



Thoughts on a Spoon

We use spoons every day to eat, to stir, to serve food. A spoon was probably the first tool you learnt to use to feed yourself, after your fingers! I wonder how many spoons you have used today and what did you use them for? There are teaspoons, dessert spoons, serving spoons, cooking spoons. Find, or think about, different types of spoons in your home. What are they made from? What are they used for? Which one do you use the most? Are they all the same size? Group the spoons into: spoons for eating, for cooking, for serving. Can you make a collection of spoons and put them in order of size?

The Bible says

'All living things look hopefully to you, and you give them food when they need it.

You give them enough and satisfy the needs of all.'

Psalm 145

'He gives food to every living creature; his love is eternal.' Psalm 136

Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry."

John 6:35

Fact

Spoons have been used as tools for eating for thousands of years. Shells, or small pieces of wood, were probably first used as spoons, as they were the right shape for scooping up food.



Idea

We expect to have spoons just like we expect to have food. Do you wonder where your food comes from? Have you thought about all the people who are involved in getting our food to us? The supermarket workers, lorry drivers, delivery drivers, factory workers, food packers, farm workers. They are all working really hard to make sure we have food.

Do

some baking with your grown-up. Make some biscuits or cake. As you use each ingredient, think about where it came from, how it got to you and who brought it to you. Which spoons did you use? Share what you make with your family and say thank you for the good food.



Pray

Thank you for our food and all the people who help to get it to us; the supermarket workers, lorry drivers, delivery people, farmworkers. Help us to value our food and not waste it.