacks. Use cereal, pretzels, goldfish crackers, etc. Place the ingredients in a plastic bag and shake. Talk about how the ingredients mix in with the others just like the yeast mixed through the dough in the parable.



Bread Dough Sculptures Recipe

Ingredients:

- 1 package yeast
- 1 1/2 cups warm water
- 1 teaspoon salt
- 1 tablespoon sugar
- 4-5 cups of flour, plus extra for dusting

Put warm water into a bowl. Sprinkle the yeast on top and stir. Add salt and sugar. Stir in four cups of flour. Mix until dough forms a ball. Give each child a fist-sized piece and have them knead until smooth and elastic.

Sculpt the dough into simple figures or letters of the alphabet. When finished sculpting, place on a greased cookie sheet. Cover with a kitchen towel and leave in a warm place until dough is doubled, about 45 minutes to one hour.

Bake at 350F degrees for 10-15 minutes until light golden brown. Dip in honey to eat.

Monkey Bread Recipe

Ingredients:

½ cup brown sugar
2 sticks butter
2-3 teaspoons cinnamon
3 cans buttermilk biscuits
1 cup sugar
Large plastic baggie
Bundt cake pan

Preheat oven to 350F. Open the can of biscuits. Give the kids butter knives and let them cut the biscuits into fourths. Combine sugars and cinnamon in a large plastic baggie. Drop all the biscuit pieces into the cinnamon-sugar mixture. Shake until coated. Kids love to get to do this step. If you have more than one child, pass the bag around allowing everyone in on the fun. Dump the pieces into the pan and arrange.

Melt the butter in the microwave. Pour over the biscuit pieces. Bake for 30-40 minutes. Allow to cool for at least 15 minutes. Place plate over the pan and invert, allowing the bread to fall into the pan.



Chapter Three: Salt

Point to Remember: We should be a good influence in the world by showing Jesus' love.

The Parable to Read: Parable of the Salt Matthew 5:13

Verse to Memorize: Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God. Ephesians 5: 1-2

(Preschool): Live a life filled with love, following the example of Christ. Ephesians 5:2a (NLT)

Note to Parents:

Salt seems like such an ordinary substance in our world. In fact we hear reports of cutting back on our salt intake. So to be the salt of the world is an odd phrase in our culture. However, in ancient times, salt had significance far greater than just a seasoning. Used as a preservative, cleanser, healing agent, currency, and as a seasoning, salt was an important commodity. Today, we should also be a vital influence in the world by showing Jesus' love to those in need, whether physically, spiritually or emotionally.

Listening and Learning

Read The Parable of the Salt

Adapted from Matthew 5:13 (ESV)

Jesus told the people, “You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people’s feet.”

Does it seem strange to be called the salt of the earth? Do you think of a salt shaker when you think of that? It might help you understand the parable to know that salt was used in a lot of different ways in ancient times.

Seasoning - Salt sprinkled on food makes it taste better

Healing - Salt would be sprinkled on a wound to clean it and help with healing

Cleansing - A newborn baby was rubbed all over with salt to clean it and firm its skin

Preserving - Food was kept from rotting by soaking it in salt and water

Currency - Soldiers were paid with salt because it was scarce but needed

Roads - Salt that had lost its taste was thrown on paths and roads where people would walk

After reading the parable, ask the following questions:

Q: How can we flavor the world with Jesus' love like salt is a seasoning?

A: When we show Jesus' love through our actions or words, it should make the world better.

Q: How can we help with healing when we are being the salt of the earth?

A: When we show Jesus' love to others, we can help them feel better knowing that someone cares. We can also take care of their physical needs. Example: giving food for the hungry.

Q: What about preserving and cleaning? How can we be salt this way?

A: When we tell others about Jesus' love, we are pointing them to the One who can forgive their sins.)

Q: What about the salt that was no longer good? What happened to that salt?

A: It was thrown out onto paths and trampled on the ground.

Dialogue

Choose a few questions to discuss together:

How can you influence the world for good?

Can you think of a way to be seasoning to those around you?

