

## S3 Ramadan

### ***What and when is Ramadan?***

Ramadan is the ninth month of the Islamic calendar. It is a time when Muslims around the world will fast (not eat) during the hours of daylight. The dates of Ramadan change each year as it depends on the position of the Moon.

### ***Why do people fast?***

Fasting is supposed to teach Muslims about patience and spirituality. It is a time to think about people who are poor and unfortunate. It is a time to be less greedy. Muslims ask to be forgiven for their sins and for the strength to not do bad things.

### ***Does everyone have to fast?***

Not everyone has to fast. Young children do not fast. Neither do people who are travelling long distances or pregnant women if they think fasting will harm the unborn baby. Sometimes sportspeople do not fast, but not everyone agrees about this.

### ***Fasting***

During Ramadan, Muslims get up early to have a light meal while it is still dark. This meal is called ***suhoor***. Then during hours of sunlight, they do not eat or drink anything. Once the sun goes down, the fast is broken with a meal called ***iftar***. Muslims usually eat dates to break their fast. This is followed by evening prayer and then a larger meal.