



BOZ, The Green Bear Next Door™

“Double Peppy Pizza!”

God’s colorful fruits and vegetables are great to eat!

This fun lesson will help young children learn to recognize and eat healthy foods. Use this lesson in Sunday school, Mommy and Me, daycare, children’s church, or for whatever programming need you have. Parents can also easily adapt the lesson for easy use in home schooling or devotional time at home.

The lesson has been divided into several segments, with various activity options to choose from. Select the activity options that best fit your needs.

BOZ’s fun stories help preschoolers discover God’s world. The Bible helps preschoolers discover God’s love. Thanks for your commitment to teaching God’s children!

INTRODUCTION ACTIVITY: FUN WITH FINGER FOODS

You Will Need: Various fruits and vegetables, paper plates, plastic forks, napkins

Gather preschoolers around a small table to enjoy some of these activities:

- Name the different fruits and vegetables you have displayed.
- Sort the fruits and vegetables by color and name each color.
- Count the fruits and vegetables. Then count the “eyes” on a coconut, a potato, or fresh pineapple.
- Shake a coconut and ask kids what they hear.
- Cut the fruits and vegetables in half to explore what’s inside.
- Count how many of them have seeds inside. Sort by seed size.
- Feel the textures.
- Taste the fruits and veggies that don’t need to be cooked!

Teach the kids BOZ’s song, “Fruit is Really Yummy.” You can all sing it while you explore fruits and vegetables:

Bet you didn’t know, bet you didn’t think,
You can taste the colors of a rainbow!
If you never knew, now you know it’s true!
There are juicy colors you can eat.
Bananas bright and yellow; taste a tangerine.
Apples shiny red and these grapes are juicy green!
Fruit is really yummy - a rainbow in your tummy;
A very special treat. See all the colors you can eat!
Blueberry blue, watermelon pink, strawberry red, orange we can drink!
Fruit is really yummy - a rainbow in your tummy;
A very special treat. See all the colors you can eat!



SHOW THE VIDEO

You will need: Thank You God for...Bananas, Bubbles and Busy Bodies DVD, television and DVD player.

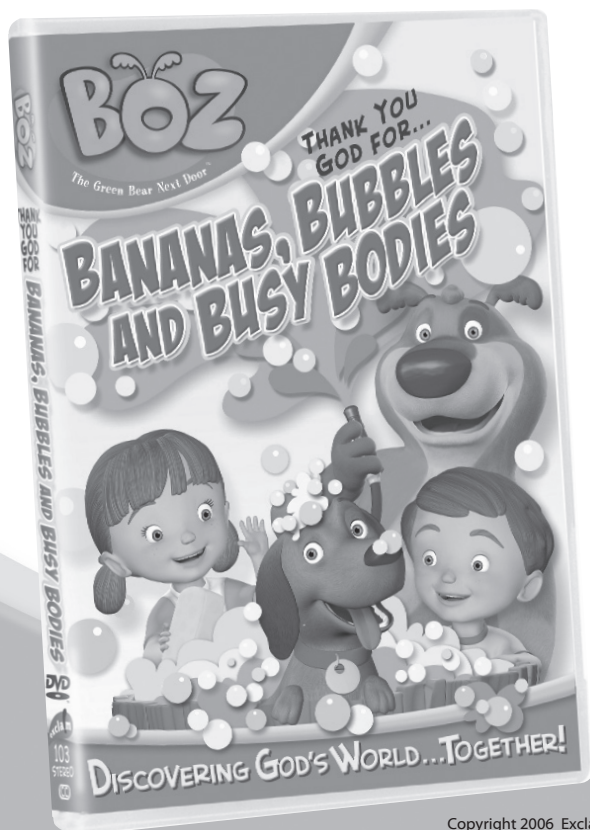
Introduce kids to BOZ, The Green Bear Next Door! BOZ is a fun, green bear who enjoys helping kids discover how yummy food can be! BOZ lives in his tree house next door to a little boy and girl named Drew and Gracie. BOZ knows how important it is to eat healthy food so we can strong, healthy bodies!

