

# The Word of Wisdom

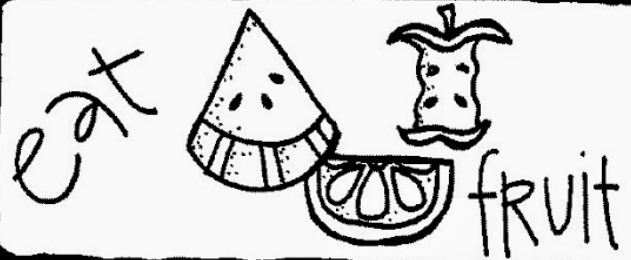
That the children may  
Live Long and be  
beautiful and  
Strong ♡

for health and strength and daily food we praise thy name,  
O LORD.

Doctrine and  
Covenants 89



Heavenly  
father  
gave us the  
Word of  
Wisdom  
because He  
♡s US!

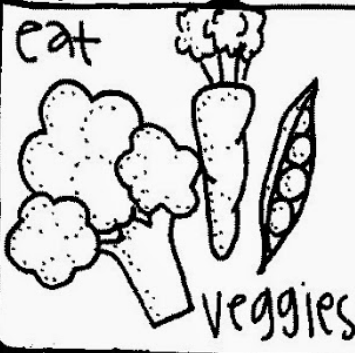


eat  
like  
Daniel

and say  
"NO!" to  
things bad  
for us

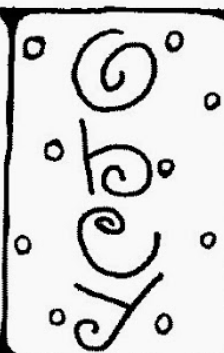


Chose  
The  
Right



eat

veggies



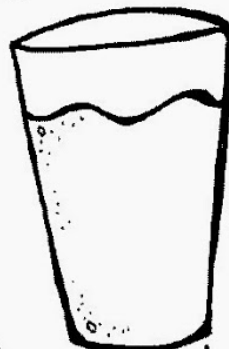
eat very  
little  
sweets!



to  
Keep our bodies healthy  
and strong!

EXERCISE

drink



Pure water

eat  
meat  
sparingly



PRAY