

# Older Kids' Section

## What's Inside:

The Reading Goal.....	36
My Own Testimony .....	38
Connect the Scriptures .....	39
A Chat with Eilish .....	40
What's on Your Mind?.....	42

### Quick Quiz

What did Nephi break in the wilderness?

- A. The Liahona
- B. The brass plates
- C. His leg
- D. His bow

(See 1 Nephi 16:18.)



Answer: D

### Healthy Tip

Whole grains help you feel full and energized much longer than sugary treats, cereals, and white bread.