How can you tell other people about Jesus' love and point them to Him?

How can you be salt to those who are hurting physically?

What can you do in your neighborhood to be salt to your neighbors? Think of something specific your family can do.

Read the Bible verse, "Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God." Ephesians 5: 1-2

Whose example should we follow in learning how to be the salt of the earth?

Who loved us? Can we show other people His love since He first loved us?



Drama

Act out ways to use salt from the list in the listen and learn section. Do not use words. Let the family guess which use is being dramatized.

Role play ways to show Jesus' love to different people: the bully at school, the lonely neighbor, the shy kid on the bus, the annoying little brother, the scary teacher. Think of people that fit into your family's life.

Use playdough to make different foods that are salty. Show the food to each other and let everyone guess what it is.

Make up a commercial encouraging people to be the salt of the earth. Video tape it and watch it. Send it to some friends and extended family.

Make up a play about a kid who decided to show Jesus' love throughout the day no matter what. Have at least three situations happen that make it hard to continue with the commitment. Make sure the kid relies on Jesus to help.

Family Journal

(Buy a notebook and place where everyone can get to it. During the week everyone in the family draws or writes something in the journal about the parable.)

Ideas:

Draw a picture that illustrates the parable.

Write the word “SALT” down the left hand side of the paper. Think of ways to show Jesus’ love to the world that start with each letter of the word. Write those ways beside the letter.

Draw pictures of salty food.

Draw a picture showing all the ways that salt was used in ancient times.

Draw a picture of the world. Use bubble letters to write “SALT” on top of the world. Decorate the letters.

Write “Jesus loves you” in different languages. Use different colored pencils for each language. Look online to find how to write it.

Write a letter to the world. Tell the world how you are going to be salt to it from now on.

Make a list of ways you can be salt at school, at work, in your neighborhood or in your community.

Draw a picture of your grocery store. Show someone being “salty” in the store. Show someone else not being “salty.”

Write the Bible verse in your best hand writing. Draw a simple symbol around words like love (Draw a heart.) and follow (Draw a footprint.)

Kitchen Science



Clean pennies. Mix $\frac{1}{4}$ cup of vinegar and 1 teaspoon of salt. Dump in a few pennies and let sit for five minutes. Rinse off and the pennies are clean.

Salt and Water. Fill a glass of water to the brim. Mix in 1 cup of salt. Do you expect it to overflow? Salt mixes into the water without making it overflow.

Ice Pickup. Place an ice cube on a plate. Place a piece of yarn on top of the ice cube. Sprinkle salt on the part of the yarn touching the ice cube. Make sure that it is covered with salt. Wait 10-15 seconds and then try to pick up the ice cube with the yarn.

Taste test. Close eyes. Taste a food and decide if it is salty or not salty. Try different foods, taking turns being the taster and the one giving the food.

Preschoolers: Salt tray. Pour salt in a cookie tray. Kids can write in the salt, play cars, make mountains, or draw pictures. Just shake and start again when ready for a new creation.



Family Outings

Go to the grocery store. Try to find as many kinds of salt as possible. Choose one or two to try at home in place of the salt used.

Visit a zoo. Look for places that animals might lick for salt. Ask someone at the zoo if the animals have salt licks. Investigate these.

Visit a farm or ranch supply store. Look for salt blocks that are used for animals to lick. Find out why this is important for animals.

Visit a nursing home. Bring cards to give to the residents and show them Jesus' love.

Collect food in your neighborhood for a local food shelf.

Do yard work for someone who is not able to do it. Make sure that you are cheerful and show Jesus' love.

Crafts

Salt painting. On a black piece of paper, paint a design with glue. Sprinkle salt on the glue. Shake off the excess. Using a paint brush and food coloring, paint color on the salt. Watch as it runs through the salt.

Salt chalk. Lay out a piece of newspaper. Pour 1 cup of salt on the newspaper. Place a colored piece of chalk on the salt and roll back and forth until the salt is colored. Pour the salt into a plastic bag. Continue with other colors. Layer the colored salt in clear jars to make “sand art.”

