



GOD'S SUPER FOOD

**AMAZING
ADVENTURE**
Bible Guides



In 2006, Scott Jurek, from Seattle, Washington, broke the record for the Ultra Marathon. This 135-mile race is one of the toughest running events in the world because it goes from the lowest point in the United States — Death Valley, 282 feet below sea level — up to 8,360 feet above sea level on the slopes of Mt. Whitney.



About 80 runners started the race, but only 67 of them were able to finish. Runners have 60 hours to complete the race, but Scott ran the entire 135 miles in an astonishing 24 hours, 36 minutes — a whole two hours ahead of his closest competitor. The thing that amazed many people was that the new champion is a *vegetarian!*

Other well-known vegetarian athletes include Johnny Weissmuller, the physically fit actor who invented the famous Tarzan yell. He broke six world swimming records, won five gold medals, and set 67 world records. Then there's Dave Scott, who won the challenging iron man World Triathlon Championship six times!



What do all of these record-setting athletes have in common? They all ate the secret diet of champions! Would you like to eat the food of champions? Well, you can! And did you know that there is Someone who knows more about this special food than even doctors and athletes?

Does our Creator say anything in the Bible about where to find this special menu for champions?

Yes!



Fast Fact

The largest, heaviest, and strongest land animal in the world is a vegetarian. In a single day, the African elephant can eat 1,000 pounds of vegetation and drink 80 gallons of water! They are so strong, they can uproot trees and turn cars upside down.

Let's go on another amazing adventure to discover the Bible's secrets about how to live a long, strong, wise, and happy life — and how to be a real champion for God!

As always, let's ask the Author of this wonderful book to help us understand His Word. You might say,

"Dear God, Thank you that you care about me. Please help me to learn what you say about my health and my food. In Jesus' name, I pray. Amen."



What food did God plan for people to eat when He made Adam and Eve at Creation?

ANSWER: **"God said, 'See, I have given you every herb that yields seed ... and every tree whose fruit yields seed'" (Genesis 1:29).**

Circle the word that describes the original champion diet for Adam and Eve:

Carnivorous Vegetarian Omnivore

God originally planned for people to eat what plants produce: fruit, nuts, grains, and later, vegetables (Genesis 3:18). People who eat only this kind of food are called "vegetarians."

Imagine that you received a new go-kart for your birthday. It comes with an instruction book that shows how to take care of it, such as the type of gas it needs to run. If you disregard these instructions and, instead of gas, you put soda pop in the tank — how well do you think your go-kart would run? Well ... it wouldn't go at all!



Does God care about the health of our bodies?

ANSWER: **"I pray that you may prosper in all things and be in health, just as your soul prospers" (3 John 1:2).**

Yes! God cares very much. He wants you to have a long, strong, and healthy life! What you eat affects you not only physically, but spiritually as well. It is difficult to think clearly about spiritual things when your mind is foggy from bad food.

God wants us to **"be in _____."**



After the children of Israel escaped from Egypt, God gave them food from heaven called "manna." This food was so incredibly healthy that those who ate it didn't get sick for 40 years. Imagine that — not one cold for 40 years! (See Exodus 16:14, 15.)

Look at this alphabet-list of fruits! Some of them, like durian (a thorn-covered fruit), tamarillo (a tomato-like fruit that grows on a tree), and xigua (a melon similar to watermelon) are rare, but most of them are well-known. Oh, but some of the letters of the alphabet don't have a fruit. Write those letters into the list, then look at the special code below. Write in the letters that correspond to the numbers and get a message of how these fruits will make you feel!

- | | | |
|----------------|----------------|----------------|
| 1. Apple | 9. _ | 18. _ |
| 2. Banana | 10. Jackfruit | 19. Strawberry |
| 3. Cherry | 11. Kiwi | 20. Tamarillo |
| 4. Durian | 12. Loganberry | 21. Ugli Fruit |
| 5. _ | 13. Mango | 22. _ |
| 6. Fig | 14. Nectarine | 23. Watermelon |
| 7. Grape | 15. Orange | 24. Xigua |
| 8. Huckleberry | 16. _ | 25. _ |
| | 17. Quince | 26. _ |

Eating fruit makes me feel
(22) (5) (18) (25) (26) (9) (16) (16) (25)!

