Daniel and his Friends

Daniel and his friends loved and obeyed God. They didn't want to defile their bodies. They followed the code of health Heavenly Father had given them. The Lord has also given us a code of health to live by. It's called *the Word of Wisdom*. Read Doctrine & Covenants section 89 to learn what foods God has created for our bodies and what foods and drinks harm our bodies. If you have questions ask a parent, primary teacher, or trusted adult.

Instructions: Cut out the foods below. Read Doctrine & Covenants 89. Place or glue the food (or drink) under the correct section on page 2. ***Have fun!***

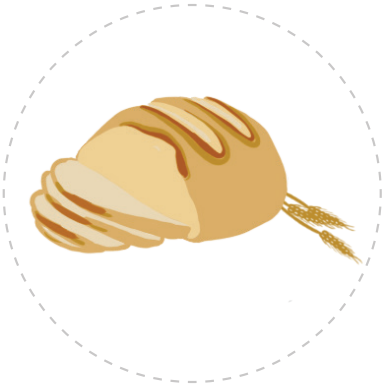
Other Resources: https://www.churchofjesuschrist.org/study/new-era/2019/08/vaping-coffee-tea-and-marijuana?lang=eng

"Every fruit in the season thereof."

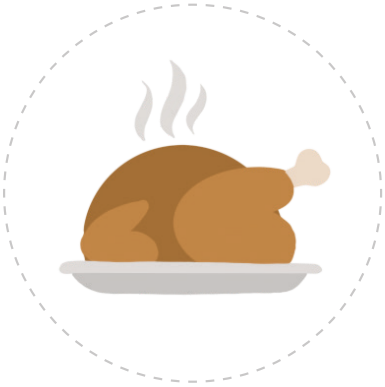
Strong Drinks

Tobacco

Hot Drinks



Grains



Meat

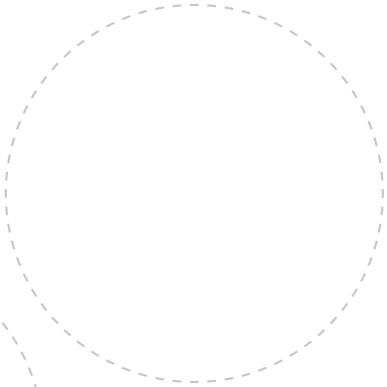
Wholesome Herbs

Wine

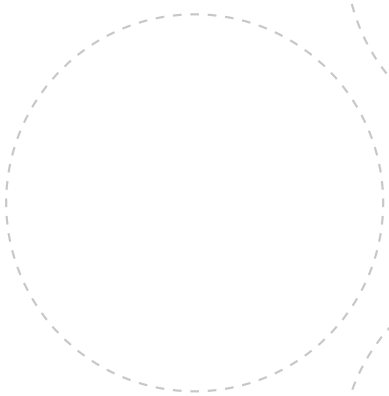
Daniel and his Friends

Daniel 1 and Doctrine & Covenants 89

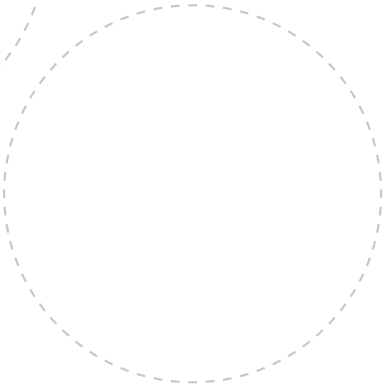
Good to Eat



D&C 89:10

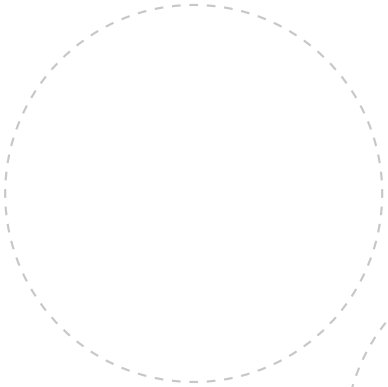


D&C 89:11

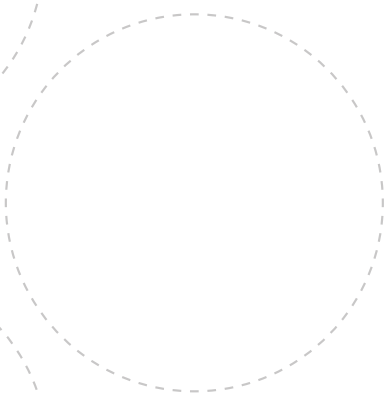


