

TRUE KOMIX  
PRESENTS:  
NO. 609  
GP

# FOOD OR POISON?

ART BY EMAN ARTIST.

Grandpa heard that somebody in one of our homes had bought sugar! Then he wrote to them and said:



Don't you know that we don't use sugar in our homes?!

It's worse than SMOKING!



White sugar and anything made with it like soft-drinks, sugar sweets, desserts, and candies are just almost pure poison which does nothing but destroy your body! I hope our kids aren't eating any of that junk! The Lord protected me from sweets ever since I was a little boy. I couldn't stand them!-Yech!

The Devil wants you to eat all those sickening sugary sweets like candy and icky desserts and soft drinks, because he knows it's something that will really hurt and destroy your body.



The sweet of the sugar being in your mouth in sweet food and drinks is one of the quickest ways to rot your teeth and cause decay. Sweets cause quicker cavities than anything else you can eat. The little boy in this picture is visiting the dentist. The dentist is a doctor who fixes teeth. The dentist is using a tiny mirror to find the cavities caused by sweets.

2.

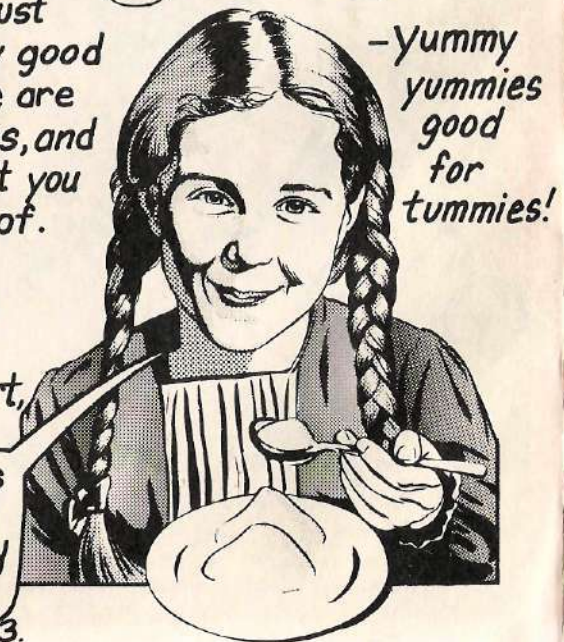
There are so many good things you can eat instead of candy or those icky sweet desserts and stuff some people eat.



Any form of natural sweet just like the Lord made it is very good for you in moderation. There are raisins, figs, honey, molasses, and all kinds of sweet fruits that you can make your sweets out of.

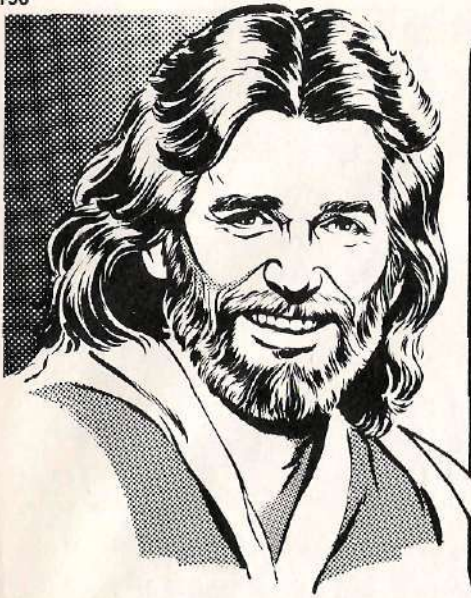
You can make many delicious desserts with natural sweeteners too, like yoghurt, home-made ice cream or banana bread that tastes just like cake!

It tastes so good! You should try it!



-Yummy yummys good for tummies!

3.



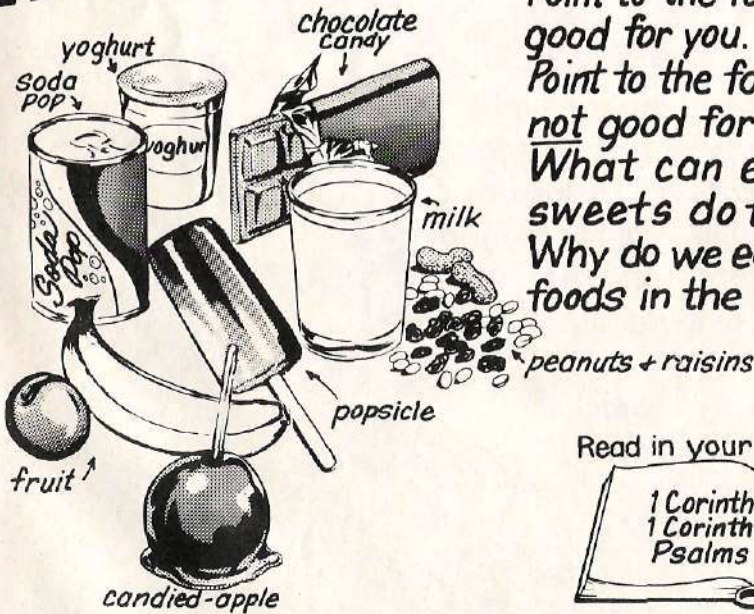
So remember, always try to eat foods that are good for you and take care of the body God has given you! If you're going to eat sweets, you need to use God's naturally created sweets and not those man-made sweets made with white sugar poison! If you love yourself and others you'll eat right!  
-Happy health!

# HAPPY HEALTH QUIZ!

Point to the foods that are good for you.

Point to the foods that are not good for you.

What can eating sugar sweets do to your body?  
Why do we eat healthy foods in the Family?



Read in your Bible:

1 Corinthians 3:16,17  
1 Corinthians 10:31  
Psalms 104:14



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