_____!

Answer: Eating fruit makes me feel very zippy!

Possibly the greatest triumph of endurance ever was accomplished by Benoit Lecomte, who swam across the Atlantic Ocean! On July 16, 1998, he set out from Cape Cod with 8 wet suits, a snorkel, and flippers. While swimming, he was guided by a sailboat and was surrounded by a cage

with an electronic force field to protect him from sharks. Lecomte swam 6 to 8 hours a day through 3,736 nautical miles of relentless waves. He swam ashore in France — exhausted but heroic — in 72 days.



Benoit Lecomte was a very determined person to swim across the sea! Below, find something he actually said when he was starting to get tired. You will have to unscramble the words though!

"I ma ton deary of evig pu!"

" _____ !"

The Bible is also like an owner's manual for our bodies. In it, God tells us how to take care of our bodies. If we ignore the Bible and eat and drink whatever we want, pretty soon we'll find ourselves sick and unhappy.

Fast Fact



Answer: "I am not ready to give up!"

Fast Fact

Did you know that brilliant men like Albert Einstein, Sir Isaac Newton, Leonardo da Vinci, Thomas Edison, and Ben Franklin were all **vegetarians**?

Fill in the blanks of this poem from the word bank.

Word bank:	down	Thomas Edison
Albert Einstein	gravity	Isaac Newton
Leonardo da Vinci	beans	vegetarians
Mona Lisa	Tom	

A mystery woman, a shadowy smile, The _____ is what we call her. The most famous painting, for skill and for style, came from _____, a master.

Another great master was under a tree, where once fell an apple in Lincolnshire town from this _____ thought about _____ and now we know: What goes up, must come _____.

Our cities are lit up because of a man, who made the first light bulb (but not the first bomb). More on that later, but for now we can call this man _____, though friends called him "_____."

The man _____ had a white mop of fuzz. We think of a genius when we think of his name. He spent endless hours just thinking, and was a little bit nerdy, but on top of his game.

So what's the big deal with these brainy types? Did they eat lots of meat so their minds could grow keen? Was it candy or ice cream that made them so bright? No, all of them were _____. Now go eat your _____.

In preparation for this lesson, please read Daniel chapter 1!

In 605 B.C., the Babylonian army surrounded Jerusalem. Massive battering rams pounded the huge city gates, until finally the main gate gave in. Thousands of Jews were killed, and many began a 750-mile march to Babylon as captives. Among these slaves were a brave boy named Daniel and his three friends — Hananiah, Mishael, and Azariah. They were assigned to Nebuchadnezzar's royal school to be trained in the Babylonian government. The king planned for Daniel and his friends to eat food from his own kitchen. A king's diet must have sounded pretty good to them! ... Or did it?

You see, Daniel and his friends knew that the king's food was not the food of champions. They had studied the Scriptures while in Jerusalem, and they wanted to eat and drink only those things that the Bible said was good for them. Indeed, the Babylonians ate many strange and unhealthy things that God's Word forbids.

How would you like to have president question you for your final exams in school? Scary! But these young men were examined by the king! Let's see what the king discovered about Daniel and his three faithful friends ...

Remember, the one in charge of Daniel and his friends allowed them to eat vegetables, fruit, beans, bread, and nuts — instead of the king's meats and wine. Then after 10 days, he carefully checked them out. To his amazement, he found them to be healthier and stronger than those who ate the king's food.

"Them that honor me, I will honor"
(1 Samuel 2:30).

Fast Fact

When Elijah was running for his life from Jezebel's soldiers, he fell asleep, exhausted, under a tree. An angel woke him up twice to give him special food and something to drink. Then, Elijah went 40 days on the strength of that angel's lunch! It seems that God knows something about food that will keep a person going long and strong.

3 What decision did the boys make and what was the result?

ANSWER: **"Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank ... So Daniel said to the steward ... 'Please test your servants for ten days, and let them give us vegetables to eat, and water to drink'"** (Daniel 1:8, 11, 12). **"Do you not know that you are the temple of God and that the Spirit of God dwells in you? If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are"** (1 Corinthians 3:16, 17).