Salt dough. Mix 2 cups all-purpose flour and 1 cup table salt together. Slowly add 1 cup water and mix. Knead the dough. Add a few more drops of water if necessary. Roll the dough out and cut with cookie cutters, piercing a hole in the top for ornaments. Or make 3-D objects such as animals or people. Allow to dry for 1-2 days, turning periodically. Sand any rough edges. Paint.

Salt Dough Map of the Earth. Use the recipe for salt dough. Roll out the dough on a piece of cardboard and cut out the shape of the world. Draw the outlines of the continents. Add mountains. When dry, paint the land and the water.

Salt Words. Write “Be the Salt of the Earth” with glue. Sprinkle salt on the glue. Hang up as a reminder.

Place cards. Make place cards with cardstock. Draw a simple symbol such as a heart on the end of the place card. Sprinkle salt on it. Write each family member’s name on the card and place above their plate at supper.

Cooking

Homemade pretzels. Make wonderful soft pretzels for a fraction of the cost at carnivals, theme parks and movies. Recipe below.

Experiment with popcorn. Try different kinds of flavored salt, no salt and regular salt. Vote to see which one is the family fave.

Make ice cream with rock salt. Place the mixture for the recipe (below) in a small ziploc baggie. Tape closed with duct tape. (You do not want rock salt getting into your ice cream!) Inside a large ziploc baggie, place ice and rock salt. Shake the mixture until the ice cream forms. This can also be done with a large and small coffee can. Buy an ice cream maker for less mess but less fun.



Salt water Taffy. Have an old-fashioned taffy pulling night. Messy with priceless memories. Recipe below.

Ice Cream Mixture:

Ingredients for one: 1 tablespoon sugar, 1 cup milk or half & half, 1 teaspoon vanilla, 6 tablespoons rock salt, 1 pint-size plastic sealable bag, 1 gallon-size plastic sealable bag, one strip duct tape, ice, spoon

Mix together the milk, vanilla and sugar in the small bag. Seal the bag and secure it with duct tape. Fill the large bag with ice and rock salt. Place the small bag inside the large one and seal.

Shake the bags. This will take approximately 5 minutes for the ice cream to form. Open it carefully, wiping the rock salt water off the small bag before opening. Eat right from the bag using the spoon. Optional: Add toppings or crushed cookies

Salt Water Taffy

Ingredients: 1 cup sugar, 2 tablespoons cornstarch, 1 cup light corn syrup, 1 cup water, 2 tablespoons butter, 1 teaspoon salt, 1 teaspoon flavoring oil or extract (mint, peppermint), waxed paper

Preparation: Cut the waxed paper into squares approximately 2 in. by 3 in.

In a pan, sift sugar and cornstarch. Stir in corn syrup, water, salt and butter. Heat over medium heat and stir until sugar dissolves. Cover and bring to a boil. Continue boiling for 2-3 minutes. Uncover and cook until candy thermometer placed in pan registers 256 degrees F. Remove from heat. Add food color and flavoring.

Stir gently and then pour into buttered pan. After cooled enough to handle, grease hands and pull warm candy with fingertips out about 12 inches. Turn candy back from fingertips from one hand to the other, catching the center and pulling again. This adds air to the candy. Have fun doing the pulling between two people in the family. Continue pulling taffy until it is light in color and glossy. Usually this takes 20 minutes.

Pull the candy into a long strip, cut with greased scissors and wrap in waxed paper squares. Twist the ends of the paper.



Home Made Pretzels

Ingredients: 4 teaspoons active dry yeast, 1 teaspoon sugar, 1 cup warm water (110 degrees F), 5 cups flour, 1 cup sugar, 1 teaspoon salt, 1 tablespoon vegetable oil, 1 cup baking soda, 4 cups hot water, 1 cup kosher or sea salt for topping

Dissolve yeast and 1 teaspoon sugar in warm water in a small bowl. Wait 10 minutes until creamy.