Show Episode 2 of the DVD: "Double Peppy Pizza!" Stop the DVD after the episode and ask the following questions:

- What do BOZ and the Baxter family do before they eat? (They pray and thank God.)
- After the Baxters invite BOZ over for a healthy breakfast, what does BOZ offer to do for them? (Cook them a double peppy pizza for dinner.)
- Why is BOZ's pizza a double peppy pizza? (Because it's made with healthy veggies that make you strong and give you energy!)
- What are some of the healthy foods that BOZ and the Baxters buy at the grocery store? (Tomatoes, green peppers, broccoli, spinach, asparagus, cauliflower, mushrooms, etc.)
- What are some of the good things about eating fruits and vegetables? (They make you strong; they are tasty to eat; they help to make you fast and give you energy; they help you grow; they help to keep you healthy; they make a good treat; and so on.)
- What should you do before you cook or eat a meal? (Wash your hands.)
-

How does BOZ make a fun, healthy pizza for the Baxters? (He tosses the dough to get it ready and then helps put all the healthy veggies on!)

- What are your favorite healthy foods that God created?



BIBLE PRESENTATION:

Daniel 1:1-21 Daniel's Training in Babylon

You will need: Children's Bible written for preschoolers

Open a Bible and point out that the Bible is filled with stories about God teaching people how to live and take care of themselves. Then read the story from Daniel 1:1-21 about Daniel's training in Babylon. Daniel was ordered to eat and drink the royal feasts and wine provided to him by the king's order, but he refused. Instead, Daniel chose to eat healthy food, consuming only vegetables. The result was that Daniel was healthier and stronger than all the others.

Review the story using an electric or battery-operated train or toy as an example. Remove the batteries or keep it unplugged before you begin. Show the kids the toy and try to turn it on. Ask why it doesn't work. Explain that the toy needs energy in order to move. What gives it energy? The batteries or electricity. Plug the toy in or insert the batteries to demonstrate. Then tell children that eating healthy food is what gives us energy to make us go!

Use the same train or create a paper train to have fun retelling the story of Daniel. Divide each portion of the Bible story into separate, easy-to-read sentences. Insert each one, in order, inside of the train cars. Allow the kids to take turns pulling them out, saying something like:

Chug a chug a choo choo! Here comes the energy train with a story for you!
Chug a chug a choo choo! What part comes next? Let's get the next clue!

Read each sentence aloud to the group, and talk about what's happening in the story and check for understanding. When the story is over, teach this fun rhyme to the kids to enjoy:

God wants me to exercise!
So I'll listen, cuz He's wise.
Healthy food helps me to grow
Keeps me moving - go go go!
I like playing, love to read!
Food gives me just what I need.
Fruits and veggies - they're all right!
Healthy snacks - just take a bite!
I'll eat healthy, this I know!
Keeps me moving - go go go!



LEARNING EXPLORATION:

Choose from these activity options:

Snack: Double Peppy Pizza

Let the children create their own double peppy pizzas for snack time. Distribute half of a miniature bagel to each child. Show them how to gently spread a spoonful of tomato sauce over the top. Then allow them to select from a variety of fun vegetables and cheese to sprinkle on top. Encourage them to be creative and make a fun design or little picture. Offer veggies like small tomato squares, mushroom slices, onions, green peppers, celery, carrots, cucumbers, broccoli, cauliflower, peas, corn, asparagus, and zucchini slices. Place the bagels onto a baking tin and warm inside an oven until they are slightly brown. Let cool a little before serving.

If you don't have access to an oven, you can make cold double peppy pizzas. Give each half of a miniature bagel. Help them spread it with cream cheese and top it with veggies of their choosing.

Crafts:

1. PEAS IN A POD

You will need: Green construction paper or green felt, glue, scissors, crayons or markers

Before the children arrive, prepare pea and peapod patterns for children to cut out of green felt or construction paper, depending upon their age and cutting abilities. Create pod patterns that are 4"x10" in size, and make the pea patterns two-inches wide.

Distribute the patterns for children to cut out. Encourage them to draw faces onto each pea and then glue them down the center of the pod area. Fold one inch of each side of the pod in toward the center to enclose the pod. (You may need to pre-fold or provide a dotted line to indicate the fold so younger children will know how and where to create it.)

When they are done, explain that everyone has created their own peas-in-a-pod family. Then ask the kids where peas grow, what types of recipes can be made with peas, and how peas make us healthy.



