

Older Kids' Section

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Quick Quiz



When Jesus Christ visited the Nephites, what did He do?

- A. Taught about prayer
- B. Healed the sick
- C. Blessed the children
- D. All of the above

ANSWER: D

Healthy Tip

Orange-colored fruits and vegetables are good for your eyes! Eating foods like oranges, sweet potatoes, carrots, cantaloupe, apricots, pumpkins, and mangos can help protect your eyes and help you see at night.