In a larger bowl, mix flour, 1 cup sugar, and salt. Press the center with a large spoon and add the oil and the yeast mixture. Mix and form into a ball. Knead the dough about 7-8 minutes until smooth. Pour a teaspoon of oil over the dough and turn to coat. Cover with plastic wrap and let rise in a warm place until doubled in size, approximately 1 hour.

Preheat oven to 450 degrees F. Meanwhile, dissolve baking soda in hot water. Place risen dough on a floured surface and divide into 12 pieces. Roll each piece into a rope and twist to form a pretzel. Dip the pretzel in the baking soda solution and place on a greased baking sheet. Sprinkle with kosher salt.

Bake for 8 minutes or until browned.

Chapter Four: Wheat

Point to Remember: It's not about me, it's about Jesus

The Parable to Read: Parable of the Wheat Seed John 12: 24-25

Verse to Memorize: "I am the resurrection and the life. Whoever believes in me, though he dies, yet shall he live." John 11:25

Note to Parents:

It seems a paradox that Jesus calls us to die so we can live. However, just as a seed of wheat must fall to the ground and die to reproduce more wheat, Jesus had to die in order for others to live. By following His example, we must also die to what we want in our own lives in order to embrace life in Him.

While this concept may be hard for kids to understand, they can understand that living their lives should be all about Jesus and not about them. The parable of the wheat illustrates for kids how our own wants and desires need to fall to the ground so that we can experience the life Jesus wants us to have.

Listening & Learning:

Read The Parable of the Wheat Seed

Adapted from John 12: 24-25 NLT

Jesus was nearing the time when He would be put to death on the cross. He realized this and was speaking about the time coming. He told this story:

“I tell you the truth, unless a kernel of wheat is planted in the soil and dies, it remains alone. But its death will produce many new kernels—a plentiful harvest of new lives. Those who love their life in this world will lose it. Those who care nothing for their life in this world will keep it for eternity.”

In this story, Jesus was talking about two things. The first was Jesus’ own death. He had to die in order to be resurrected, which means coming back to life. Jesus’ death and resurrection would bring life for his followers. Today, we can have life forever in heaven if we follow Him.

Jesus was also talking about our own lives. We must give up our own way of doing things and instead want His way of doing things. We have to decide that it is not about me, but it is all about Jesus.

After reading the parable, ask the following questions:

Q: How does a wheat seed dying in the ground and then sprouting remind you of Jesus?

A: He died on the cross, was placed in a tomb but then was resurrected.

Q: Why did Jesus have to die?

A: So we could have eternal life.

Q: How does a wheat seed dying in the ground and then sprouting remind you of the way Jesus' followers should live?

A: We should put our own desires in the ground and let Jesus bring to life what He wants us to be and to do.

Q: What does it mean that it is not about me, but all about Jesus?

A: That He is the most important in our life, that we put Him before everything else, and that we will rearrange our lives to do what He wants us to do.

Dialogue

Choose a few questions to discuss together:

Can you think of an attitude or a behavior in your life that needs to “die?”

What difference does it make when we put Jesus first?

Do you think that living a life that is all about Jesus will make a difference in our family?

Do you think that if you live a life that is all about Jesus it will make a difference in your school and in our neighborhood?

Can you think of a specific example where you can make the choice to be all about Jesus?

Read the Bible verse, “I am the resurrection and the life. Whoever believes in me, though he dies, yet shall he live.” John 11:25

What does that mean in your own words?



Drama

(For younger kids) Act out a seed growing using your body. Start with the seed placed in the ground. Show the seed sprouting and finally growing into a tall plant.

Use play dough to make different foods that are made from wheat. Set up a bakery and sell your baked goods.

In a sand box or dirt pile, build a field. Plow the field with a stick. Place twigs in the field to represent wheat.

Choose your favorite cereal that contains wheat. Practice and present a sales pitch to your family to get them to buy the cereal.

Role play with parents being the kids. Think of a situation in which a kid wants something, but his parents are saying "No." Have the situation end with the kid realizing he is making it all about him instead of Jesus. Parents should overdramatize.

