

Ramadan



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Islam

Islam is the second largest religion in the world.

Followers of Islam are called Muslims.

Muslims believe that there is one true god called Allah.

Allah is the Arabic word for God.



Ramadan

Ramadan is a period of ritual fasting. It marks the time when the Quran (their holy book) was revealed to the Prophet Muhammad.

During Ramadan, most Muslims fast. This means they are not allowed to eat or drink during daylight hours. When fasting, they feel hungry and thirsty, which reminds Muslims of people in the world who are less fortunate than themselves. They begin to understand what it must be like for people who don't have much to eat and because of this, many give money to the poor.

Muslims will often have a meal called **suhor** before another called **iftar** after sunset.



Ramadan

At the end of Ramadan, when Muslims no longer have to fast, there is a special holiday, called Eid al-Fitr.

It lasts for three days and Muslims celebrate the breaking of their fast. The festival begins when the first sight of the new moon is seen in the sky.

They spend time with their families, eating a large meal and giving presents to each other.





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