Wow! That's quite a brave decision! Remember, Daniel and his friends were slaves, so to refuse the king's food could have resulted in prison or even death. **Why did Daniel and his friends decide to risk their lives by not eating the king's food?**

Daniel and his friends knew that their bodies were temples for God's _____ to live in. They knew the king's food would defile their _____.

From then on, he allowed them to have a vegetarian diet. After three years, they were examined by the king himself — and what he discovered must have surprised all of the other captives who ate from the King's table.

"In all matters of wisdom and understanding about which the king examined them, he found them ten times better than all the magicians and astrologers who were in all his realm"
(Daniel 1:20).

Ten times wiser! Wow! How would you like to be ten times smarter than all of your classmates? God blessed Daniel and his friends in a special way because they were determined to keep their bodies pure and clean. A healthy body leads to a clear mind.

4

Why did Daniel and his friends also refuse to drink the king's wine?

ANSWER: "Wine is a mocker, Strong drink is a brawler, And whoever is led astray by it is not wise" (Proverbs 20:1). "Nor drunkards ... will inherit the kingdom of God" (1 Corinthians 6:9, 10).



If you live with someone who smokes a pack of cigarettes in a day, the second-hand smoke you breathe in is as much as if you had smoked three cigarettes yourself

The famous Bible champion, Samson, killed a lion with his bare hands and pulled a city gate from its hinges and carried it to the top of a mountain, had something in common with the mighty preacher John the Baptist.

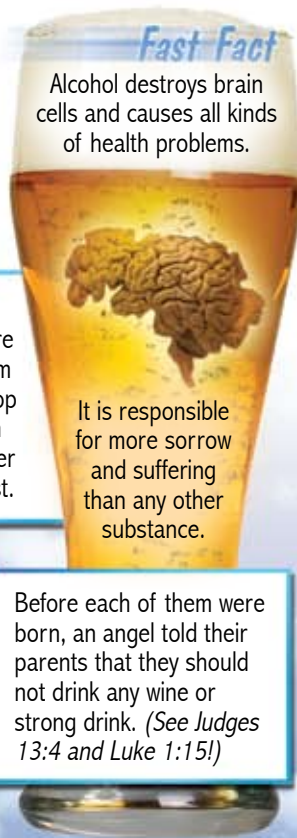


Can you think of anything else that defiles a person's body? What about smoking?

The lungs of a smoker — even from one that smokes just a little — contains a black sticky substance called (nicotine tar). This substance prevents the lungs from working properly and often causes cancer. Someone estimated that every cigarette smoked shortens the life of a smoker by 10 minutes.

In fact, smoking can shorten a lifespan by as much a third! The Bible says, "You shall not murder" (Exodus 20:13). Some people are murdering themselves slowly with cigarettes.

Besides, the Bible tells us that our bodies are the temple of the Holy Spirit. Smoking is like smearing black tar on the inside walls of a church. Your body is the home of the Holy Spirit, and you should take the very best care of it.



Fast Fact

Alcohol destroys brain cells and causes all kinds of health problems.

It is responsible for more sorrow and suffering than any other substance.

Before each of them were born, an angel told their parents that they should not drink any wine or strong drink. (See Judges 13:4 and Luke 1:15!)

5

What was it about the king's meat that Daniel knew would defile him?

ANSWER: Daniel wanted to follow God in everything, and he knew that many of the king's meats are called "unclean" in the Bible. In Leviticus 11 and Deuteronomy 14, God gives some clear directions about what kind of meat is okay to eat. "You may eat every animal ... having the hoof split into two parts, and that chews the cud." These are animals like the deer, sheep, goat, and cow — for they have split hooves (unlike a horse or giraffe) and chew their cud. However, "The swine [pig] is unclean for you, because it has cloven [split] hooves, yet does not chew the cud; you shall not eat their flesh" (Deuteronomy 14:6, 8).

But remember this ... God originally intended people to be vegetarians. After the Flood, which was sent because of so much sin on the earth, the beautiful world was changed and many of the plants that provided delicious foods were gone. In this emergency, God gave people permission to eat some animals — but only those that the Bible calls (clean)! And even though Daniel knew some meats were clean, he chose to stick with God's original diet and only ate food from plants.

