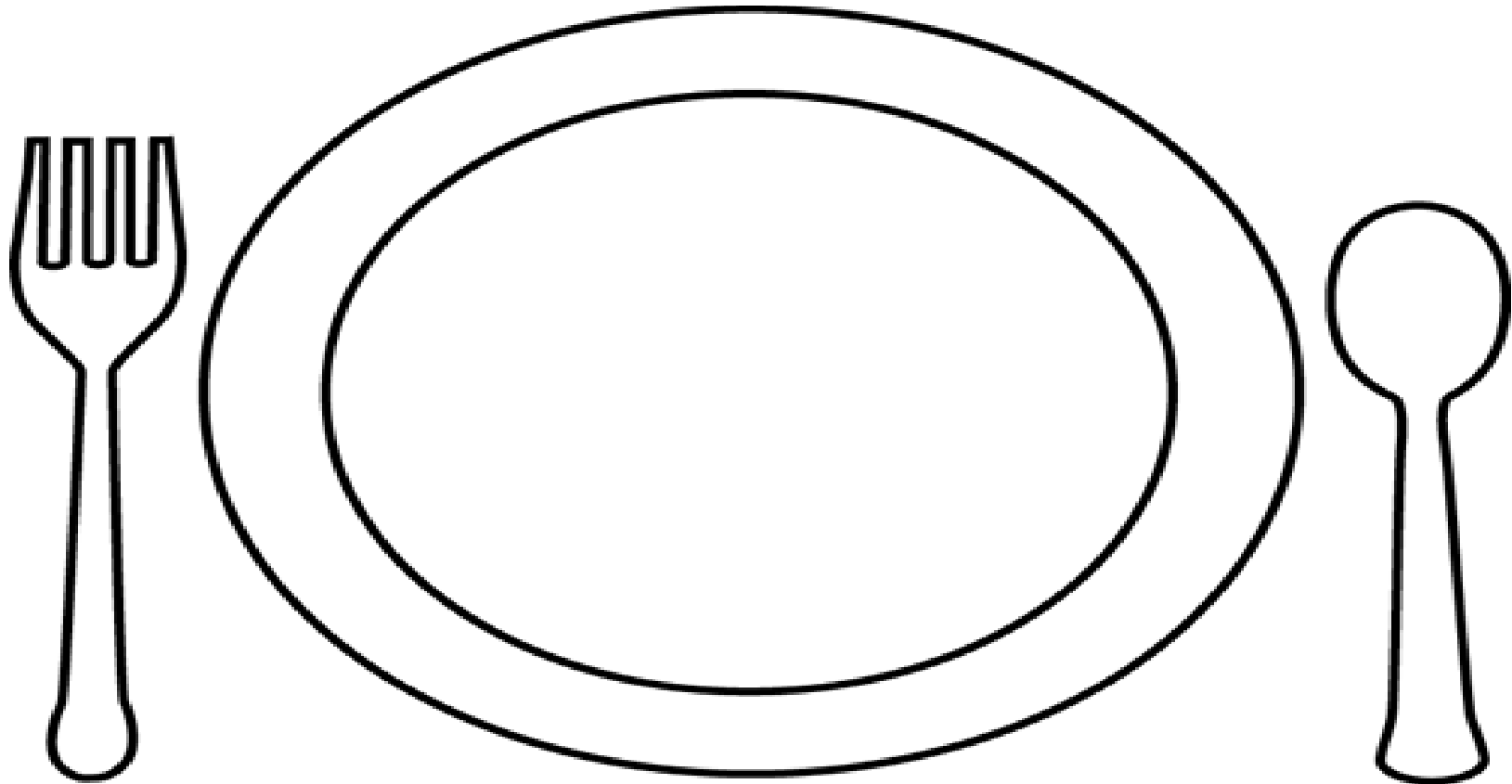


Ramadan: Is the 9th month of the Islamic year, during which fasting is observed by practicing Muslims from dawn to sunset all over the world

Iftar: is the meal eaten by Muslims after sunset during Ramadan.

If you were fasting all day (not eating or drinking) what would be the first thing that you would want to eat? Draw us a picture of your favorite meal.



Book Reading with Fasting Plate Activity

Background:

Muslims all around the world during the month of Ramadan fast from sun up to sundown. It is an obligation of the faith for those who are mature or hit puberty, and for those who are healthy and able bodied to participate in 30 days of fasting. The sick, too old, too young, nursing or with child are exempt from these fasts. Muslims around the world, when time to "break" or "open" their fast traditionally, open their fast by eating a Date. A fruit brandished by the Date Palm. Then they go for their sunset prayer, followed by their evening meal.

Directions:

For this activity read either Ramadan Around the World, or Ilyas and Duck Ramadan Joy. Both books that talk about the month of Ramadan and its tenants. Both books will mention and talk about the fast and the meals consumed before dawn, and after dusk called Suhoor and Iftar. Have your students draw in or fill in their plate.

Verbal exercise:

For this activity, explore and discuss with your students or participants, that if they had to fast (not eat or drink all day) what would they want to eat? What would they want to drink? What are their favorite foods and why? Process and explore how they would feel physically after they were to eat their favorite meal. How about mentally? Would they feel grateful, empathy for those who feel hunger, compassion, and/or even a daily reminder that eating healthy and getting plenty of food and rest is necessary.