D&C 89:14

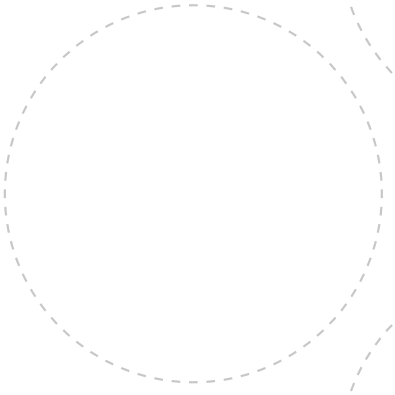
Not Good to Eat



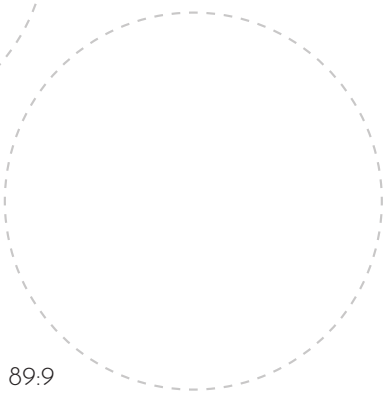
D&C 89:5
Daniel 1:8



D&C 89:5,7



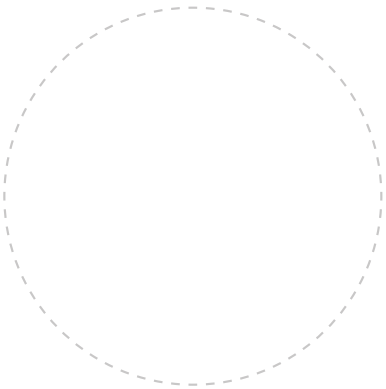
D&C 89:8



D&C 89:9

Eat Sparingly

***Sparingly* means**
"in a restricted or infrequent manner; in small quantities."



D&C 89:12-13

Promised Blessings

Doctrine & Covenants 89:18-21, Daniel 1:15,17

What blessings did Daniel and his friends experience when they chose to eat the way God asked them to?

Daniel and his Friends

Daniel and his friends loved and obeyed God. They didn't want to defile their bodies. They followed the code of health Heavenly Father had given them. The Lord has also given us a code of health to live by. It's called *the Word of Wisdom*. Read Doctrine & Covenants section 89 to learn what foods God has made for our bodies and what foods and drinks harm our bodies. If you have questions ask a parent, primary teacher, or trusted adult.

Instructions: Color and cut out the foods below. Read Doctrine & Covenants 89. Place or glue the food (or drink) under the correct section on page 2. ***Have fun!***

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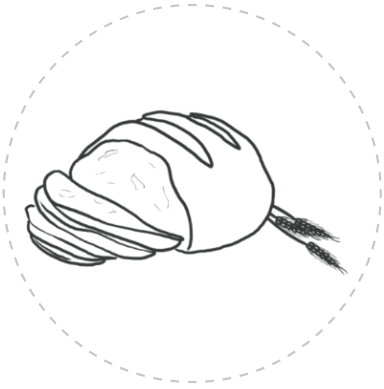


