

# Heaven's Kitchen Jr.

## Lesson One: Soil & Seeds

**The Main Point:** I can listen and learn from the Bible.

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

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

### Introduction:

In this lesson preschoolers will learn that we need to listen carefully to God's Word and learn from it. They will also explore ways to help them pay attention whenever the Bible is being read or a story is being told.

### Lesson contains:

#### Prep:

- What's Not Like the Others?
- Chef Emerald & Chowdown, the Apprentice
- Guess That Food
- The Ingredient
- Taste Test

#### Cooking Time:

- The Parable
- Circle Time
- Prayer Time

#### Serving It Up:

- Kitchen Science
- Snack
- Dramatic Play
- Bible Memory Finger Play
- Craft
- Cooking Class
- Activity Sheet
- Game



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# Prep: Getting Ready to Learn

## What's Not Like the Others?

**Supplies:** Three types of food grown in a garden, gummy worm, tray

**Preparation:** Place the food on a tray.

**I am going to show you a tray with food on it. I want you to look at it and not say a word until everyone has had an opportunity to look.** (Show the tray to the children.)

**What on the tray is not like the other things?** (Give the children an opportunity to answer. Ask why. Some answers may be correct but not the one you are looking for. Affirm them in their answer and then ask if anyone can find something else.)

**The gummy worm is not like the others. The other three all are grown in a garden. But the gummy worm is not grown in a garden, it is made in a factory. Real worms can be found in a garden but not a gummy worm.**

## Chef Emerald and his apprentice, Chowdown

**Supplies:** Brown grocery bag, fresh vegetables, bag of gummy worms

**Preparation:** Place the vegetables and gummy worms in the grocery bag

Chef Emerald is in the kitchen. Chowdown enters the kitchen holding the grocery bag of food.

Chowdown: **Hey Chef Emerald, I've got the goods.**

Chef Emerald: **What a wonderful helper you are! Lots of lovely things right from the garden.** (Chef Emerald starts pulling out the food, commenting on each. Comments can be changed based on the food.)

Chef Emerald: **Oh the tree of broccoli.** (Puts fingers to lips and dramatically throws fingers into the air.)

**Moowa! Such loveliness we will cook from this green beautifulness. Ahhh. And I see that you found some brussel sprouts. The little green beauties. I am in love with you sweet little balls of deliciousness.** (Hugs them to his chest.) **And what do I see here? Yes. Very good. We must always have the lettuce. A salad a day keeps the doctor away.**

Chowdown: **I thought that was an apple.**

Chef Emerald: **Chowdown! How could you think this lettuce is an apple?**

Chowdown: **Noooo. I thought you say, "An apple a day keeps the doctor away."**



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Chef Emerald: **Yes, once upon a time we did. However, all good chefs know that a salad is the way to a healthy life. So I now say a salad a day keeps the doctor away.**

Chowdown: **Oh.** (Sounding skeptical.)

Chef Emerald: **What else will we find hiding here in this bag of goodness? What is this?** (Horrified)

Chowdown: **Gummy worms.**

Chef Emerald: **Gummy worms? Gummy worms! GUMMY WORMS!! I did not tell you to buy these.**

Chowdown: **You said to go buy some beautiful green loveliness. Some things that live and breathe in the ground. Well, worms live and breathe in the ground. And I think some of them in the package might be green. If you look hard enough.**

Chef Emerald: **This** (Holds up package.) **did not come from the ground. This is not beautiful green loveliness. This is terrible** (Shakes his head.) **Just terrible.**

Chowdown: **I like them.**

Chef Emerald: **You were not listening to me.**

Chowdown: **Sure I was listening.**

Chef Emerald: **No, you got three things I asked for. But then you just decided to get what you wanted on the last item. My helper in the kitchen cannot do this. He must listen to me and learn from what I tell him.**

Chowdown: **Huh?**

Chef Emerald: **If you are going to remain as my helper, Chowdown, you will need to listen to me very very carefully. You will need to learn from me. No buying gummy worms when I tell you to buy wonderful green things grown in a garden.**

Chowdown: (Sighs.) **Ok, I will try to listen next time.**

**But since I bought the gummy worms and you don't want them... can I eat them?**

Chef Emerald shakes his head.

Chef Emerald: **Come with me. We must see what beautiful green deliciousness is growing in our herb garden. The ground is just right for our herbs to grow...** (They leave as the Chef talks about the herbs.)



**Guess the Food**

**Supplies:** Vegetable (preferably with stem or roots still connected), pan with a lid

**Inside this pan is a food. I am going to give you three clues and you will try to guess what is in the pan.**

**This food is grown in a garden.**

**This food is a vegetable.**

**This food is \_\_\_\_\_(Name the color.)**

(Allow the children to guess until someone gets the correct answer. Open the lid and pull out the vegetable.)

