

Ramadan

Ramadan is the ninth month of the Islamic calendar. Muslims fast between sunrise and sunset every day. Fasting means not eating or drinking during daylight hours. Fasting during Ramadan is the fourth pillar of Islam. There are five pillars, which help guide Muslims when putting their faith into action.

Ramadan is called the month of the Qu'ran.



The Qu'ran

The Qu'ran is the holy book of Islam.

Fasting during Ramadan

During Ramadan, it is common to have one meal just before the sun rises and another meal directly after the sun has set.

Fasting is important to Muslims as a sign of self-discipline and control. It is also a time to think of people who do not have enough to eat and often go hungry.

Muslims believe:

- that their good actions bring greater reward during this month than at any other time of the year;
- that it is easier to do good during Ramadan;
- that they should try to give up bad habits during Ramadan.

A Social Occasion

Ramadan is a time to get together with family and friends. The fast is broken each evening by sharing a meal. The end of Ramadan is an important religious holiday. The celebration is called Eid al-Fitr. Eid al-Fitr means 'festival of the breaking of the fast'.

Did you know?

Those who are ill, elderly or pregnant are not expected to fast during Ramadan.



Questions

1. Ramadan is: Pick one.
the fifth pillar of Islam the second pillar of Islam
the fourth pillar of Islam the tenth pillar of Islam
2. What is the purpose of the five pillars of Islam? Pick one.
To help Muslims put their faith into action.
To help Muslims fast.
To help Muslims learn to pray.
To help Muslims listen.
3. What is the Qu'ran?
4. Match up these sentences.
It is common to have one meal
Pregnant women do
Fasting is a time
5. What do Muslims believe about Ramadan? Tick two.
That it is easier to do good deeds during Ramadan.
That they should do bad things at Ramadan.
That they should think about people who might not have enough to eat.
That they get no rewards from doing good during Ramadan.

Questions

6. What happens at the end of each day of fasting? Tick one.

Muslims go to the mosque.

Muslims share a meal with family.

Muslims go to bed.

Muslims go to a festival.

7. Match up these sentences.

Eid al-Fitr is

Ramadan is

Fasting is