Did you know that God also says that fish and water creatures need to have both fins and scales like salmon and trout? Otherwise, they are "unclean for you" (Deuteronomy 14:9). Unclean water creatures include shellfish, catfish, lobsters, and others.

God also says that birds of prey, scavenger birds (like vultures), and birds that eat fish (like eagles) are all unclean. Turkey, chicken, and duck are listed as clean birds. And creeping creatures — like snails, worms, and turtles — are also unclean (Leviticus 11:13-47). You didn't want to eat them anyway, did you?

Many of these unclean animals, birds, and fish have something in common: They are scavengers. These creatures help to keep the world clean by eating dead things. You can think of them as the garbage collectors of nature! To eat them would be a lot like eating out of a dumpster — that wouldn't be very healthy, would it?

The clean animals, birds, and fish are those that mainly eat plants. They are less likely to carry diseases than animals that eat other animals. Even though the Bible permits the eating of clean animals, it says we should never eat blood or fat (Leviticus 3:17). Eating blood and fat (also greasy foods) is very unhealthy and can cause many terrible health problems, such as heart attacks and strokes.

Fast Fact

Captain Alan Jones of the U.S. Marines was struck by polio when he was five years old. He became a vegetarian and perhaps the fittest man on earth! Here are some amazing things he did within a 15-month time span: Broke the world record with 17,003 consecutive pushups; lifted a 75-pound barbell over his head 1,600 times in 19 hours; skipped rope 100,000 times in 23 hours; swam 68 miles without sleep; performed 51,000 sit-ups in 76 hours; swam 500 miles in 11 days down a river!



FRIENDS Not Food

What a beautiful mix of God's amazing creatures! But they've all shown up with blank name tags. Write "UNCLEAN" on the name tags of the 13 animals that are unclean. Then, choose pet names from the list below to write on the name tags of all the clean animals.

- Buck
- Lily
- Rudy
- Bubbles
- Billy
- Betsy
- Sammy



Animals were created for friendship, not eating! Mrs. Bryce wanted to give each of her twins, Jen and Ben, a pet for their birthday. She went to the pet store and told the storeowner which pet was to be delivered to which child. She even named the pets. After Mrs. Bryce left, a hungry lizard ate the scrap of paper the storeowner had written on, and she couldn't remember any of the information. Here's what she did remember:

1. One child was to get a rabbit, and the other a turtle.
2. One pet was named "Jumpy" and the other "Smiles."
3. Jen's pet was not a turtle.
4. Ben's pet was named "Smiles."

Hint: Here's a little chart that might help. Put an "x" for false and an "o" for true. Then fill in the blanks:

	"Jumpy"	"Smiles"	Turtle	Rabbit
Jen				
Ben				

Based on this information, can you fill in the blanks?

1. Jen's pet was a _____ named _____.
2. Ben's pet was a _____ named _____.

Answer:
1. Jen's pet was a rabbit named "Smiles."
2. Ben's pet was a turtle named "Jumpy."

6

Why does God say all these things about our food?

ANSWER: "The Lord commanded us to observe all these statutes, to fear the Lord our God, for our good always, that He might preserve us alive" (Deuteronomy 6:24).

Because God loves His children! He wants to keep us alive! That's why He is concerned about our health. He wants us to be free from disease and to live a long, strong, healthy, and happy life.

Why does God want us to follow the Bible menu? "For our _____ always."

7

What should guide me in choosing how I live and eat?

ANSWER: "Whether you eat or drink, or whatever you do, do all to the glory of God" (1 Corinthians 10:31).

By choosing to eat that which is good and do that which is healthy, you will be giving God glory (Isaiah 55:2). Your life will also be so much better than if you disregard God's health principles.

The most important thing is that taking good care of your body will help you resist the devil's temptations and be more like Jesus. He has great plans for you — He might want you to be as daring as Daniel!





Does God's Word have more secrets for a long, strong life?

A) Regular meals. "Feast [eat] at the proper time — For strength" (Ecclesiastes 10:17).



To work properly, your digestive system needs to rest between meals! If you keep eating all day long, whenever you feel like it, you will not be able to properly digest food. Eating at regular times and not snacking between meals will help you feel more energetic and alert.

B) Have self-control.