Grains

Meat

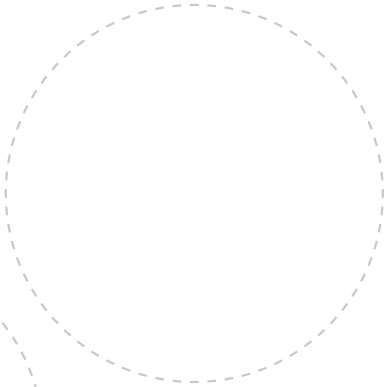
Wholesome Herbs

Wine

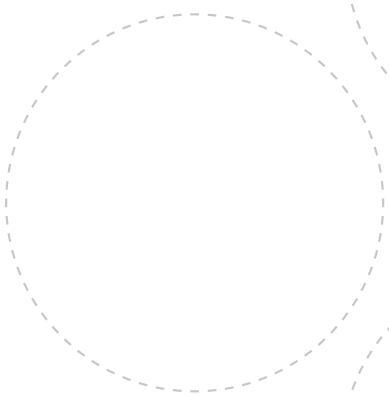
Daniel and his Friends

Daniel 1 and Doctrine & Covenants 89

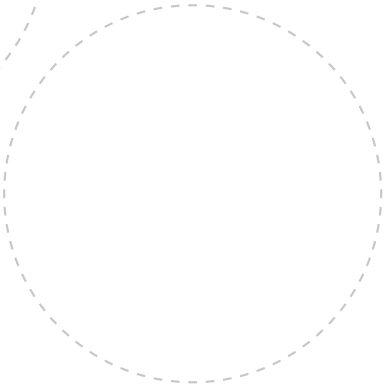
Good to Eat



D&C 89:10

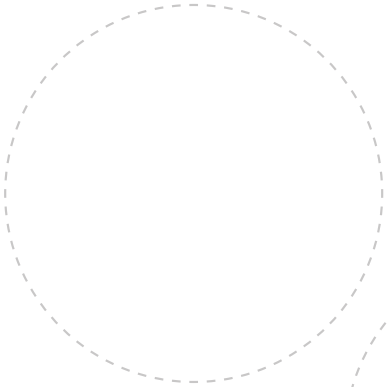


D&C 89:11

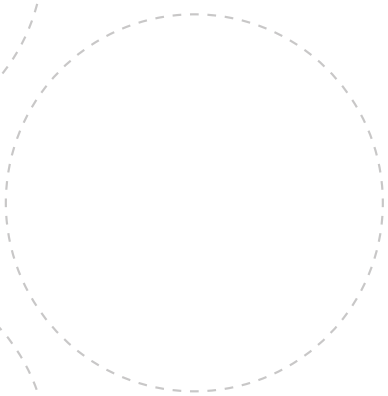


D&C 89:14

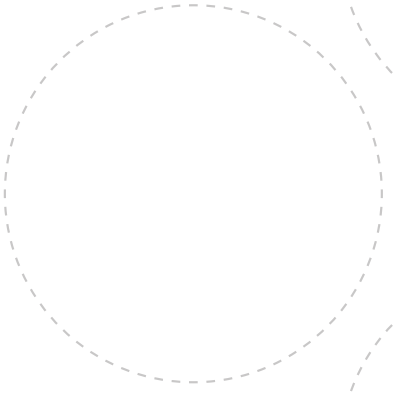
Not Good to Eat



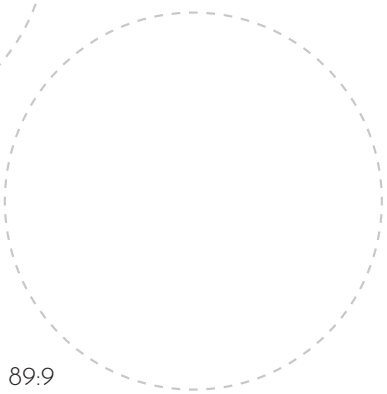
D&C 89:5
Daniel 1:8



D&C 89:5,7



D&C 89:8



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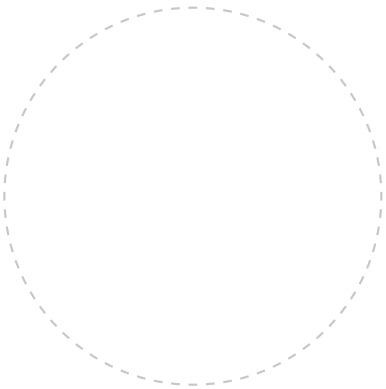

D&C 89:12-13

Promised Blessings

Doctrine & Covenants 89:18-21

What blessings did Daniel and his friends experience when they chose to eat the way God asked them to?