

Older Kids' Section

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Quick Quiz

Who was the last person to add their words to the Book of Mormon?

- A. Nephi
- B. Mormon
- C. Moroni
- D. Ether



Answer: C

Healthy Tip

When you are eating, listen to your body. Notice how your body and your stomach feel when you're hungry, when you're satisfied, and when you are a bit too full.

