

# The Word of Wisdom



That the children may  
Live Long and be  
beautiful and  
Strong 

for health and strength and daily food we praise thy name,  
O LORD.

Doctrine and  
Covenants 89






Heavenly  
father  
gave us the  
Word of  
Wisdom  
because He  
S US!


eat   fruit

and say  
"NO!" to  
things bad  
for us

BE LIKE  
DANIEL

 Choose  
The  
Right

eat     
veggies



eat very  
little  
sweets!  
 

   
to  
Keep our bodies healthy  
and strong!  


EXERCISE

drink  
  
Pure water

eat   
meat  
sparingly

PRAY