

# FIT CARD

## CHILDREN

### *Mealtime Moment*

### *“One of a Kind”*

#### Best Use

As a family cooking activity

#### Nutritional Value

An intentional time to talk about how God has made each one of us unique and special for His glory.

#### Advance Preparation

- Get one index card per person and write the name of a family member across the top of each.
- Purchase/gather ingredients listed below:
  - ◊ Individual pizza crusts for each person in your family (you can make your own or use store bought)
  - ◊ Tomato sauce
  - ◊ Shredded mozzarella cheese
  - ◊ Toppings: Pepperoni, peppers, mushrooms, pineapple, sausage, etc.

#### Serve it up

**SAY:** “God made each one of us unique and special. We are going to have fun creating our very own pizzas.”

**DO:** Preheat the oven to 400 degrees and then put the pizza crust on cookie sheets and lay out all of the ingredients in small bowls. (If making your own crust, create different shapes.)

**SAY:** “You can pick and choose what you would like on your pizza. Each pizza will be different. You can even make funny faces or use toppings to spell out our initials.”

**DO:** Once your pizzas have been decorated, place in the oven for about 10 minutes or follow the recommended cooking instructions if store bought crust.

**DISCUSS:** While your pizzas are baking use the time to talk about how different each pizza turned out. “In the same way, God has created each of us with different strengths and talents. We have different color hair and eyes. We have different talents and gifts. He made us each a one of a kind!”

**DO:** Take the index cards and go through each family member. Talk about what makes that person unique and why they are special. Be sure that these are all positive and encouraging. Write the items on the index card for them to keep.

**READ:** Read Pslam 139:13-14 aloud together which talks about how God “*knit us together*” and how we are “*fearfully and wonderfully made.*”

**DO:** Take the pizzas out of the oven, let them cool and enjoy!

**OPTIONAL:** Announce contest categories for the pizzas and award each pizza for a different reason such as “Most colorful” or “Funniest” or “Most veggies”, etc. Take a picture of each family member with their winning pizza.

**PRAY:** Thank God for your meal and for His creativity in each member of your family. “*We thank you, Lord, for creating each one of us special and unique. Help us use the gifts and talents you have given us to give you glory. In Jesus Name we pray, Amen.*”