**Who likes to eat this? This is good for you. But to grow, it must have good soil in the garden. What do you think would happen if the seeds for this vegetable were not planted in good soil? That's right it would not grow very big if at all.**

## The Ingredient

**Supplies:** Different kinds of seeds

Tip: The seeds can be bought from a garden store. Or save seeds from fruit to show. A couple pieces of fruit can be cut open to show the seeds. Also, the coconut is the largest seed in the world. Using the coconut for a seed is a fun way to get the kid's attention!

**Have any of you ever planted a garden? What was the first thing you did when you planted a garden? You had to make sure that the soil was good. You might have pulled the weeds or removed the rocks.**

**What do you put in the soil to grow food? Seeds.**

(Show the seeds you have.)

**Did you know that in Jesus' time here on earth, someone who put seeds in the ground was called a sower? This person would wear a bag around his shoulder. Inside the bag was seed. The sower would walk through the fields and throw the seed out onto the ground. Then, someone would come and plow the seed under.**

**The fields were large. They did not have fences. There were paths where people had walked through the field. These paths were packed down and did not have plants growing on them. Sometimes there were rocky places. Sometimes there were places that had thorny bushes that would grow. The fields looked different than what we might think of a field today.**



# Taste Test

**Supplies:** a sampling of food grown from seed, plates or other container to place foods for tasting

**Let's taste some things that grew from seeds. You will want to smell them, too, and see what you think.**

(Either pass around a plate with something to taste or have a table set up with different foods grown from seed.)

**It is important to have good soil to grow things like we have tasted. Without good soil, the seed would have a hard time sprouting and growing. We need good dirt to grow good food.**

## Cooking It Up: Learning What Jesus Said

### The Parable: The Sower Matthew 13:3-8 (ESV)

**Supplies:** Rocks, container of dirt, weeds (plastic or real)

**Did you know that Jesus told stories when He taught people? Those stories are called parables. Can you say that big word? We are going to learn about one of the parables today. And guess what? It is about seeds and dirt.**

**Jesus told the people that, "A sower went out to sow." That means he went out to a field to plant seed. Do you remember how I told you they sowed seed? Everyone stand up and let's pretend to sow seed. Reach in your bag and grab a handful of seed (Pretend.) Now throw it in the field. Good job. Let's walk around a bit like a sower would do and sow some seed.**

(Have the children come back to the story area.)

**Now as this sower was sowing seed, some of the seed fell along a path. And the birds came and ate it all up. Can you pretend to be a bird eating the seed?**

**Some of the seed fell on the rocky ground. (Show the rock.) Do you think this kind of ground would be good to grow seeds? No. At first the seed might sprout and grow a green plant but because of the rocks, the plant would not have any roots. So then it would die. Let's pretend to be a seed planted on rocky ground. At first, we will grow. But then the sun will come out and burn the plants, so now we wither away and die.**

**Some of the seed fell among the weeds. (Show the weed.) The weeds grew up and up and up and the good plants could not grow because there were so many weeds taking all the room.**

**Finally some of the seed fell on good soil. It was good dirt. (Show the children the dirt.) And the**



plants grew and grew and grew. Let's pretend to be seed that has fallen on good dirt. Can you start as a small seed in the dirt? Now you are sprouting and growing and growing and reaching toward the sun. Look at what a nice green plant you are!

Jesus told this story because people can be like the different kinds of ground when they hear God's Word. Some people are like the path. They hear God's Word but they do not listen or obey it. Some people are like the rocky path. They listen to God's Word at first but then they quit learning and obeying. Others are like the seed that fell in the weeds. They listen and obey God's Word but then they get busy and forget all about it. They let other things become more important than learning about God. Finally some people are like the good soil. They listen and learn from God's Word. When we listen and learn from the Bible, we grow and grow and grow.

## Circle Time

Have the children sit in a circle and talk about the questions:

**What kind of soil do you want to be like?**

**Is it ever hard to listen to God's Word? When is it hard?**

**What can you do if someone is trying to distract you from listening to His Word?** (For example, a friend trying to whisper to you when you are listening to the teacher tell a Bible story.)

**Do you want to obey God's Word? When is it hard to obey His Word?**

## Prayer Time

Lead the children in praying that Jesus will help them to listen carefully to His Word. Ask Him to help the children obey His Word.

## Serving it Up: Application of Main Point

### Kitchen Science

**Supplies:** popcorn (not microwave), plastic zipper bags, potting soil, permanent marker

**Preparation:** At least three days before the class, do the experiment so the seeds will have sprouted.

**Did you know that popcorn is actually a seed? We are going to plant some popcorn.**

(Have each child write their name on the bag with the permanent



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marker. They should do steps one and two below. Instruct them to take the popcorn bag home and place it on a window ledge.)

Instructions for experiment:

1. Place 1 ½ cups of potting soil in the zipper bag.
2. Sprinkle approximately 10 kernels of popcorn on the soil.
3. Seal the baggie and place it on a window ledge.
4. Within three days, the popcorn should be sprouting.

**The next few days you need to watch your bag and see when the popcorn starts to sprout. After a few more days the sprouts will become taller, and if you look at the bottom of the bag, the roots will be deep in the soil.** (If your example experiment has reached that stage, show the kids.)