"But I discipline my body and bring it into subjection" (1 Corinthians 9:27).

Squeezing in that extra piece of pie or going back for seconds when you are already full is not only bad for your health, it also creates a bad habit of overeating — which has ruined millions of lives! If you don't control your appetite, your appetite will end up controlling you.

C) Be happy and content. "A merry heart does good, like medicine" (Proverbs 17:22). "He who is of a merry heart has a continual feast. Better is a little with the fear of the LORD, Than great treasure with trouble" (Proverbs 15:15, 16).

Being thankful and having a positive attitude not only makes you happier, it is also very good for your health. Studies have shown that those who have a positive attitude are less likely to get sick than those who are upset and depressed. So be happy!

D) Be helpful. "Share your bread with the hungry, And ... bring to your house the poor who are cast out. ... Your healing shall spring forth speedily" (Isaiah 58:7, 8).

When somebody thanks you for helping them, how do you feel? You feel good, don't you? It is nice to be appreciated and valued by others — so be helpful! It's good for your health.

E) Trust and honor God. "Trust in the LORD with all your heart. ... Fear the LORD and depart from evil. It will be health to your flesh, And strength to your bones" (Proverbs 3:5, 7, 8). Respecting and obeying God's Word helps us spiritually and physically!

F) Work — and sleep well. "The sleep of a laboring man is sweet" (Ecclesiastes 5:12). "If anyone will not work, neither shall he eat" (2 Thessalonians 3:10). God doesn't want us to be lazy; if we work, our minds will be clearer and we will sleep better. And it is important for us to get enough sleep to be healthy.

G) Keep clean. "Wash yourselves, make yourselves clean" (Isaiah 1:16).

It's important to keep your body and surroundings, such as your bedroom, clean. Always wash your hands before you eat!

H) Don't use anything that harms your body.

Don't do anything that "defiles the temple of God" (1 Corinthians 3:17). "Listen carefully to Me, and eat what is good" (Isaiah 55:2).

Medical research shows that products containing caffeine (like coffee, tea, and many soft drinks) are harmful to the body. Caffeine is an addictive substance that overworks the nervous system and can result in the body not getting adequate rest. Eating too much sugar is also bad and can cause depression — even in young children — and many other health problems!

I) Be temperate in all things.

"Everyone who competes for the prize is temperate in all things" (1 Corinthians 9:25).

If we want to compete for the heavenly prize and be good Christians, we'll want to stay away from things that will injure our health — and use wisely those things that are good.



Fast Fact

Did you know that many fruits and vegetables that resemble our body's internal organs in their shape are very beneficial to those organs too. For example, **kidney beans** look like our kidneys and actually heal and maintain its function. A **walnut** looks almost identical to a miniature brain and contains fatty acids that are essential for brain function. **Grapes** look like blood cells and are very good for the blood and heart. A sliced **carrot** looks like the pupil and iris of an eye — of course, carrots are great for your eyes. So the next time you eat some fruit or vegetable, try guessing what body part it might be helping!



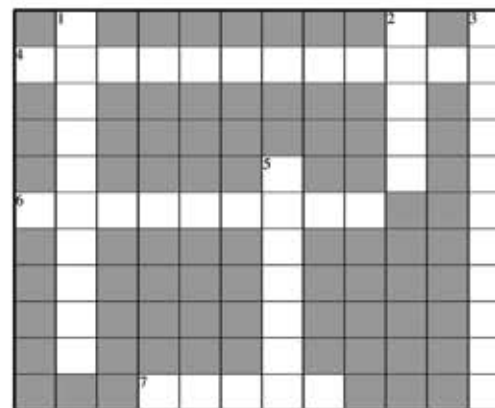
Here's a crossword puzzle that helps you map out the different health rules you find on pages 12 and 13.

ACROSS

- 4. the ability to discipline yourself
- 6. a cheerful attitude
- 7. spending time zzzzzz's

DOWN

- 1. doing things on schedule
- 2. believing in someone
- 3. keeping your body pure
- 5. helping others



ANSWER: ACROSS - 4. Self-control
DOWN - 1. Regularity 2. Trust
3. Cleanliness 5. Service
6. Happiness 7. Sleep

Isn't it amazing how so many things can affect our health? Every part of us is affected by every other part — from our eating and drinking, to our thinking and attitude, and even to our work and sleep!