2. DOUBLE PEPPY PIZZA

You will need: : Paper plates, vegetable pattern page, crayons, scissors, and glue

Before the children arrive, photocopy the vegetable pattern for each child.

Begin by asking children what BOZ made the Baxters for dinner. (A double peppy pizza!) Point out that it was double peppy because it was made with delicious vegetables, which give us extra energy and strength! Today, kids get to create their own version of a double peppy pizza.

Distribute a paper plate and vegetable pattern to each child. Ask the kids to color the vegetables they want to put onto their peppy pizza and cut them out. Color the crust (plates) red so it looks like it has been covered with tomato sauce. Then encourage the kids to be creative like Drew, Gracie, and BOZ were as they glue the vegetables onto their crust. They can form all sorts of fun designs or pictures with the vegetables to make a special double peppy pizza of their own.

When the pizzas are done, talk about why it's so important to eat vegetables every day!

3. Wheelbarrows of Good Food!

You will need: : Craft sticks, half-pint milk cartons (emptied and rinsed out), scissors, tape or glue, crayons, vegetable pattern page, construction paper, poster board

Before children arrive:

- Collect half-pint milk cartons for each child and cut off the top portion, creating an open box.
- Cut two small slits the size of craft sticks in one side of the box, centered one inch from the top and two inches apart.
- Cut another slit in the opposite side of the carton, on the bottom center, vertically extending about $\frac{1}{2}$ " through both the side and bottom of the carton (to insert the wheel).
- Create a two inch circle pattern on poster board for children to cut out.



Ask the children how God provides us with delicious vegetables to eat. (They grow in gardens or on farms.) Encourage the kids to discuss the growing process: planting seeds; the need for air, water, sun, and soil for them to grow; picking the vegetables and gathering them up; then cleaning them before we can enjoy them.

One of the ways we can collect vegetables is in wheelbarrows. Today, kids will create a miniature wheelbarrow to remind them of the delicious, healthy vegetables that God provides us to eat. Distribute the cartons and a pre-measured piece of green or red construction paper for children to cut and wrap around it. Allow kids to decorate the paper as desired before wrapping it around the carton and gluing or taping in place.

Next, children should cut out one circle from the poster board and decorate as a wheel on both sides.

Help the children carefully cut the slits through the construction paper wrapped around the carton in the same places where the slits were previously cut in their carton. Slip a craft stick through each slit to create handles for the wheelbarrow. Then place a small amount of glue in the slit in the bottom of the carton and insert the wheel into it.

Allow kids to color the vegetable pattern page and cut out vegetables to place inside the wheelbarrow. Wheelbarrows can also be used as fun containers to hold small items at home and will make a great reminder to keep collecting vegetables to enjoy and stay healthy!

Games:

I. "GOOD FOOD" CONCENTRATION

You Will Need: Fruit and vegetable pictures pattern, poster board, crayons, glue

Before the children arrive, copy the fruit and vegetable patterns in pairs, glue them onto poster board, and cut the squares apart.

Distribute the fruit and vegetable squares to the children to color and finish the game preparation. Place eight different fruit and vegetable pairs together to create one game.

Gather kids into groups of two or three. Give one game to each group. Mix up the squares within each game and place them face down onto a flat surface. Kids take turns flipping over two squares to reveal the pictures. If it's a match, the child keeps the squares and gets another turn. If there is no match, the child turns the squares back over and the next child takes a turn. Continue play until all the pictures are paired.

Encourage children to name the fruits or vegetables that are revealed, and call out the colors. When finished, children can count the number of pairs they each obtained.



2. LET'S GO SHOPPING!

You Will Need: Fruit and vegetable pictures pattern (which can be used from the "Good Food" Concentration game above), poster board, crayons, glue, and paper shopping bags

Before the children arrive, copy the fruit and vegetable patterns, glue them onto poster board, and cut the squares apart.

Distribute the fruit and vegetable pattern squares to children and ask them to color each one to complete the game preparation. Ask the kids what BOZ and the Baxters did in preparation for making their double peppy pizza. (They went grocery shopping.) Explain that today they will have a chance to do some shopping too! Spread all the fruit and vegetable squares on a variety of tables or in rows on the floor. Be sure to place all of the same fruits and vegetables together, like they are found in the grocery store.

