## Food in hard times

Grandma and grandpa have two big liquidamber trees that Vicki likes to climb when she visits. Galahs like to visit these trees too. They sit in the high branches, break off a fruit (seed case), hold it in their foot, tear it open and eat the seeds, and then drop it. You have to watch you don't get hit by these hard and spikey objects. Each fruit has 20-50 capsules that contain one or two seeds. They are good food for galahs and other parrots. God has given galahs sharp

Liquidamber seed case



claws and specially shaped strong beaks that help them get into seed cases. They are able to find seeds even in hard times like droughts or after fires.





## Listen to God! Deuteronomy 8:2-3

When God's people were in hard times in the desert, God gave them food called manna. In these verses he reminded them that just as they needed the manna to

Read Psalm 119:103 What food does it say God's words are like?

Draw your favourite food. Write a favourite Bible verse.

feed their bodies, they needed God's words to feed their souls. We need it too. That's why we need to read the Bible.

## Talk to God!

Thank you God, for your words to us in the Bible. We need food every day to keep our bodies healthy and help them grow. We want to read yours words in the Bible every day so our souls will be healthy too.