



Here are some fun FHE ideas from this month's magazine. What other ideas can you come up with?

CULTURE QUEST

Heavenly Father loves all His children, and there's a lot we can learn from each of them! Read "Marisol" on page 4. What did Alice and Cassie learn from their new friend, Marisol?

- 👉 Watch "One in a Million" videos at children.lds.org to learn about Primary children around the world.
- 👉 Invite a returned missionary or someone from another country or culture for family home evening. Ask them about where they served a mission or where they come from.
- 👉 Can you think of anyone from the scriptures who had to move to a new place? What could you learn from them? What helped them be OK with the change?
- 👉 Learn about countries your ancestors came from. Are there any temples there now? Try to find stories or music from those places.



Is there a topic you'd like to learn about with your family? Go to lessonhelps.lds.org to find stories, activities, and media.

COOKING ADVENTURE



Make a recipe from another country or culture! Or make this apple *halwa*, a dessert from India. Be sure to get an adult's help. (Makes 4 servings.)

- 1/2 cup farina (or look for creamy wheat breakfast mix)**
- 1 tablespoon oil**
- 1/4 cup raisins (optional)**
- 1 1/2 cups hot water**
- 1/2 cup sugar**
- 1/2 cup applesauce**
- 1/2 teaspoon cardamom or cinnamon**

1. Heat the farina and oil in a pan on medium heat for about 2 minutes. If using raisins, add them and cook 2 more minutes.
2. Pour in the hot water and stir well. Keep stirring until the water is cooked in.
3. Stir in the sugar, applesauce, and cardamom.
4. Turn down the heat and cover the pan. Cook 2 minutes, or until there's no extra liquid. Serve hot, warm, or cold!



WE'RE ALL DIFFERENT

People come in all different shapes and sizes and colors. And we are all children of God!

- Heavenly Father wants us to love everyone—those who are like us and those who aren't.
- If someone seems different, try talking to them anyway. Don't ignore them because they're different.
- Remember that how we treat people matters much more than how someone looks.

TASTY TREATS

Try these for FHE this month!

- Unroll refrigerated crescent rolls, spread with peanut butter or other nut spreads, and sprinkle with chocolate chips. Roll them up and follow the package instructions for baking.
- Mix refried beans, cheese, and salsa. Heat it up and use as a chip dip!
- Dip dried apricots into melted semisweet chocolate and sprinkle with sliced almonds. Cool before serving.

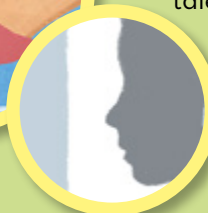


MORE FHE IDEAS

Here are some more FHE ideas. Look for these pictures in the magazine to find the stories and articles they go with! (Find the page numbers below.)



IDEA 1: What makes you different and special? Read “Savannah the Engineer” and think about the talents and interests Heavenly Father has given you. Then turn the page for the activity “Celebrating You!”



IDEA 2: How many stories can you find about prayer in this magazine? (*Hint: one is about swimming!*) Make a list of all the ways Heavenly Father has answered your family's prayers this week.



IDEA 3: Make the sacrament book on “Happy Sabbath.” Now read Elder Nelson's answer about how we can make Sunday special. Make a family goal to do one thing to make next Sunday special!



Idea 1: 34, 36;
Idea 2: 77; Idea 3: 16, 12