Preschool–Grade 5

Daniel's Diet Craft

Pulse to eat, and water to drink · Daniel 1:1–21 · print page 2 for each child (and page 3 for the harder level)

What it looks like finished



Easy and medium



Harder

Both levels are a card with a red heart flap lifted up to show a brown bowl of pulse with ten yellow seeds and a brown cup of blue water. Daniel "purposed in his heart" (Daniel 1:8) and asked for "pulse to eat, and water to drink" (1:12). Medium (left): the card and the heart. Harder (right): the same, with a strip of four windows below it, where kids draw Daniel and his three friends.

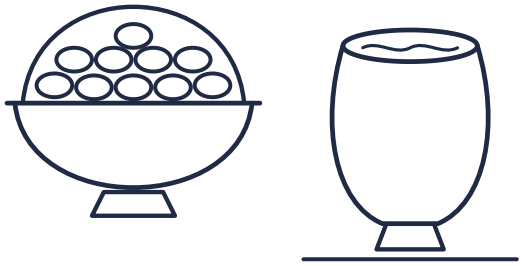
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Name: _____

✂ Cut on the dashed lines

card: color the bowl and the cup brown, the water blue and the ten seeds yellow

glue the top of the heart here



Count as you color: ten seeds for ten days.

heart: color it red on both sides



The heart covers the card.
Lift it to see what Daniel asked for.

verse strip: glue it on the back of the card

As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.

Daniel 1:17 (KJV)

Color the bowl and the cup brown, the water blue and the ten seeds yellow, and the heart red on both sides. Cut out all three pieces. Glue the top of the heart on the dotted strip of the card. Glue the verse strip on the back.

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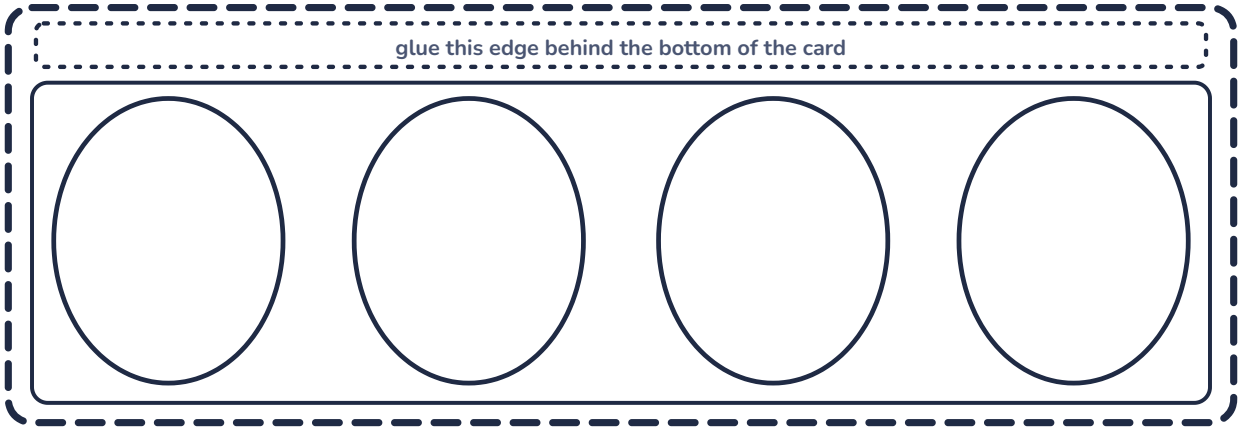
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Name: _____ ✂ Harder level

Four friends strip (harder level)

Draw one friend in each window, color the frame, and cut on the dashed lines.



frame: color it green · windows: draw Daniel, Hananiah, Mishael and Azariah

How to make the four friends strip

1. Make the card and the heart from page 2 first.
2. Color the frame around the windows green.
3. In the four windows, draw Daniel, Hananiah, Mishael and Azariah after the ten days, looking healthy and well: "their countenances appeared fairer and fatter in flesh" (Daniel 1:15). Draw them as young men in long robes.
4. Cut out the strip on the dashed lines. On the back, under each window, write the friend's name: Daniel, Hananiah, Mishael, Azariah.
5. Put glue on the dotted edge at the top of the strip and press it behind the bottom of the card, so the four windows hang below the card. God gave these four "knowledge and skill in all learning and wisdom" (Daniel 1:17).

