

## Why Do Muslims Fast?

Fasting encourages Muslims to focus their attention on Allah (God), to practise self-control and to be generous. The **prophet Muhammad (PBUH)** was one of the first Muslims to fast — other Muslims follow his example.

Each day during the month of Ramadan, Muslims all over the world do not eat or drink from dawn until sunset. When the sun has set at the end of the day, Muslim families will often all eat together and celebrate their day of fasting.



#### Did You Know...?

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

## → Eid al-Fitr •

Eid al-Fitr is a **Muslim** festival that marks the end of the holy month of **fasting** known as 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 sighted. Ramadan lasts from dawn until sunset for 29 or 30 days. It is a very important time for Muslims and it is celebrated all over the world. During Ramadan, Muslims pray and fast. Fasting is one of the five duties that Muslims obey and these duties are known as 'pillars'. 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 given to them throughout Ramadan. Eid al-Fitr begins when the new moon is first seen in the sky.

#### Did You Know...?

Eid al-Fitr is known as 'sweet Eid' in some parts of the world because many Muslims like to celebrate the end of fasting by enjoying sweet treats, such as biscuits and pastries.







### 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? ◆

On the first morning of the celebration, many Muslims gather for special prayers and they have breakfast. Muslims put on their finest clothes to enjoy their first daylight meal in a while. Some Muslims will exchange gifts and greetings cards. Eid al-Fitr celebrations can last for up to four days. They usually include gatherings and parties, decorating homes, visiting family, eating special foods and wearing special, new clothes.









# Questions

1.	How many Muslims across the world will celebrate Eid al-fitr? Tick one.		
	O 21 million		
	O 2.1 billion		
	O 21 billion		
	O 2.1 million		
2.	Draw <b>four</b> lines and complete each sentence.		
	Ramadan lasts from dawn until sunset	to enjoy their first daylight meal in a while.	
	Muslims put on their finest clothes	for 29 or 30 days.	
	When the sun has set at the end		
	of the day, Muslim families will	and celebrate their day	
	often all eat together	of fasting.	
	Eid al-Fitr celebrations		
	can last	for up to four days.	
3	Fasting encourages Muslims to focus their atten	tion on Allah (God), to practise self-	
	control and to be generous.		
	Which word means the same as generous? Tick or	ne.	
	O hard-working		
	O loyal		
	O giving		
	O friendly		
<b>4</b> .	What do Muslims often exchange during Eid al-Fitr? Tick <b>two</b> .		
	O advice		
	O gifts		
	O money		
	<ul><li>money</li><li>cards</li></ul>		





5.	l in the missing words.		
	is one of the five duties that	_ obey	
	and these duties are known as 'pillars'.		
6.	Look at the section called <b>What Is Ramadan?</b> Find and copy one word which means 'caught a glimpse of something'.		
7.	Explain why it isn't possible to predict the exact day that Eid al-Fitr will start.		
8.	How do you think Muslims may feel at the start of Eid al-Fitr?		

