



The king selected Daniel and three of his friends to be trained to work in the royal palace. They were fit and strong and handsome. They were clever and quick to learn. A three-year training programme was started in which Ashpenaz, the chief official, taught them the new language. They had to read all the important books.

Daniel and his three friends loved the Lord God and served him. God was most important in their lives.

One privilege was to have food and wine provided from the king's own table. However, Daniel and his three friends knew it was wrong to take the king's food and wine. The food was not prepared according to Jewish law and the wine had been offered to idols first. Daniel asked for permission to eat other food.

The official was afraid.



'If you get thin and unhealthy,' he said, 'the king will kill me for not doing my job properly.'

Daniel said, 'Let's try it for ten days. Give us vegetables to eat and water to drink. Then compare us with those who eat the king's food.'

After ten days Daniel and his friends looked healthier than the others. So the guard allowed them to keep to their simple diet.