Give each child a paper bag and tell them to go shopping for ten of their favorite fruits and vegetables. After they are done, invite the children to grab a partner to share and compare their shopping goodies. Encourage them to explain why they chose the fruits and veggies they did. When done, ask the children to return the fruits and vegetables to their original places.

Then put out some new shopping bags, each labeled with a different color. (Be sure that the bag not only says "red" but also is written in red, and so on.) Include these colors: red, orange, green, purple, blue, white, yellow and tan. Tell the kids to go shopping again, but this time to collect fruits and vegetables by color. Ask the kids to collect at least one vegetable of each color and place it in the appropriate bag. When they are done, take the foods out of the bags and then count how many fruits and vegetables are in each color category.

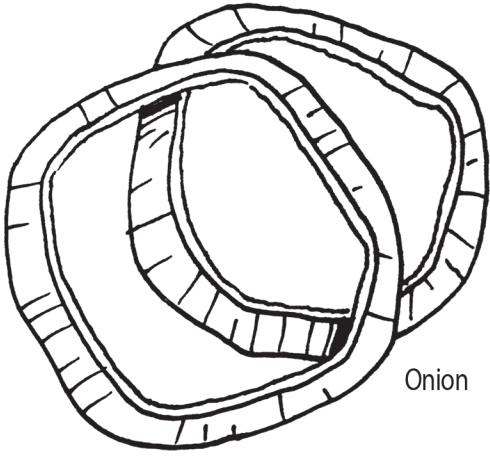
3. WHAT IS IT?

You Will Need: A variety of different fruits and vegetables, especially ones that have unique shapes and textures

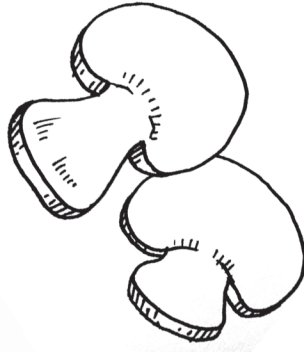
Gather the kids together and ask them to sit together in a straight line. Take turns giving a variety of fruits and vegetables to the kids to pass around behind their backs. After everyone has had a chance to feel it, then ask the group to take a guess at what it is



