

Older Kids' Section

What's Inside:

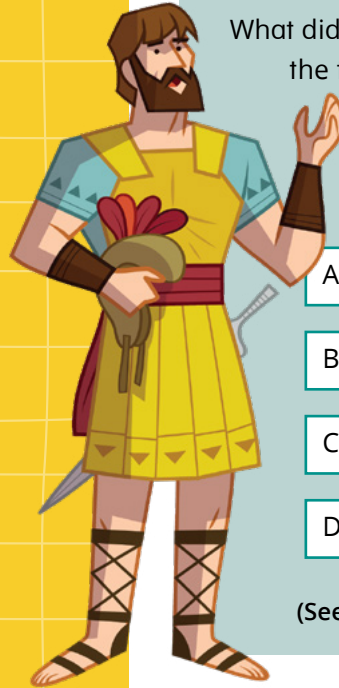
The Kindness Test	36
Fight Bullying with Love	38
5 Ways to Stand Up to Bullies	39
The Tiny Cantaloupe	40
Fruit Fun!	42

Quick Quiz

What did Captain Moroni write the title of liberty on?

- A. A sign
- B. A sail from his ship
- C. A boulder
- D. His coat

(See Alma 46:12-13.)



Healthy Tip

Don't just stick to one kind of food. Every day, try to eat fruit, vegetables, proteins, grains, and dairy. This will help your body get all the nutrients it needs.