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For the teacher

See it finished: a photo of the finished craft is at vbshq.com/crafts/daniels-diet-craft
Time: 15 to 30 minutes, depending on the level · **Ages:** 3 to 11, in three levels · **Cost:** under 50 cents a child for the easy and medium levels
You need: page 2 printed once per child (cardstock is sturdiest), red, brown, yellow and blue crayons or markers, scissors and glue sticks. For the harder level, also page 3 printed once per child, a green crayon, crayons in any colors and a pencil.
Before class: for preschoolers, cut out the card, the heart and the verse strip ahead of time, and glue the verse strip on the back of the card.

Three ways to make it

- **Easy (preschool, ages 3–5), about 15 minutes, no scissors:** before class, cut out each child's pieces and glue the verse strip on the back. Kids color the bowl, the cup, the water, the ten seeds and the heart. Help them glue the heart on top, then lift it and count the ten seeds together.
- **Medium (grades K–2), about 20 minutes:** follow the steps below. Kids color, cut, glue the heart flap and tell the story with it. This is the craft in the first photo.
- **Harder (grades 3–5), about 30 minutes:** make the card like the medium level. Then add the four friends strip from page 3, with Daniel, Hananiah, Mishael and Azariah drawn in the windows and their names on the back. This is the craft in the second photo.

Steps (medium level)

1. **Color:** color the bowl and the cup brown, the water blue and the ten seeds yellow. Count out loud as you color each seed: one day, two days, all the way to ten days. Color the heart red on both sides.
2. **Cut:** cut out the card, the heart and the verse strip on the dashed lines.
3. **Glue the heart:** put glue only on the dotted strip at the top of the card. Press the top of the heart on it, so the heart covers the card like a flap.
4. **Verse:** turn the card over and glue the verse strip on the back. Read it together.
5. **Tell it:** "Daniel purposed in his heart that he would not defile himself" (Daniel 1:8). Lift the heart: he asked for "pulse to eat, and water to drink" (1:12). Count the ten seeds for the ten days Melzar proved them (1:14).

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Questions to ask while kids work

- Who was the king of Babylon? *(Nebuchadnezzar, Daniel 1:1)*
- What did the king give the young men every day? *(A share of his meat, his food, and of the wine he drank, 1:5)*
- Who were the four from Judah? *(Daniel, Hananiah, Mishael and Azariah, 1:6)*
- Hold up the heart. What did Daniel purpose in his heart? *(That he would not defile himself with the king's meat or wine, 1:8)*
- Lift the heart. What did Daniel ask for? *(Pulse to eat, and water to drink, 1:12)*
- Count the seeds. How many days did Melzar prove them? *(Ten days, 1:14)*
- What did God give the four? *(Knowledge and skill in all learning and wisdom, 1:17)*

Tips

- **Old Bible words explained: meat** means food of any kind; **portion** means share; **purposed** means made up his mind; **defile** means make himself unclean before God; **prove** means test; **pulse** means food grown from seeds; **countenances** means faces; **fairer and fatter in flesh** means healthier.
- **What the Bible says:** Daniel asked for pulse and water (Daniel 1:12). It doesn't say what the pulse looked like or what dishes it was served in. The bowl, the cup and the ten seeds are only for the craft, and the ten seeds help kids count the ten days.
- **No one is drawn on the template:** kids draw the four friends themselves in the harder level's windows, as young men in long robes. The Bible calls them "children" and doesn't give their ages.
- **Keep it about obeying God:** this craft is not about which foods to eat. Daniel 1 doesn't say exactly why the king's food would defile Daniel, so we don't guess.
- **Preschool:** pre-cut everything and glue the verse strips ahead of time. Use glue sticks, not liquid glue. Let every child say, "Daniel made up his mind!" as they lift the heart.
- **Teach the story first:** this craft goes with the free Daniel's diet lesson and word search at vbshq.com/bible-stories/daniels-diet.

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