Family Journal

(Buy a notebook and place where everyone can get to it. During the week everyone in the family draws or writes something in the journal about the parable.)

Ideas:

Draw a wheat seed and next to it draw a wheat stalk.

Write the word “WHEAT” down the left hand side of the paper. Think of ways to be unselfish and to be Jesus to others.

Draw pictures of foods made from wheat.

Make a list of foods in your pantry that contain wheat.

Draw things from nature that are dead and then after time come back alive.

Draw the progression of growth from a wheat seed to a wheat plant.

Write a poem about a wheat seed dying in the ground. End with it producing more wheat.

Write a letter to Jesus thanking Him for dying on the cross.

Draw a picture of what heaven looks like.

Write the Bible verse. Illustrate Jesus’ death and resurrection.

How does life come from death? Write your thoughts in the journal.

Kitchen Science



Plant wheat seed in a container and watch the wheat grass grow over a few weeks.

Place white flour and whole wheat flour on a plate. Use a magnifying glass and look at both. Feel each one. How are they alike? How are they different?

Make glue from flour. Mix flour and water until a paste consistency. The glue is not strong but will hold paper together. Experiment with gluing different things together. Observe which items are the best to use with this kind of glue.

Blind taste test. Close your eyes while someone gives you bites of different kinds of food. Try to determine by taste if the food contains wheat.

Make dough from flour. Experiment with different amounts of water and flour until the consistency of playdough is found. Have fun playing with it.



Family Outing

Eat at an ethnic restaurant. Pay attention to the different kinds of bread the restaurant has. Example: tortilla, croissants, pita.

Visit a farm and ask the farmer to explain how he plants crops.

Visit a grocery store and buy five items with wheat the family has not tasted. Have a taste party at home.

Visit a farm supply store and look at all the different kinds of seed.

Visit an arboretum in the fall when the seeds are dying and falling off the plants. Return in the spring to see the regrowth. Take pictures to compare.

Crafts

Paint with dried wheat stalks. Dip wheat stalks in tempera or acrylic paint and press on white paper. Experiment with moving the stalks and pressing different parts of the stalk.

Make a wheat plant from everyday objects. Use string for roots, painted paper towel rolls for stems, leaves from paper and head from fuzzy pipe cleaners. Be creative and look around the house for objects.

Wheat weaving. Soak three dried wheat stalks in water for an hour. Hold the stalks together and braid the stems of the wheat stalks. Curve the ends of the wheat to make a circle, oval or even a heart. Tie with twine or ribbon. As the stalks dry they will hold their shape.

Create placemats by gluing wheat seed around the edges of a large piece of cardstock.

Create a wheat centerpiece with a Mason jar and dried wheat stalks. Fill the Mason jar with wheat seed. Tie with a ribbon.

Make a mosaic using wheat seeds. Put other kinds of seeds in the mosaic for a contrast.

Cooking

Buy frozen bread dough. Thaw. Have the children work with it making different shapes. Allow it to raise and bake according to the directions.

Fruit pizza. Make a fruit pizza using English muffins, whipped cream cheese and fruit. Spread the cream cheese on the muffin and add fruit to the top.

Whole wheat pizza crust. Make individual homemade pizzas. Use whole wheat crust.



Whole wheat muffins. If you have not tried whole wheat flour, try making Banana Walnut Muffins with it.

Whole Wheat Pizza Crust

Ingredients:

- 2 cups whole wheat flour
- 1 package active yeast
- $\frac{3}{4}$ teaspoon salt
- 1 cup hot tap water (120 - 125°F)
- 1 tablespoon olive oil
- 1 tablespoon honey (sugar can be used)

Directions: Preheat oven to 425°F. Combine, whole wheat flour, yeast and salt. Mix in water, oil and honey. Stir by hand until well mixed. Cover with plastic wrap and allow to rise until double, approximately 45 minutes. Pat into individual aluminum pie pans. Prebake for 3 minutes at 425 degrees F. Spread pizza sauce on the top. Add toppings. Sprinkle cheese. Bake until cheese is bubbly about 15-20 minutes.

