



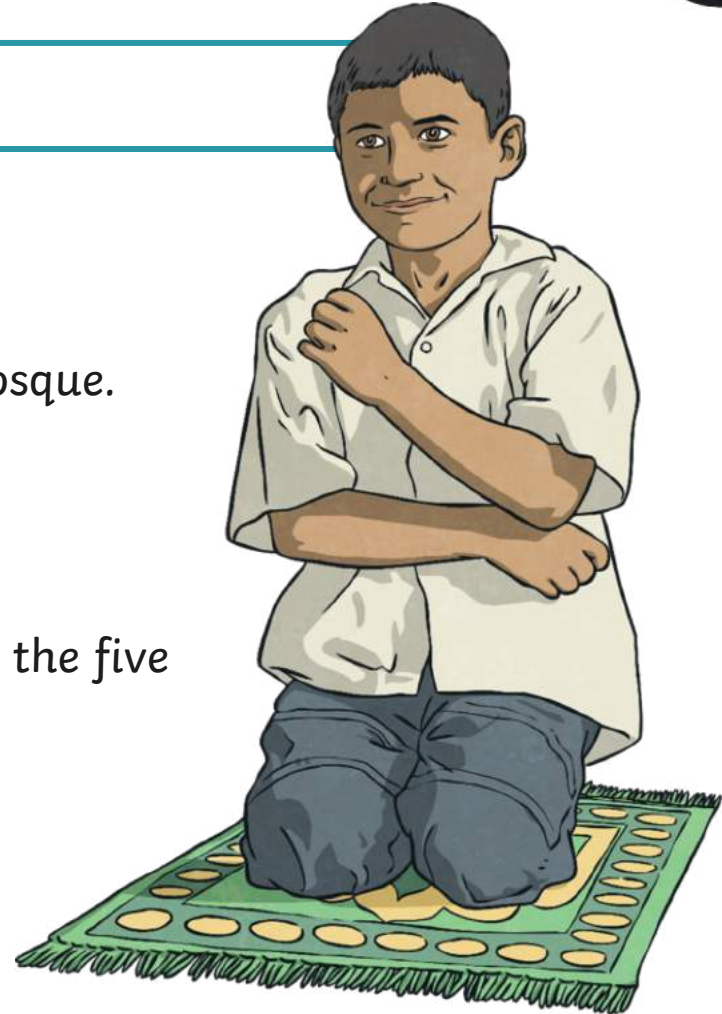
# Fasting

# What Do You Already Know?



◆ You might have had these ideas...

- ◆ Muslims believe in Allah.
- ◆ Their special place of worship is a mosque.
- ◆ The Muslim holy book is the Qur'an.
- ◆ An important part of Muslim belief is the five pillars of Islam.



# Pillars of Islam: Sawm



◆ The five pillars of Islam are important to Muslims and their daily lives.



Shahada: Faith



Sawm: Fasting



Salah: Prayer



Hajj: Pilgrimage to Mecca



Zakat: Charity



# Pillars of Islam: Sawm



## ◆ Sawm: Fasting

◆ Sawm is the act of fasting. When fasting, people do not eat or drink anything at all.

◆ This happens during daylight hours, from the time when the sun comes up in the morning to the time when the sun sets at night.



◆ Muslims believe this is a sacrifice which helps them follow Allah's commands and demonstrate their commitment to their faith.

# Ramadan



Each year, Muslims who are able to, fast during Ramadan, the ninth month of the Islamic calendar.

# Ramadan



## ◆ What is a typical day like during Ramadan?

◆ Muslims will get up early, while it is still dark. They will share a special meal, known as the suhoor, with their family or friends as it will be the last chance to eat until the sun sets at the end of the day.

◆ During the day, they will then eat and drink nothing.

◆ After sunset, Muslims will gather back together and break their fast with a special meal called iftar.

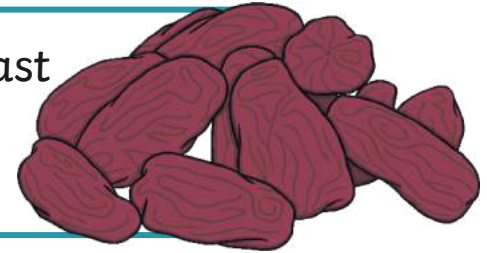


# Ramadan



- ◆ What would you eat at an iftar meal?

◆ Often, dates are eaten as the first food to break the fast each day. Then, the iftar meal can include various foods, including:



- ◆ stews and curries made with meat;
- ◆ fritters and pakoras;
- ◆ rice;
- ◆ sweet treats.



# Ramadan



◆ Does everyone fast?

◆ Any Muslims who are able fast during Ramadan. Some people do not, though.

◆ Children, pregnant women, older people and those who are ill or travelling do not have to fast.



# Ramadan



◆ Is Ramadan just about fasting?

◆ As well as fasting, Muslims also make special efforts to do good deeds and pray more.

◆ They try to help their communities and reach out to people in need.

