

**Daniel and His Friends Eat Good Food**

—Daniel 1

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# Eat Your Veggies

Daniel and his friends were in training to be servants of King Nebuchadnezzar. The king wanted his servants to be healthy, strong, and smart, so he fed them the same kind of food he ate himself.

But Daniel said, "Please let us eat only vegetables and drink only water for ten days. Then compare us with the other young men who eat the king's food. See for yourself who looks healthier."

Decode the message below to find out what happened.