Do you love Jesus and want to eat and live so you can be a champion for Him? _____

How can I live a healthier life?

1. Always start your day with eating a healthy breakfast.
2. Avoid sugary and greasy foods.
3. Eat foods as natural as possible — apples instead of pop tarts; baked potatoes instead of French fries.
4. Eat more fresh foods and vegetables.
5. Choose whole grain breads and cereals.
6. Learn to drink water when you are thirsty — 6 to 10 glasses a day is great!
7. Get up, go to bed, and eat at regular times. Get enough sleep.
8. Exercise often outside in the fresh air and sunshine.
9. Read your Bible and pray every day!



Did you enjoy this lesson? We hope so!
Now do the questions on the **SUMMARY SHEET**.

Notes

SUMMARY SHEET

Please read the Bible Guide before answering the questions. Fill in the circles of ALL that are correct in the multiple choice questions. Hint: The number of correct answers for each question is in red.

1. What did God plan for Adam and Eve to eat? (4)
 - a) grapes, strawberries, apples
 - b) snack cakes
 - c) hamburgers and chips
 - d) fruit, nuts, grains
 - e) diet cola and other pop
 - f) almonds and walnuts
 - g) rice, barley, wheat
2. Daniel knew these things would defile his body: (3)
 - a) water
 - b) unclean meats
 - c) the king's delicacies
 - d) vegetables
 - e) wine
 - f) fresh fruit
3. What champions for God did you read about in this lesson? (4)
 - a) Paul Bunyan
 - b) Daniel
 - c) The Wright brothers
 - d) Samson
 - e) Elijah
 - f) Arnold Schwarzenegger
 - g) Daniel's three friends
4. Put "C" for clean or "U" for what the Bible calls unclean meats.
 - ___ a) trout, salmon
 - ___ b) pig, horse
 - ___ c) rabbit, mouse
 - ___ d) deer, cow
 - ___ e) shrimp, lobster
 - ___ f) bacon, pork rinds
5. Mark "H" by healthy things to do.
 - ___ a) Stay up all night at a party
 - ___ b) Stay away from cigarettes and alcohol
 - ___ c) Eat a low-sugar cereal, toast, and fruit for breakfast
 - ___ d) Worry and grumble about things that don't go right
 - ___ e) Drink sugary, caffeinated soda when you're thirsty
 - ___ f) Eat fresh fruit or vegetables every day
 - ___ g) Choose to be happy and thankful for everything



- ___ h) Try to find something to do to help others
- ___ i) Nibble snacks all day, every chance you have
- ___ j) Cheerfully do your share of work at home and school
- ___ k) Go to bed at a regular time
- ___ l) Drink water in between meals and when you're thirsty
- ___ m) Skip breakfast and just grab a candy bar
- ___ n) Trust God and choose to follow Him

YOUR COMMENTS:

6. What new things have you discovered in this lesson?

7. Do you want to be a champion for God by eating and doing only the good things that will make you strong and healthy?

H - h) Try to find something to do to help others
 H - j) Cheerfully do your share of work at home and school
 H - k) Go to bed at a regular time
 H - l) Drink water in between meals and when you're thirsty
 H - n) Trust God and choose to follow Him

4. Put "C" for Clean or "U" for what the Bible calls Unclean meats.
 C - a) trout, salmon
 U - b) pig, horse
 U - c) rabbit, mouse
 C - d) deer, cow
 U - e) shrimp, lobster
 U - f) bacon, pork rinds
 5. Mark "H" by healthy things to do.
 H - b) Stay away from cigarettes and alcohol
 H - c) Eat a low-sugar cereal, toast, and fruit for breakfast
 H - f) Eat fresh fruit or vegetables every day
 H - g) Choose to be happy and thankful for everything

ANSWER:
 1. What did God plan for Adam and Eve to eat?
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 2. Daniel knew these things would defile his body:
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 e) wine
 3. What champions for God did you read about in this lesson?
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 d) Samson
 e) Elijah
 g) Daniel's three friends



P.O. Box 909
 Roseville, CA 95678-0909

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