**Why it is important that I eat?**

This is a story about me.

Everybody needs to eat. It is very important that I eat. My body needs food to keep it going.

My body is like a car. The car’s food is petrol and if the car runs out of petrol it won’t go.

If our body runs out of food it won’t go - just like the car. It will stop.

I need to eat at least 4 times a day.

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<td>about 8:00 am</td>
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Sometimes there may not be someone to tell me to eat, so I will try to watch when other people are eating and then I will know it is time to eat.

This will help me to grow up big, strong and healthy.