Step 1: Install the build-essential packages

In order to compile and execute a C program, you need to have the essential packages installed on your system. Enter the following command as root in your Linux Terminal:

```
$ sudo apt-get install build-essential
```

Step 2: Write a simple C program

After installing the essential packages, let us write a simple C program.

Open Ubuntu's graphical Text Editor and write or copy the following sample program into it:

```
#include<stdio.h>

int main()
{
printf("\nA sample C program\n\n");
return 0;
}
```

Then save the file with .c extension. In this example, I am naming my C program as sampleProgram.c

Step 3: Compile the C program with gcc Compiler

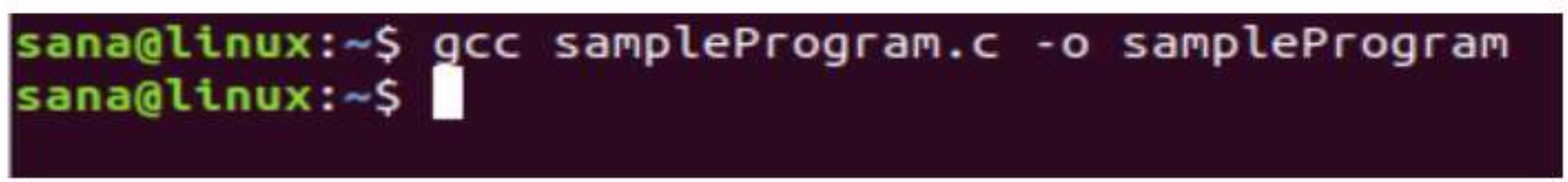
In your Terminal, enter the following command in order to make an executable version of the program you have written:

Syntax:

```
$ gcc [programName].c -o programName
```

Example:

```
$ gcc sampleProgram.c -o sampleProgram
```



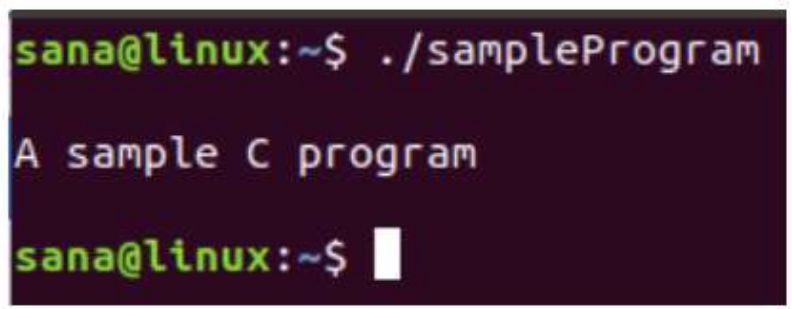
Step 4: Run the program

The final step is to run the compiled C program. Use the following syntax to do so:

```
$ ./programName
```

Example:

```
$ ./sampleProgram
```



You can see how the program is executed in the above example, displaying the text we wrote to print through it.