

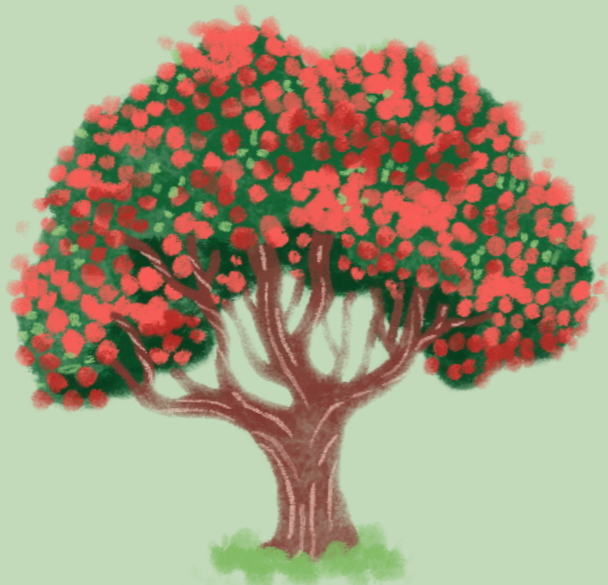
Hello from NEW ZEALAND!

Learn about Heavenly Father's children all over the world.



New Zealand is an island country in the Pacific Ocean. About 5 million people live there.

NEW ZEALAND CHRISTMAS TREE



The pōhutukawa tree has red flowers that bloom only in the summer at Christmastime. People use the flowers to decorate for Christmas.

PENGUINS

The world's smallest penguin, the little blue penguin, lives in New Zealand and Australia. Many other penguins live along the coastline of New Zealand too!



HĀNGĪ

The Māori people sometimes cook their food with a hāngī. They place baskets of meat and vegetables over heated stones in a hole in the ground. Then they cover it and let it cook.



TEMPLES



New Zealand has one temple, with two more being built! The Hamilton New Zealand Temple was the first temple built in the southern half of the world.

FLAX WEAVING

ACTIVITY



The Māori people weave harakeke leaves to make art. You can make your own woven art with paper!

1. Fold two pieces of paper in half. Then draw evenly spaced lines across each paper.
2. Cut the lines on the first paper, starting on the fold. Stop cutting before you reach the end. On the second paper, cut the lines all the way to make strips.
3. Unfold the first paper. Pull a paper strip through the cuts, weaving it over and under. Do the same thing with the rest of the strips.

PAVLOVA

RECIPE

People in New Zealand love to eat this dessert for Christmas!

1. Beat **4 egg whites** until soft peaks form. Slowly beat in **1 cup sugar** until peaks stiffen.
2. Fold in **1/2 tablespoon cornstarch**, **1 teaspoon white vinegar**, and **1 teaspoon vanilla**.
3. Cover a cooking sheet with baking paper or foil and pour mixture on. Bake at 275°F (135°C) for 1 hour. Turn off heat and leave in oven until it cools.
4. Top with **whipped cream** and **fresh fruit**.

Be sure to get an adult's help!



LANGUAGES

New Zealand's official languages are English, Māori, and New Zealand Sign Language. Māori is the language of the first people who came to New Zealand.



To say **friend** in Māori, you say, "hoa"!

HEALTHY TIP

FRUIT

Fruits have important vitamins that you need every day. Eat fruit with each meal to stay healthy. Fruit also makes a great snack!

