

## 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.