

# Hello from KENYA!

Kenya is in East Africa. Over 50 million people live there!



## VISITING KENYA

In May 2022, Elder Ronald A. Rasband visited the construction site of the Nairobi Kenya Temple. He said it was one of his favorite moments during his trip to Kenya.

## FLOCKS OF FLAMINGOS

When Lake Nakuru has plenty of algae, thousands of flamingos come to eat it. The number of flamingos can make the whole lake look pink!



Asante!



That means "thank you" in Swahili!



## REMARKABLE RUNNERS

Kenya is home to many of the world's best long-distance runners. They have won 106 medals from running events in the Olympics.

ILLUSTRATIONS BY RUTH HAMMOND



## LANGUAGE

Kenya has two official languages: Swahili and English. Dozens of other languages are also spoken there.



## ACTIVITY



### Mamba

Children play this game throughout Africa. One player is the mamba (snake), and their goal is to tag the others. When a player is tagged, they become a part of the mamba by linking arms. Only the first person to be the mamba can tag other players. The last player left wins!



## RECIPE

### Chapati

This is a common food in Kenya. Here's a version you can try!

1. Mix **2 ½ cups (280 g) of flour**, **½ teaspoon (3 g) of salt**, and **1 tablespoon (8 g) of sugar** in a large bowl.
2. Stir in about **1 ¼ cups (295 ml) cups of warm water** a little at a time. Roll the dough into six balls.
3. Use a rolling pin to flatten the dough balls into circles. Spread butter over each one.
4. Roll the circles into logs and shape them into spirals. Then flatten the spirals into thin circles with the rolling pin.
5. Cook in an oiled pan on medium heat on both sides until golden brown.

*Be sure to get an adult's help!*