



# Gospel Light®

HOME DISCUSSION GUIDE  
for ages infant-36 months

FALL B  
Lesson 11

## Kids in the Kitchen

***“Praise the Lord. Give thanks to the Lord,  
for he is good; his love endures forever.”***

Psalm 106:1

This time of year, there's a lot of activity in the kitchen. When I'm cooking in the kitchen, I pull a chair up to the counter and let my toddler kneel on it. I get out spice jars and let her smell them. I talk about what I'm making and what the ingredients are. I say, **God gives us food. God loves us!** I let her help where she can, stirring and pouring.

### Try This:

My toddler loves to make pretend food for me to eat. We set out some paper plates and cups and she pretends to serve me food. I taste and comment on everything she serves. I always add, **Thank you. And thank You, God, for good food.**