

**THE WEEK AHEAD**

# RAMADAN MUBARAK!



**RAMADAN  
15 MAY – 14 JUNE**

**What is Ramadan?**

Ramadan is a month where Muslims (followers of Islam) go without food and drink from sunrise to sundown. This is known as fasting. Muslims believe that not eating during the daytime brings them closer to Allah (God). It also brings families closer together and gives them time to reflect on living without having everything they want.

Ramadan ends with the holy festival of Eid al-Fitr (pronounced eed al feeter), which means 'the festival of the breaking of the fast'.

**How is Ramadan part of Islamic life?**

Muslims around the world live their lives based around the Five Pillars of Islam. One of these pillars is fasting. The other pillars are faith, prayer, charity and making the pilgrimage to the holy city of Mecca.

**When is Ramadan?**

Ramadan falls on the ninth month of the Islamic calendar. The festival begins with the sighting of the new moon. The day the new moon appears changes each year, so this year's Ramadan is from 15th May to 14th June.

**What happens during each day of the fast?**

Muslims who are fasting will often have a meal (known as suhoor) just before dawn, and another (known as iftar) directly after sunset. At the end of the day, when the sun has gone down, families and friends will get together for iftar to break their fast. A popular food choice for iftar is dried dates as they're high in energy, although more recently the drink Vimto has become popular, too!

**Do all Muslims fast during Ramadan?**

Not everyone has to fast. If you are young, old, poorly, pregnant or not feeling healthy enough, then you should miss it.

**What does Ramadan Mubarak mean?**

This is a greeting that is used during Ramadan. Mubarak means 'blessed', so saying this to another person wishes them a 'Blessed' or 'Happy Ramadan'.

## Questions on: 'Ramadan Mubarak!'

1) Complete the sentence:

“Muslims live their lives around the \_\_\_\_\_ Pillars of Islam.”

2) Name all of the Pillars of Islam.

3) How long does Ramadan last?

A week

A month

A day

A fortnight

4) What is this period of not eating or drinking called?

feasting

fasting

feeding

following

5) Name the holy festival that marks the end of Ramadan.

6) Which Muslims don't have to fast during Ramadan?

7a) What does Ramadan Mubarak mean?

Start of Ramadan

Happy Ramadan

Ramadan Festival

Feast Festival

7b) Why has the journalist used 'Ramadan Mubarak!' as the title for the article?

8) What do you think would be the hardest part of Ramadan? What element do you think you would enjoy the most? If you are a Muslim and observe Ramadan yourself, you can include your own experience here.