

CREATIVE COOKERY STATION

STATION FOCUS

God loves all people and will forgive them when they repent. We, like Jonah, are called to tell others about God.

SCRIPTURES

The Book of Jonah

STATION OBJECTIVES

Children will have the opportunity to

- become familiar with the story of Jonah;
- explore ways to tell others about God, as Jonah did.

STATION SETUP

Paint and post a sign that says “Mercy’s Restaurant, Finest Food in Nineveh, Fresh Fish Daily.”

Photocopy the Main Idea, Objectives, Bible Background, Shepherd Tips, and Check Your Facts for each leader and shepherd. (See pages 3–6.)

WANT TO DO MORE?

Write “Today’s Specials” on the board. List the food items the children will be preparing.

Resources

pages 3–6
Bible

Supplies

butcher paper
paint

Supplies

chalkboard/chalk
or dry-erase
board/dry-erase
markers

Note

Resources and websites are constantly changing. Check www.powerxpress.com for updates that may help you in planning.

SAFETY CHECK

- If you use the stove or oven, take precautions that will ensure the children's safety. However, let the children work with the ingredients as much as possible.
- Know your children's allergies before selecting foods to prepare.
- Each shepherd should know the whereabouts of every child in his or her group and where to reach a parent in case of an emergency.
- Children and adults should wash their hands before working with the food, and assure all foods and equipment are kept clean and sanitary.
- Make sure any electrical equipment being used is safe. Be sure all electrical cords and equipment are out of the way to avoid tripping.

BIBLE STORY (5–10 minutes)

Note: Each activity has a Scripture with it. Choose several food items, trying to have food that represents each part of the story of Jonah. (If this isn't possible, be prepared to fill in the gaps in the story during the conversation at the end.) Have children fix the food, perhaps working in small groups, with each group preparing a different dish.

Invite different people to visit each week to share in the feast and hear the story of Jonah. Directions for the meal are at the end of the lesson.

Parts of the story accompany each dish that is prepared. The whole story will be put together at the end.

ACTIVITY OPTIONS

(45–50 minutes)

Choose from the suggested activities.

For Younger Children**Phish Food**

Scripture: Jonah 1.

Read the Scripture, or tell the story in your own words.

Say: When the big fish swallowed Jonah, it wasn't eating him but giving him a ride. What do you think the fish did eat? Just for fun, we're going to have some ice cream called Phish Food®.

Have the children scoop the Ben & Jerry's Phish Food® ice cream or yogurt into bowls. Put the bowls in the freezer until it's time to eat.

Resources

weekly visitors

I was almost
drowned ...but, you,
LORD God, rescued me.
(Jonah 2:5-6, CEV)

Supplies

Ben & Jerry's Phish
Food® ice cream or
yogurt
bowls
ice cream scoops
spoons
trays
access to a freezer

For Older Children

Tuna Boats

Ingredients: 6–8 small potatoes, 1 egg, 3¼ ounce can of tuna, cheddar cheese, 1 cup plain yogurt, 3 tablespoons pickle relish

Prepare

Bake 6-8 small potatoes.

Scripture: Jonah 1:1-10.

Read the Scripture to the children.

Say: God asked Jonah to do something in Nineveh that Jonah did not want to do, so he ran away. Jonah got on a boat going in the opposite direction from Nineveh. We're going to make potato boats to remind us of the boat Jonah took.

1. Hard boil an egg by placing it in boiling water for 20 minutes. Run cold water in the pan. (This can be done ahead of time.) Shell the egg and mash it.
2. Open a 3¼ ounce can of tuna fish. Rinse and drain.
3. Grate cheddar cheese to measure ¼ cup.
4. Mix together egg, tuna, yogurt and pickle relish.
5. Cut the baked potatoes in half length-wise. Partially scoop out the inside of the potato.
6. Fill the potato shell with the tuna mixture.
7. Sprinkle shredded cheese on top.
8. Heat in a toaster oven until the cheese melts.

Yield: 12–16 boats.

For Older Children

Fish 'N' Dips

Scripture: Jonah 1:17, 3:1.

Read the Scripture.

Say: The big fish had an important part to play in Jonah's story. We're going to fix some fish to help us tell the story.

Ingredients: two 8-ounce boxes of frozen fish sticks, ¼ cup of pickle relish, ½ cup of mayonnaise, ½ teaspoon onion powder, ½ cup chili sauce, 1 teaspoon lemon juice, ¼ teaspoon Worcestershire sauce

Supplies

cheese grater
colander
small saucepan
spoons
small bowl
toaster oven
can opener
ingredients

Supplies

ingredients
cutting board
butter knife
2 small bowls
measuring cups
measuring spoons
spoon
cookie sheet
pot holders
pancake turner
serving platter
toothpicks

Check Your Facts

□ The Bible tells us that Jonah was swallowed by a big fish.

1. Preheat the oven. Set out frozen fish sticks 10 minutes ahead of time.
2. Cut the fish sticks into four pieces. Heat them as directed on the package.
3. In a small bowl, mix pickle relish, mayonnaise, and onion powder
4. In the second bowl, mix chili sauce, lemon juice, and Worcestershire sauce
5. When the fish sticks are baked, arrange them on a serving platter. Put a toothpick in each piece.
6. Dunk the fish into dips as desired.