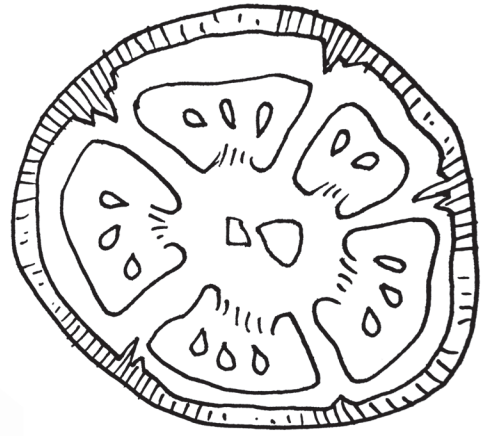
Use for DOUBLE PEPPY PIZZA



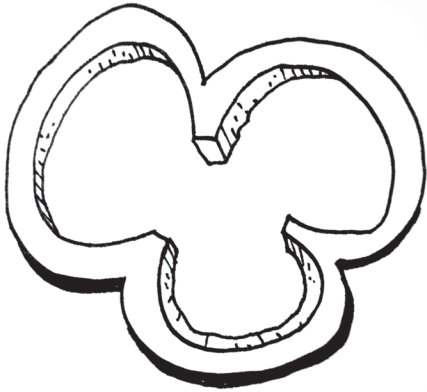
Onion



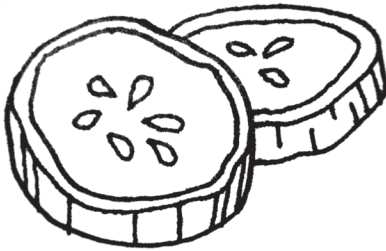
Mushroom



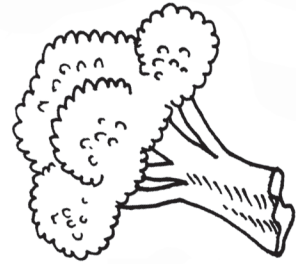
Tomato



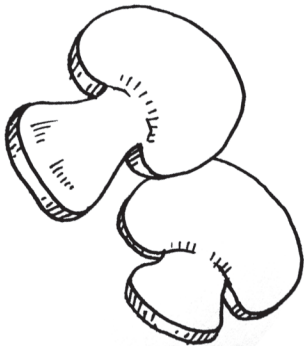
Bell Pepper



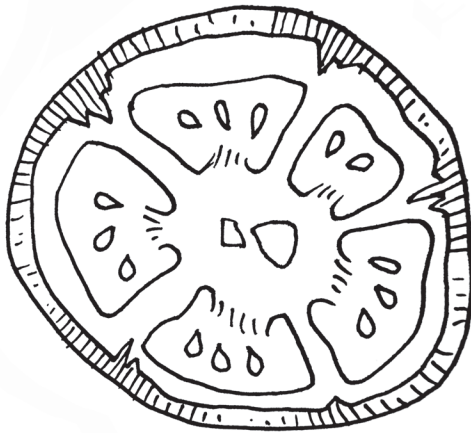
Cucumber



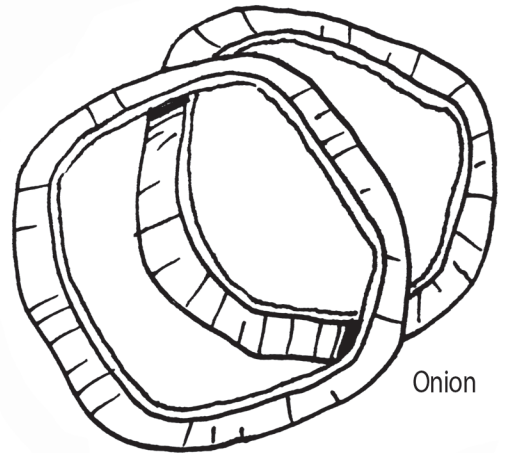
Broccoli



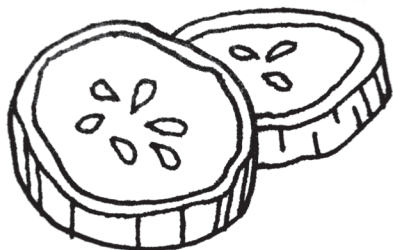
Mushroom



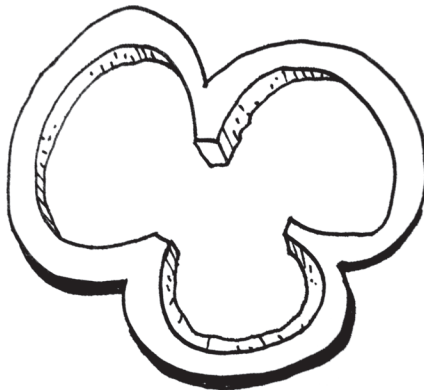
Tomato



Onion



Cucumber



Bell Pepper

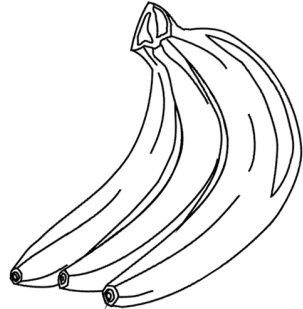


Broccoli

Use for "GOOD FOOD" CONCENTRATION



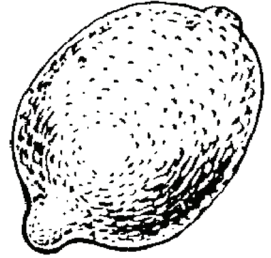
Grapes



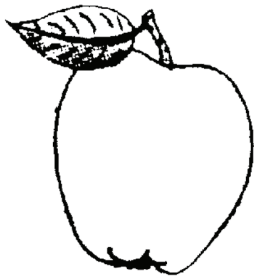
Banana



Pineapple



Lemon



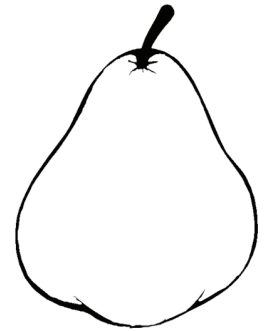
Apple



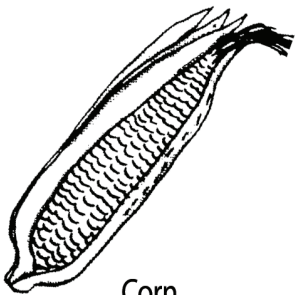
Cherries



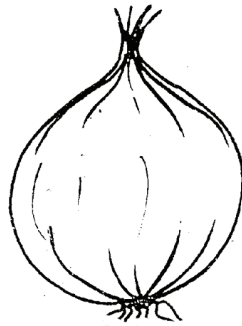
Strawberry



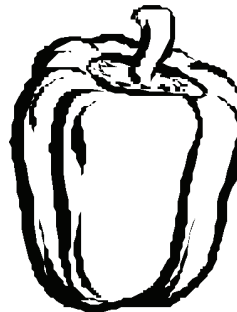
Pear



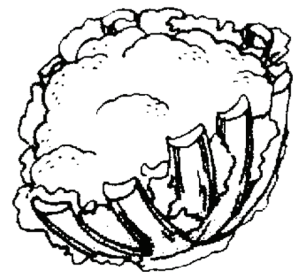
Corn



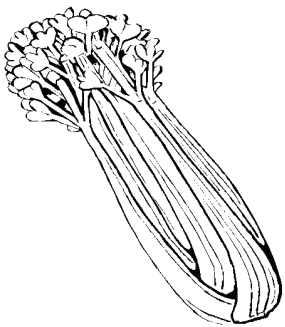
Onion



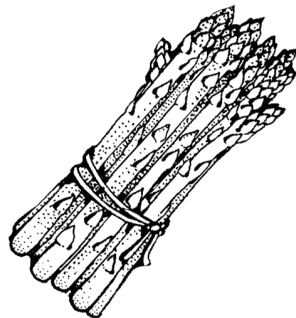
Green Pepper



Cauliflower



Celery



Asparagus



Carrot



Broccoli

REMEMBERING AND APPLYING

Help children review what they learned about nutrition and apply it to their lives.

1. LUNCH BAG TREATS

You will need: Lunch bags, fruit and veggie patterns from above activities, crayons, and scissors

Provide the kids with a lunch bag and fruit and veggie patterns to color and cut out. Tell them to choose the fruits and vegetables they want their families to get for them to eat as healthy foods and snacks throughout the day.

When they are done, sing the song, "Gimmie My Veggies Please" from BOZ.

Gimmie, gimmie, gimmie, gimmie, gimmie, gimmie my veggies please!

String beans, collard greens, zucchini, black eyed peas.

VEGETABLES!

Veggies make me big and strong.

