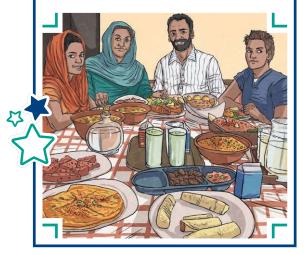


Why Do Muslims Fast?

Muslims all over the world do not eat or drink from dawn until sunset during the month of Ramadan. Fasting is meant to teach Muslims to be disciplined. The prophet Muhammad (PBUH) was one of the first Muslims to fast and other Muslims follow his example. Muslim families will often gather and eat together when the sun has set at the end of the day.



Did You Know...?

Eid al-Fitr celebrations can last for up to four days.



Eid al-Fitr is a **Muslim** festival that is celebrated at the end of Ramadan.

What Is Ramadan? •

Ramadan is an Islamic festival that is celebrated by Muslims. The festival begins at different times depending on when the new moon is first seen in the sky. It lasts from dawn until sunset for 29 or 30 days. Ramadan is a very important time for Muslims and it is celebrated all over the world. Muslims spend time praying and **fasting** during Ramadan.



Did You Know...?

Another name for fasting is 'sawm'.

What Happens At the End of Ramadan? •

The end of Ramadan is a big celebration called 'Eid al-Fitr', which is also known as The Festival of the Breaking of the Fast. Muslims celebrate the end of fasting and thank Allah (God) for the strength he has given them throughout Ramadan. Eid al-Fitr begins when the new moon is first seen in the sky.

Did You Know...?

Around 2.1 billion Muslims across the world will celebrate Eid al-Fitr.









Glossary

fasting:

Eating little or no food for a period of time.

Muslim:

Relating to the followers of the religion of Islam.

prophet Muhammad (PBUH):

The final messenger of Allah (God) to whom the Qur'an was revealed. PBUH means 'Peace Be Upon Him'.

How Is Eid al-Fitr Celebrated? •

Many Muslims gather for special prayers and they have breakfast on the first morning of the celebration. They put on their best clothes to enjoy their first daylight meal in a while. Some Muslims will exchange gifts and greetings cards. They usually include gatherings and parties, decorating homes, visiting family and eating special foods.









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Questions

1.	Wh	What is 'sawm' another word for? Tick one.			
	0	eating			
	0	Ramadan praying			
	0	fasting			
2.	Muslim families will often gather andat the end of the day. Tick one.			together when the sun has set	
	0	talk			
	0	celebrate			
	0	pray			
	O	eat			
3. Draw four lines and match each word to its correct definition.				finition.	
		Muslim		the final messenger of Allah (God)	
]	to whom the Qur'an was revealed	
		for a till an]	a Muslim festival that is	
		fasting		celebrated at the end of Ramadan	
		Prophet Muhammad]	relating to the followers of the	
		(PBUH)	•	religion of Islam	
]		
		Eid al-fitr	•	eating little or no food for a period of time	
]	period of time	
4.	Wh	Which meal do Muslims enjoy together on the first day of Eid al-Fitr? Tick one.			
	0	dinner			
	\bigcirc	lunch brunch			
	0	breakfast			
	_	J			





5.	When does Eid al-Fitr begin?
6.	Look at the section called, Why Do Muslims Fast? Find and copy a word which means 'showing controlled behaviour'.
7.	Explain how Eid al-Fitr is similar to another religious festival or event.

