

Good Choices

BY JULIE WARDELL
Church Magazines

Heavenly Father wants us to take care of our bodies. He has told us in section 89 of the Doctrine and Covenants about some foods that are good for our bodies. This section is called the Word of Wisdom. You can find some foods that are healthy

for you by coloring the picture on this page. Use the color code below to color the picture. Leave the unnumbered spaces white. You could use the picture to talk about the Word of Wisdom in family home evening or Primary. ●

