



## Lesson 2—My Body: I Can Make Healthy Choices

In today's lesson, your child learned that the second key to the best me is **My Body: I can make healthy choices**. In the Bible story from Daniel 1:8-16, we learned that we can love God by being like Daniel and taking care of our bodies!

### Talking points:

Here are a few discussion questions to help you review what your child learned this week.

- Who did not want to eat the king's food? *Daniel*
- What foods did Daniel eat? *Vegetables*

### Our memory verse is:

*Your body is a temple of the Holy Spirit . . . Honor God with your body.*  
1 Corinthians 6:19-20 (NLT)