That's why I sing this silly veggie song!

Tomatoes are round and full of taste.

You can eat them raw or make them into tomato paste.

Corn on the cob is a summer treat.

But any time of year corn is great to eat!

CHORUS

Carrots can make you fast as a bunny rabbit.

Crunching carrots every day is a healthy habit.

So many kinds of potatoes to make,

Fried and mashed, or even baked!

CHORUS

2. CLOSING PRAYER

Ask each child to name one healthy food to ask mom or dad to get for a snack this week. Encourage the children to thank God for all the good foods He created and to help them remember to eat healthy every day.

Thank you God as this day ends

For my family and my friends.

Taking time to sit and pray,

Thank you God, for this great day!



Thank you for giving us many yummy foods to be healthy, happy and make our bodies work right. Help us remember to choose healthy foods and water to put into our mouths so we can run, play, learn, and love others. With your help, we'll try to eat right all the time! Amen.

FAMILY TAKE-HOME

Distribute the Family Take-Home page (front/back) to each child. This will allow children to share what they learned with their family and continue to practice good eating choices.





Dear Mom and Dad,

Guess what? We learned that it's fun to eat healthy foods! We learned that when we eat healthy foods, we are more alert, happy, healthy, and honor God!

We learned about Daniel in the Bible. Did you know he always ate healthy foods ... even when the king told him not to! We heard the story from Daniel 1:1-21, and we saw how our bodies are like an engine. When we have good, healthy food, our bodies do what they're supposed to!

We also saw a fun episode of BOZ called "Double Peppy Pizza!" that is on the DVD called **Thank You God For...Bananas, Bubbles, and Busy Bodies**. BOZ and his friends made a yummy pizza — all with healthy foods!

