


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!  

  and strong!
to keep our bodies healthy

EXERCISE

drink  Pure water

eat  meat sparingly

PRAY