GUARDING OUR TEMPLE

Because Jesus dwells in us, we need to guard the gates of our bodies. We can guard our bodies by eating healthy, and guard our minds with the fruit of the spirit (Galatians 5:22-23).

YOU WILL NEED:

- Magnetic Tape
- Colored Cardstock
- Printer Paper
- Colored Pencils
- Poster Board
- Manicure Scissors
- Glue Stick
- Markers
- Pencil
- Scissors
- Ruler
- Hot Glue Gun

DIRECTIONS:

1. Print out all pages from the template*. If you can't print the pages, you can draw your own fruit, berry, vegetable, grain, and protein foods with markers and colored pencils.

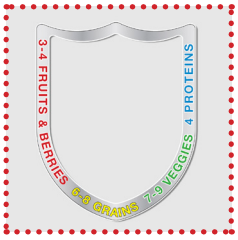
2. Cut around the border of the sheet of fruits and berries and glue it to the poster board. Cut out each individual fruit and berry.

3. Cut around the border of the sheet of vegetables and glue it to the poster board. Cut out each individual vegetable.

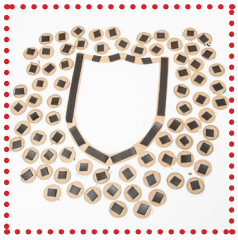
4. Cut around the border of the sheet of protein foods and glue it to the poster board. Cut out each individual protein food.

5. Cut around the border of the sheet of grains and glue it to poster board. Cut out each individual grain.

6. Cut out around and the center of the shield. If you choose to draw, make a shield 7" x 9" leaving a ¾" frame to write: **3-4 Fruits & Berries, 6-8 Grains, 7-9 Veggies, 4 Proteins**.



7. Glue the shield to poster board and cut it out.



8. Put magnetic tape on the back of the shield and all the circles.

9. Place all the magnets on the refrigerator, or some other handy magnetic surface.

10. Place the foods you have eaten today in the center of the shield. Help protect your body by eating these healthy foods.

* Template

3abnkids.tv

Adult assistance is suggested.

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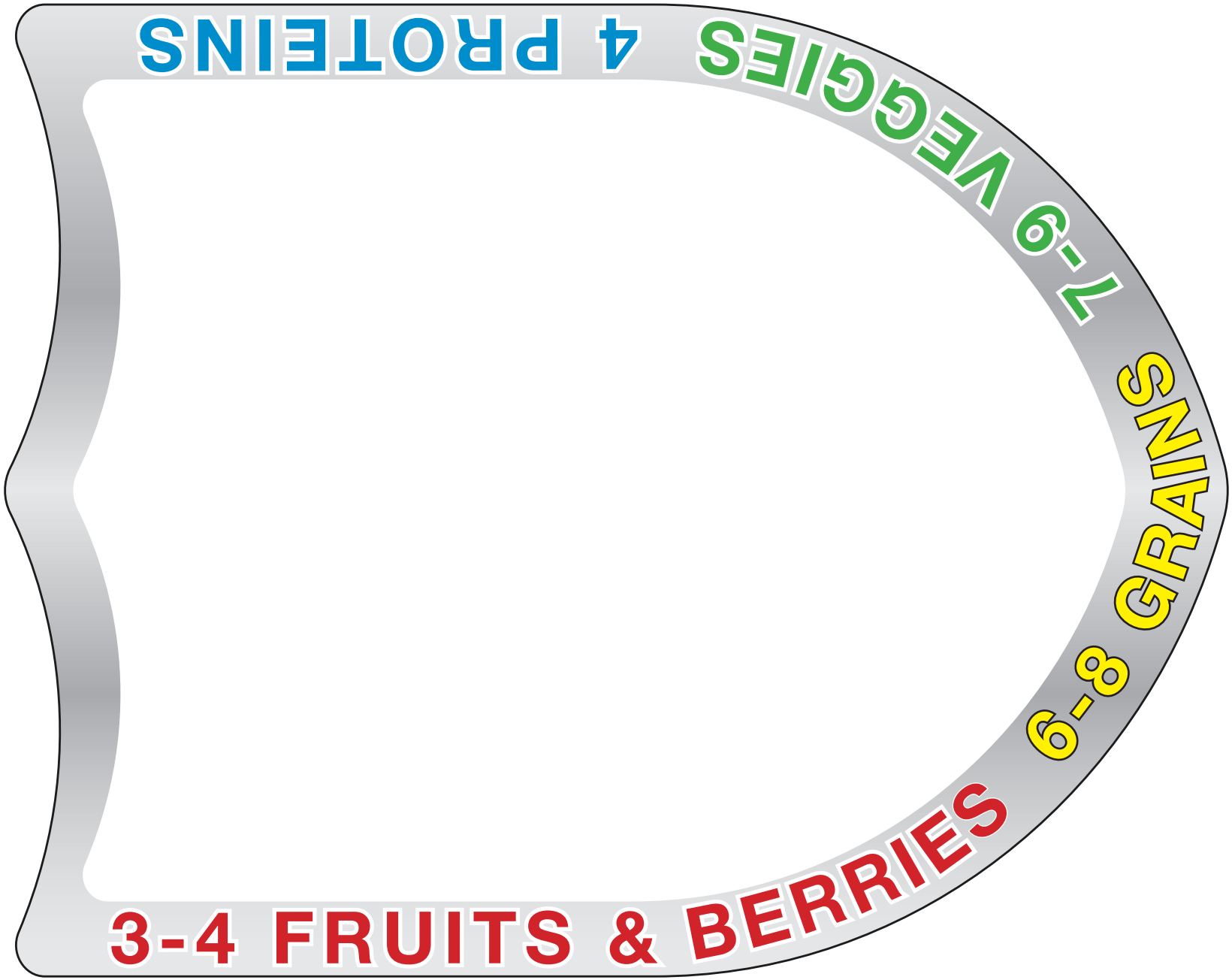

