

Core Curriculum

3 Foundations of Islam - Obligatory Acts

3.10 **Fasting in Islam, its Purpose, Dos and Don'ts**

Word: Siyām

Meaning: Fasting

Word: Ramadan

Meaning: Month in which one has to fast for 30 days

Word: Eid al-Fitr

Meaning: Festival marking the end of the 30 day long fast in Ramadan

Word: Suhūr

Meaning: predawn breakfast before a fasting day

Word: Iftār

Meaning: breaking one's fast at sundown or sunset.