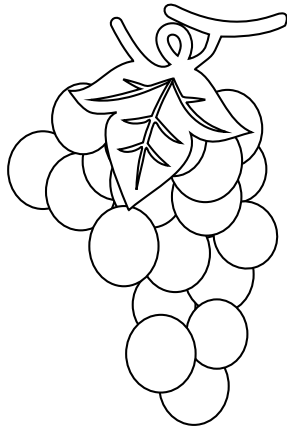
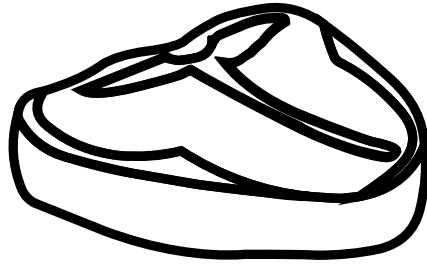


# CHOOSE THE GOOD FOOD

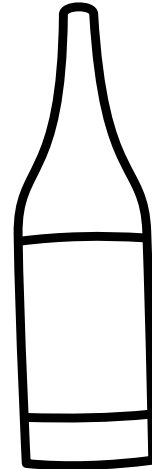
Circle the things that are good for you and cross out the things that are not good.



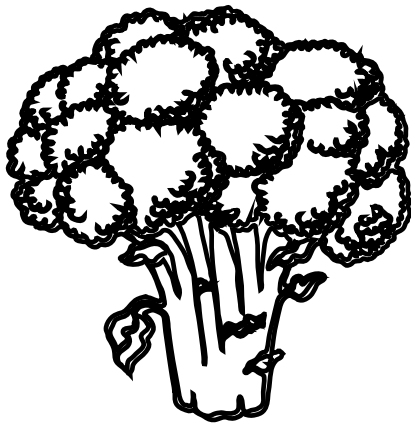
**GRAPES**



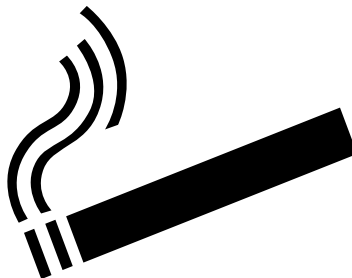
**MEAT**



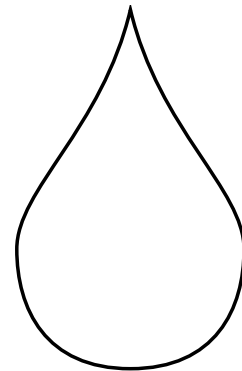
**WINE**



**BROCCOLI**



**CIGARETTES**



**WATER**

## SWORD SHARPENING

Use the first letter of each word in your memory verse to help you memorize the memory verse this week!

**"T W H M I W H." I S 2:30**

*Parents of younger children: Help your child sound out the beginning letter of each word in the memory verse. Then have them match the letters above with the memory verse letters.*