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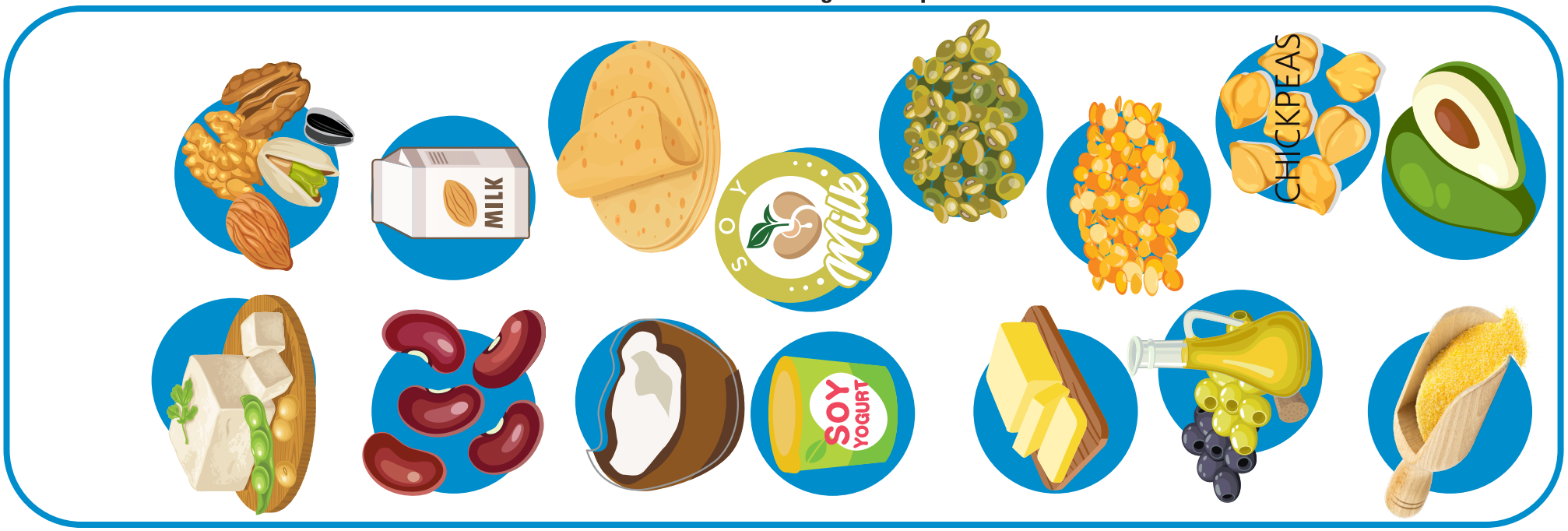

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