Banana Whole Wheat Muffins

Ingredients:

2 1/2 cups whole wheat flour, preferably pastry flour

3/4 cup sugar

1/4 cup melted butter

2 teaspoons baking powder

1/4 teaspoon baking soda

1/4 teaspoon salt

1 cup mashed banana

1 egg, beaten

1/2 cup buttermilk.

1 cup crushed walnuts

Preheat oven to 375 degrees and spray two 6-cup muffin tins or fill with liners. In a large bowl, mix together the flour, sugar, baking powder, baking soda and salt. In another bowl, mix the melted butter, banana, egg and buttermilk. Fold wet mixture into dry mixture and stir until just combined.

Fill muffin tins. Sprinkle walnuts on top. Bake for about 25 to 30 minutes, or until muffins are turning golden brown on top.



Chapter Five: Fruit

Point to Remember: Your actions and words will show what is inside you.

The Parable to Read: The Parable of a Tree and Its Fruit

Verse to Memorize: “For the mouth speaks what the heart is full of.” Luke 6:45b

Note to Parents:

We may be able to pretend to be something that we are not for a while. However, eventually, our true nature will show itself. Our character, whether good or bad, will come out in our words and in our actions. Often the things that we ignore about ourselves are the things that our kids end up mirroring. It can be quite humbling to hear words come out of our kid's mouths that we suddenly realize are just our words repeated. When this happens, we need to examine our own lives and find places where perhaps a character flaw comes from a heart that is not quite where it needs to be.

We can teach our kids that it is important to make sure that our hearts are right with Jesus. When our relationship with Him is where it should be, then our actions and words will become more Christ like.

Listening & Learning:

Read The Parable of the Tree and Its Fruit

Adapted from Luke 6:43-45

Do you know how grapes are grown? They grow on vines. Do you know where figs are grown? They are grown on trees. Jesus told a story about trees, bushes and the kinds of fruit that grow.

He said, “For no good tree bears bad fruit, nor again does a bad tree bear good fruit, for each tree is known by its own fruit. For figs are not gathered from thornbushes, nor are grapes picked from a bramble bush.”

If you knew that you had an apple tree outside, then you would expect to find apples growing on it and not oranges. Trees will show what kind they are by what they grow.

Then Jesus said, “The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.”

Jesus was comparing people to the trees. The fruit that we grow, which just means the things that we do and the things that we say, show what kind of person we are. Our actions and our words show what is inside us. If we love Jesus, then it should show on the outside.

After reading the parable, ask the following questions:

Q: Can you think of some examples of good fruit in people's lives?

A: Kind to a brother. Sharing with a friend

Q: Can you think of some examples of bad fruit?

A: Mean words. Disobeying parents.

Q: What does it mean that out of the abundance of our heart our mouth speaks?

A: What is inside us will come out in what we say.

Q: If we want to change the way our mouth speaks, can we do it on our own?

A: We need Jesus to change our hearts. But we do need to make the choice to want to change.

Dialogue

Choose a few questions to discuss together:

Can you think of an area in your life where you are not producing good fruit?

What can we do when we realize that our heart is not right in some area of our life?

Do you think it would make a difference in our family if we changed our hearts when we realized something was wrong? How would it make a difference?

How can we produce good fruit in our family? How about in our neighborhood?

Can you think of a particular example that shows good fruit in your life?

Read the Bible verse, “For the mouth speaks what the heart is full of.” Luke 6:45b What does that mean in your own words?



Drama

(For younger kids) Pretend that you are picking fruit in an orchard. Look for good fruit.

Make different kinds of fruit trees and plants out of legos. Make some trees that are no longer producing good fruit because the tree is diseased. Make other trees that are producing lots of good fruit.

Make up motions to go with the Bible verse. Say the verse together with the family using the motions.

Act out the Bible verse. Have different members of the family be thorn bushes and trees.

Act out someone who is producing bad fruit. Then, act out how their life would look like if they produced good fruit.

