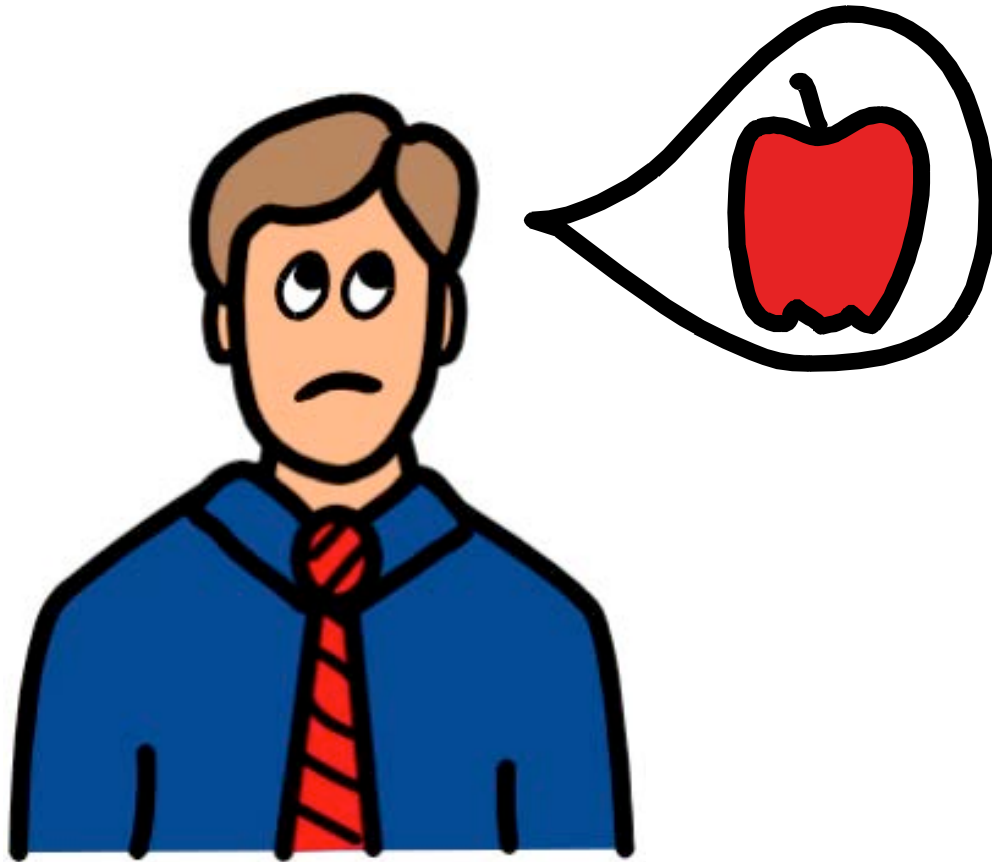


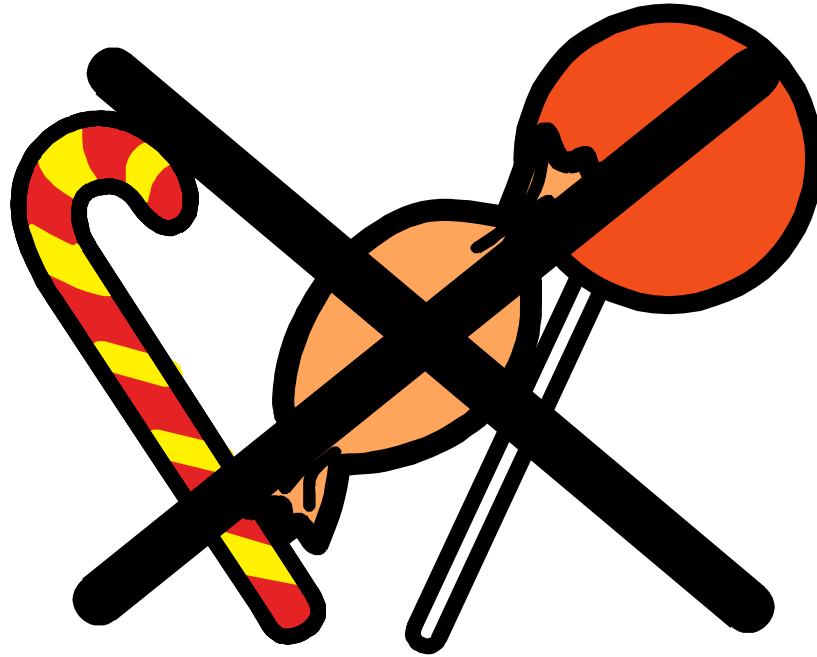
# Children Do Not Fast on Yom Kippur



On Yom Kippur, many Jewish adults do not eat. When people do not eat, it is called fasting. Jewish adults fast to show that they are sorry for the things that they have done wrong.



Children do not fast on Yom Kippur. It is not healthy for children to fast because children are still growing. It is important for children to stay healthy by eating on Yom Kippur.



Children can show that they're sorry for the things they have done wrong without fasting. Some children choose not to eat desserts or candy on Yom Kippur. This is a healthy way for children to show that they are sorry for things they have done wrong.

I might choose not to eat desserts or candy on Yom Kippur.