

Unity Snack

Materials

- ☐ Completed body-shaped Unity Snack to show as an example
- ☐ Plates, one per student
- ☐ Plastic baggies for each type of snack item
- ☐ Large marshmallows or whole fresh strawberries, one for each student
- ☐ Pretzel sticks, about 10 per student
- ☐ Variety of small soft snacks, about 10 pieces per student (e.g., mini marshmallows, gummy candies, grapes, cheese cubes)
- ☐ Optional: mini chocolate chips and red licorice for face and hair



Instructions

NOTE: Before choosing snack ingredients, check for any food allergies students may have.

Before class, separate each kind of food item into separate plastic baggies. Make sure there is one baggie for each student (duplicates of the same food are fine).

During class, pass out one plate and one baggie of snack food to each student. Use the Suggested Discussion below to introduce the activity. Have students open their baggies and set them in the center of the tables (or all on one table) where each student can choose several different foods to build a body on their own plates. Remind students to take only one large marshmallow or strawberry to use for the head of their body.

You may want the class to show each other the body they made before eating their snack. Discuss how students can play a role as part of the body in your church or class.

Suggested Discussion

Each of you received one snack item. On it's own, it could be enjoyed just fine.

- ?** But what do you think we could make if we shared all the snack items to make one great snack?

Allow answers. Show the example of the body-shaped snack you want them to make.

This is what we can make if we combine our items! The parts of our snack are like the parts of the body—the believers in the church. They are better when they are united together! Let's share our snacks with each other so you can each make one like mine. *Have students make their snacks, show them, and then eat them.*

- ?** God wants believers to work together and use their talents to help each other and to spread the gospel. What are things that you can do to help in our church or here in our class? *Allow discussion. Pray for other believers, attend church services to worship together and learn from God's Word, encourage and thank those who are serving, look for ways to help, do your best to be on time, get a good rest the night before church, invite friends to church, etc.*