Supplies

small rolls such as dinner rolls or white mountain rolls
sandwich fixings such as cold cuts, cheese, lettuce, and condiments

For All Ages

Submarine Sandwiches

Scripture: Jonah 1:11-17

Read the Scripture.

Ask: What kind of boat would Jonah have liked when he was thrown overboard?

Say: Answer: a submarine! We're going to make submarine sandwiches, just for fun. They will remind us, that while God didn't send a submarine, God did take care of Jonah.

Lay out the sandwich fixings, and assemble sandwiches.

For All Ages

Whale of a Pizza

Scripture: Jonah 1:17, 3:1.

Read the Scripture.

Say: The big fish had an important part to play in Jonah's story. We're going to make our own fish to help us tell the story!

Ingredients: 10 ounce package of pizza crust mix; ½ cup of mozzarella cheese; 1 tablespoon olive oil; 1 black olive; 1 sliced olive; toppings such as sliced zucchini, chopped ham, sliced cherry or grape tomatoes, green pepper

1. Preheat oven to 425 degrees.
2. Prepare the package of pizza crust mix as directed.
3. Dust the pastry board with flour. Using the rolling pin, roll out the pizza crust dough into a large oval.
4. Use a butter knife to cut a large fish shape from the oval.

Supplies

baking sheet
rolling pin
pastry board
flour
shortening
sharp knife
cutting board
cheese grater
ingredients

Carefully transfer the dough to a greased baking sheet.

5. Use a butter knife to spread one jar of pizza sauce on the crust.
6. Grate ½ cup of mozzarella cheese. Spread it over the pizza sauce.
7. Cut up your choice of toppings.
8. Leave the fish head and tail covered only with cheese. Arrange the toppings in curved rows over the rest of the fish to resemble scales.
9. Add a black olive for an eye and a sliced olive for the mouth.
10. Brush 1 tablespoon of olive oil over the pizza.
11. Bake 30–35 minutes, or follow the package instructions.

For All Ages

Deep Sea Juice

Scripture: Jonah 2.

Retell the Scripture in your own words. Re-read verse 3. This was Jonah's prayer, even as water was swirling all around him!

Following the directions on the package, make enough blue drink mix to serve your group. Place it in the refrigerator to chill.

For Younger Children

Ninevite Cookies

Scripture: Jonah 3:1-10.

Read the Scripture. Give each child a piece of burlap. Ask the children to hold the fabric in their hands, and to rub it against their faces.

Ask: Sackcloth is a rough cloth that people wear as a symbol of sorrow. How would it feel to wear clothes made of this fabric?

Frost the cookies and crackers with chocolate frosting, to represent sackcloth.

For All Ages

Dirt Pudding

Scripture: Jonah 4

Read the Scripture to the children. Tell them they are going to make a dessert which tells the story they just heard.

Supplies

blue drink mix
sugar
measuring cup
large pitcher
wooden spoon
glasses or paper cups

Supplies

purchased
gingerbread men
box of animal
crackers
1 can of prepared
chocolate frosting
butter knives
small pieces of
burlap or other
rough fabric

Supplies

mixing bowl
measuring cups
electric hand mixer
and beaters
clear plastic cups,
3-4 ounce size
food processor OR
gallon size zipper-
type plastic bag
and rolling pin
spoons
ingredients

Talk Tips

Why was Jonah angry
with God?

Do you think God was
angry with Jonah?

Supplies

plates
silverware
napkins
glasses
food prepared by the
children

1. Cream together and set aside:

¼ cup margarine
8 ounces cream cheese, softened
1 cup powdered sugar

2. Beat with a mixer:

½ cups milk
2 (6 ounce) packages instant vanilla pudding

3. Fold in one 12-ounce tub of whipped topping.

4. Combine the cream cheese and pudding mixtures.

5. Crush a 20-ounce package of chocolate sandwich cookies in blender or food processor, a few at a time, until they are the consistency of dirt. (Or, put a few cookies at a time in a gallon size plastic bag. Press out the air and seal the bag. Crush the cookies with a rolling pin until they are the consistency of dirt.)

6. Put a small amount of crushed cookies in the bottom of each cup. Cover them with a layer of pudding mixture. Repeat twice. Put a layer of crushed cookies on top.

7. Put a small broccoli floret (divide if necessary) and a gummi worm on top of each cup.

For All Ages**The Feast**

Have the children set the table. Gather around, with your guests.

Say: We are learning about Jonah, and we've prepared a feast to help us tell his story.

Read the Scripture verse for this station as a grace: "Praise the Lord and pray in his name! Tell everyone what he has done" Psalm 105:5.

Serve the food one course at a time, in the order of the Scripture which accompanies it. (The order of the courses may be a bit odd.) Have the children tell the related Scripture. Depending on the food you prepared, you may need to dill in missing parts of the story.

CLOSING (5 minutes)

Close with this or your own prayer:

Dear God, Jonah's story is pretty amazing! Help us realize that you care for us, just as you cared for Jonah. Help us tell others about you, just as Jonah did. Amen.