Here are some fun activities we can do this week so we all can eat healthy foods at meals and at snack time!

BE A STAR! SANDWICHES

BE A STAR! SANDWICHES

Show your kids how to become a healthy star that God created by eating right. Sandwiches are clever devices to bring nutrition into your child's life. Not only can they be high in calcium, which helps children relax, but easy and fun to make. Here are two ideas:

1) Help your child combine equal amounts of light cream cheese and fat-free mayonnaise. Add a dash of salt, pepper, and dried dill. Mix well. Give your child a blade-free plastic knife to spread the mix onto light rye bread. Give your child cucumber slices to place on top. Show your child how to place a star cookie cutter onto the top, press down, and create a star-shaped yummy sandwich to eat. Enjoy!

2) Drain tuna, salmon, or mackerel and stir in light mayonnaise. Ask your child to pick any one or more of the following to add:

- | | | |
|----------------------|--------------------|------------------|
| minced pickle | chopped boiled egg | diced celery |
| minced fresh parsley | chopped nuts | chopped cucumber |
| alfalfa sprouts | chopped lettuce | diced tomatoes |

Use a blade-free plastic knife to spread on slices of whole wheat bread. Place a star cookie cutter on the bread, press down, and create a star shaped sandwich to eat. Enjoy!

BLUE FOOD

Your preschooler's brain has two to three times more energy needs than the adult brain. To keep its needs met, rather than driving through the convenient fast-food lane, involve your child in preparing a wholesome snack at home. Keep in mind that when children are involved, they feel more in control, independent, and willing to try what they made.



Allow your preschooler to dump into a blender:

- 8-ounce container non-fat yogurt (lemon or blueberry)
- $\frac{1}{2}$ cup frozen blueberries
- 1 teaspoon vanilla
- honey to taste (or sugar)

After combining, blend until smooth. Your child can push the button on the blender and watch the result. Then pour the mix into cups and enjoy together.

FAMILY PLACEMATS

Obtain some poster board, card stock, or construction paper. Create healthy-food placemats for the entire family to remind everyone the importance of taking care of your bodies! Draw fruits and veggies and use the pictures to make funny faces. Cut the fruit and veggie pictures out of magazines and glue them onto the placemats. Talk about various recipes you can create with each food. Ask your child to try and name the different fruit and veggie colors. Create a family prayer thanking God for giving us healthy foods to make our bodies strong.

Take the placemats to an office supply store to have the placemats laminated or covered with clear contact paper to create the same protection. This will allow them to last much longer.

GOING TO THE STORE!

Just like Mrs. Baxter took Drew and Gracie (and BOZ!) to the store, you can take your kids grocery shopping and use it as a teaching time to show your children which foods are the healthiest and best for growing up strong. Talk about the various food colors and which foods are best for creating your favorite recipes.

Before you go, practice singing BOZ'S grocery store song from the "Double Peppy Pizza!" episode:

We're in the grocery store, tell ya why; got a list of things we're gonna buy!
Shopping, at the grocery store!
A carton of milk, and chocolate, too; if we run out, we'll buy some new!
Shopping, at the grocery store!
Butter and cheese, corn and peas; a loaf of bread and peanut butter spread.
The bakery treats are looking sweet. Who could ask for more?
Shopping, at the grocery store!
The butcher shop has lots of meat; fruit and veggies, a healthy treat.
Shopping, at the grocery store!
Noodles and sauce, that's the best; and some paper towels if we make a mess.
Shopping, at the grocery store!
Rolling down the aisle makes me smile. I hope to choose the things we'll use.
Ham for lunch, with chips to munch, that's what shopping's for!
Shopping, at the grocery store!



MAKE YOUR OWN DOUBLE PEPPY PIZZA

Your kids saw BOZ create a delicious double peppy pizza for his friends in **Thank You God For...Bananas, Bubbles, and Busy Bodies**. BOZ took all sorts of yummy, healthy veggies and put them on top of a home-baked pizza. Because veggies help to make you strong and give you energy, they created a double peppy pizza!

Have some making a healthy pizza of your own. Create fun pictures or designs out of the veggies that you put on the pizza. Then enjoy! Yum!

