

Bulle I

Fun Facts about

# ITALY

- Italy is shaped like a boot! It is surrounded on three sides by the Mediterranean Sea. It also has more than 70 islands.
- Rome is the capital of Italy. It is also the headquarters of the Catholic Church.
- The Rome Italy Temple will be the first temple built in Italy! It is being built now.



On pages 12-13, Loredana tells about her life in Italy.

Pasta

## Amatriciana

In Italy, pasta is so popular that there is even a pasta museum! Remember to get an adult's help when making this recipe.

2 tablespoons olive oil  
1 pound (454 g) ham slices, cut into 1/2-inch (1.25-cm) cubes  
1 small onion, finely chopped  
3 cloves garlic, finely chopped  
1/2 teaspoon red pepper flakes  
salt and pepper

1 28-oz (794-g) can crushed tomatoes  
2 teaspoons brown sugar  
1/2 cup fresh basil, chopped  
1 pound (454 g) pasta (any kind you want)  
grated parmesan cheese

1. In a medium saucepan, warm a tablespoon of olive oil. Cook the ham for 5 minutes over medium heat. Then set it aside in a small bowl.
2. In the same pan, heat another tablespoon of olive oil. Add the onion, garlic, red pepper, and a little salt and pepper. Cook for 5 minutes, or until the onions are golden brown.
3. Add the tomatoes and sugar, and return the ham to the pan. Stir and cook for 10 minutes, and then add half of the basil.
4. In another large pot, cook the pasta as directed on the package. Drain the pasta and place it in a large bowl.
5. Mix the pasta and sauce together. Sprinkle with cheese and the rest of the basil.

The name of this Italian game means “Wolf Hours.” You’ll need at least three people to play, but the more the better!

# Lupo Delle Ore



“I am a child of God” in Italian

Sono un figlio di Dio

Pronunciation: sono oon feel-yo dee dee-o

- One player is the *lupo*, or wolf. The *lupo* stands with his or her back to the other players.
- The other players stand a few feet away at a starting line and yell out, “Wolf, what time is it?” The wolf answers with a number. The players take that number of steps toward the wolf.
- Then they ask the same question again. The wolf can answer back with a number again, or he can yell, “I’m hungry!” If the wolf says this, the wolf turns around and runs after the players. The players have to quickly run back to the starting line before the wolf tags them.
- If the wolf tags someone, that person becomes the wolf. If no one is tagged, the game starts over with the same person playing the wolf again.

## Family History:

### I Am Doing It!

Why are temples so important? Inside temples, we can make special **promises** to Heavenly Father and be sealed together as families. After you turn 12, you can go inside the temple to be **baptized** for ancestors who never had the chance to be baptized when they were alive. This helps them return to live with Heavenly Father again! If you can, visit a temple with your family. Take a picture together, **touch** the temple walls, and think about how much Heavenly Father loves you and wants you to live with Him again!

what if...

A FRIEND ASKS WHY YOU DON'T DRINK COFFEE OR ALCOHOL. WHAT WOULD YOU SAY?