**What kind of soil did we plant our seeds in? It was good soil. Not on a path, not among weeds, not on rocky soil but good dirt made for planting. Because we planted it on good soil, the seeds can sprout and grow. They also can grow roots which will keep them firmly in place.**

**When our lives are like the good soil, ready to listen and learn from God’s Word, we will be like the green plants growing in the good soil. Our Bible memory verse today is, “I have stored up your word in my heart, that I might not sin against you.” Psalm 119:11 (ESV)**

**Let’s make the choice to really listen to His Word and learn it so we can store it in our hearts. That way we will know how to make right choices. Remember, you can listen and learn from the Bible every day.**

## Snack

Dirt Cup

Supplies: prepared chocolate pudding, Oreos, gummy worms, zipper baggies, clear plastic cup, spoon

Give each child an Oreo and have them place it in the baggie. Crush the Oreo by smashing the bag with their fist on a table.

Spoon the pudding into a clear plastic cup. Sprinkle the crushed Oreo on top of the pudding. Place the worm down into the “dirt.” As the kids eat the dirt cup, discuss ways to help them listen and learn from God’s Word.

## Dramatic Play

**Supplies:** cloth bag, paper

**Preparation:** Tear up the paper into small pieces (but still large enough to easily see and pick up) and place in the bag. These pieces of paper will be the seed.

Have the children act out the parable. Let one person be the sower, some be birds, some weeds, and some plants. Have the sower put the bag over the shoulder and throw out the seed like a sower.



# Bible Memory Finger Play

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

**I have stored up** (Point to self with thumb.)

**Your word** (Hands are side by side palm up to form a Bible.)

**In my heart,** (Point to heart with pointer finger.)

**That I might not** (Point to self and shake head.)

**Sin against** (Make an "X" with pointer finger.)

**You.** (Point to sky).

**Psalm 119:11**

## Craft: Chalkboard Planters

**Supplies:** Empty, clean cans (yogurt containers will work also), blackboard paint, chalk, sponge paintbrushes

**Preparation:** Make sure the cans do not have sharp edges. Paint the cans with blackboard paint. Two coats will be needed.

Have the kids decorate the cans with chalk.

Option: Place potting soil in the can and plant seeds or small plants.

## Cooking Class: Playdough

**Supplies:** playdough, rolling pins, plastic knives

Have the children make things that are grown in the garden with the playdough. Examples: roll the green playdough into small balls for peas, form the orange playdough into a carrot shape, roll out the green dough flat and cut lettuce leaves, make corn kernels with pieces of yellow playdough

**Fun option:** Make chef's hats and aprons for the kids to wear during this activity.

## Activity page

**Supplies:** scissors, copy of activity page for each child, glue sticks

Cut out the bird, dead plant and green plant. Glue the bird on the path. Glue the dead plant on the rocky ground. Glue the green plant on the good soil.





# Game

The children line up on one side of the room. The teacher calls out one of the situations below. If this is a good way to listen and learn from the Bible, the children run to the other side of the room. If it is not a good way, the children sit down.

Situations:

**When Dad reads the Bible, Kara colors quietly but listens carefully.**

**When the teacher is reading a Bible story, Maddie tries to play with her friend's hair.**

**When Mom is helping Sam learn a Bible verse, he lays on the floor and complains.**

**When Grandma is reading a story from the Bible storybook at bedtime, Alexander cuddles up to her and listens. Sometimes he asks questions.**

**When the teacher is teaching a song about Jesus, Philip crosses his arms and refuses to learn the song.**

**When Dad helps Sarah learn her Bible verse, she asks him questions about what the verse means.**

**When Mom reads to Landon before bed, he asks to hear a Bible story.**

**When traveling in a car on a long trip, Joey likes to have his mom tell him stories from the Bible that she remembers. Sometimes she stops and has him finish the story.**

**Jess likes to tell her little sisters stories about Jesus.**

**Nick wishes that church would end so he could go outside and play.**



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## Supply List

**What's Not Like the Others?**  Three types of food grown in a garden  Gummy worm  Tray

**Chef Emerald and Chowdown, the Apprentice**  Brown grocery bag  Fresh vegetables

Bag of gummy worms

**Guess the Food**  Vegetable  Pan with lid

**The Ingredient**  Different kinds of seeds

**Taste Test**  Plates or other container to place foods for tasting  A sampling of food grown from seed

**The Parable: The Sower and the Seeds**  Container of dirt  Weeds  Rocks

**Kitchen Science**  Popcorn (not microwave)  Plastic zipper bags  Potting soil  Permanent marker

**Snack: Dirt Cup**  Prepared chocolate pudding  Oreos  Gummy worms  Zipper baggies

Clear plastic cup  Spoon

**Dramatic Play**  Cloth bag  Paper

**Craft: Chalkboard Planters**  Empty, clean cans  Blackboard paint  Chalk  Sponge paintbrushes

**Cooking Class: Playdough**  Playdough  Rolling pins  Plastic knives

**Activity Page**  Scissors  copy of activity page for each child  Glue sticks





