

Energy factories

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CONVOY OF HOPE
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Fueling up

What did you eat for breakfast this morning? Maybe it was a bowl of cereal with milk, a stack of pancakes, or a piece of fresh fruit. After you left the table, you probably forgot all about breakfast. But your body didn't. Inside you, a small factory started its operations for the day.

Like an assembly line, the parts of your body work together to turn the raw materials you take in as food into the energy you need for everything you do — from solving math problems to catching footballs.

Think of a race car moving down the track. What does it need to keep going? Gasoline, of course! Food provides your body's fuel. For example, when you eat an apple, the factory inside you goes to work breaking it down into sugars and other nutrients. These sugars are absorbed into the bloodstream. With the help of a hormone called insulin, they are then delivered to your body's cells for energy. Without food, you would soon run out of gas. You would grow tired and sick. If your body were deprived of food long enough, you would starve to death.



Sadly, there are many people in the world today who are in danger of starving. They don't have enough money to buy the food they need for survival. Some live in areas where very little food is available because of famine or war.

God loves all people and wants us to care for those who are hungry and hurting. That's why an Assemblies of God group called Convoy of Hope is making a difference by delivering food to hungry people in the United States and around the world. Jesus said when we show kindness to others, it's like we're doing it for Him.

"I was hungry and you gave me something to eat"
 (Matthew 25:35, NIV).

Try this!

Create a meal

Draw your favorite foods on the plate. Are these good energy sources for your body?



Did you know?



Simple sugars, like those found in donuts and sugary cereals, don't make a good breakfast because the energy burns off quickly. Whole grains, like oatmeal or whole wheat toast, are much better because they break down slowly and keep you going longer.

Rice is the main food for half the people in the world. In fact, the Chinese words for rice and food are the same.

JUST FOR laughs

Why did the chef laugh at the ham bone?
 It was a funny bone.

Why was the octopus always late for dinner?
 He had to wash his hands before coming to the table.



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