

# THE HEBRON CHALLENGE



## Challenge Title

Cooking

## Age Group

**4-7** 1-3 foods

**8-18** 4-7 foods

*Recipes have changed over time, but the basic ingredients remain the same. The Bible mentions many foods. What foods do we eat today that were eaten by the people of the Bible?*

Search your Bible to find as many plant foods as possible. Write them in a list. Write the foods and the Bible verses in which you found them in a list. Write the foods and the Bible verses in which you found them in a list. Then, depending on your age, make a dish using foods from your list. The more foods you use, the better the project will be! Be creative!

**Note:** For this project, salt (Luke 14:34) will be considered a food!

When you have completed your dish, take a sample for your Education Leader or one of the Sabbath School Teachers to taste. You must also submit your list of Bible foods, a copy of the recipe you used, and a photo of your dish.