Pretend to be a heart surgeon. Someone needs a heart transplant. Perform heart surgery on your stuffed animals. Talk about how Jesus performs heart surgery on us when He changes our hearts.

Family Journal

(Buy a notebook and place where everyone can get to it. During the week everyone in the family draws or writes something in the journal about the parable.)

Ideas:

Find fruit in the refrigerator and place it on the counter. Sketch it.

Write the word “FRUIT” on the left hand side of the page. Think of words that start with each letter that tell what good fruit in someone’s life looks like.

Draw a picture of a fig tree.

Draw a picture of a grapevine.

Draw and color a picture of a diseased tree with rotten fruit on it. Next to it, draw a picture of a healthy tree with good fruit on it.

Rewrite the parable in your own words.

Write the Bible verse using pictures instead of words when possible.

Draw a vineyard. Show plump, large grapes hanging from the vines.

Draw a person with a heart shape located on his chest. Have words coming out of the heart that shows a heart that loves Jesus.

Use different colors of pencils or markers and write words spoken from a heart that produces good fruit.

Kitchen Science



Place different fruits in a bowl of water to see which one floats. Be sure to test a lemon.

Experiment with placing fruit in different kinds of bags: plastic bag, brown lunch bag, ziploc bag. Place an apple on the counter and a banana in each of the bags. Wait a couple days and check the fruit. Which one causes the fruit to ripen faster?

Write secret messages with lemon. Squeeze a lemon to obtain the juice. Use a paintbrush or q-tip to apply the juice to the paper. Allow the paper to dry. Hold the paper to a lightbulb or heat source. The writing will start to darken to a pale brown.

Cut fruit a different way than normal and examine the fruit. Use a magnifying glass. Look for interesting patterns in the fruit.

Smell Test. Take turns being blindfolded, smelling different fruit and guessing what each one is.



Family Outing

Make a list of fruit using the internet as a source. Visit a farmer's market and have a scavenger hunt trying to find as many fruits as possible on the list.

At the grocery store, pick three fruits that the family has never tried. Have fun tasting them.

Go to an orchard or berry farm and pick fruit.

Go to a nursery and learn about fruit trees, bushes or plants that will grow in the region you live in.

Craft

Paint with fruit. Pour tempera or acrylic paint in a shallow container. Cut fruit and dip in paint. Stamp on white paper making designs.

Make a fruit tree using thumbprints. Cut out a tree trunk from brown cardstock. Glue on another piece of cardstock. Push thumbs into red (or other color depending on the fruit) washable inkpad and print on the tree, making apples.

Make message hearts. Cut hearts out of paper, felt, fun foam or material. Write words or sentences that show a heart that is producing good “fruit.”

Make Mr. or Mrs. Apple Head. Use different fruits (dried works well) to make a person out of an apple. Use raisins for eyes, orange slice for mouth, strawberry for a nose. Be creative!

Cooking

Make fruit kabobs. Place bowls of fruit out on the table. Everyone slides their favorite fruit onto the skewer making fun patterns.

Fruit cones. Dip the edges of a waffle cone in melted chocolate candy bars. Fill waffle cones with strawberries and banana slices.

Make heart sandwiches. Cut hearts out of bread with heart cookie cutter. Spread peanut butter and spreadable bottled fruit on one heart. Top with another. Seal the edges with the tines of a fork, pressing down around the entire edge of the hearts.



Make fruit pizza for dessert.

Fruit Pizza

Ingredients:

Refrigerated sugar cookie dough roll

8 oz. package Cream Cheese, softened

1/3 cup Sugar

Approximately 4 cups assorted fruit (blueberries, raspberries, strawberries, kiwi and blackberries.)

Directions:

Preheat oven to 350 degrees F. Roll out cookie dough on the center of a baking stone or nonstick cookie sheet. Cover the pan. Bake 18-20 minutes or until golden brown.

While crust is baking, wash and slice fruit. Take cream cheese out of refrigerator to soften.

Combine cream cheese and sugar until smooth. After cookie is cool, spread mixture on the cookie. Arrange fruit in a pattern on top of the mixture.

