

HOLIDAY HISTORY

RAMADAN

AND EID AL-FITR



TABLE OF CONTENTS

CHAPTER 1

A Month of Fasting.....	4
-------------------------	---

CHAPTER 2

Ramadan Traditions.....	8
-------------------------	---

CHAPTER 3

Ramadan Around the World.....	16
-------------------------------	----

QUICK FACTS & TOOLS

Ramadan Place of Origin.....	22
------------------------------	----

Quick Facts.....	22
------------------	----

Glossary.....	23
---------------	----

Index.....	24
------------	----

To Learn More.....	24
--------------------	----



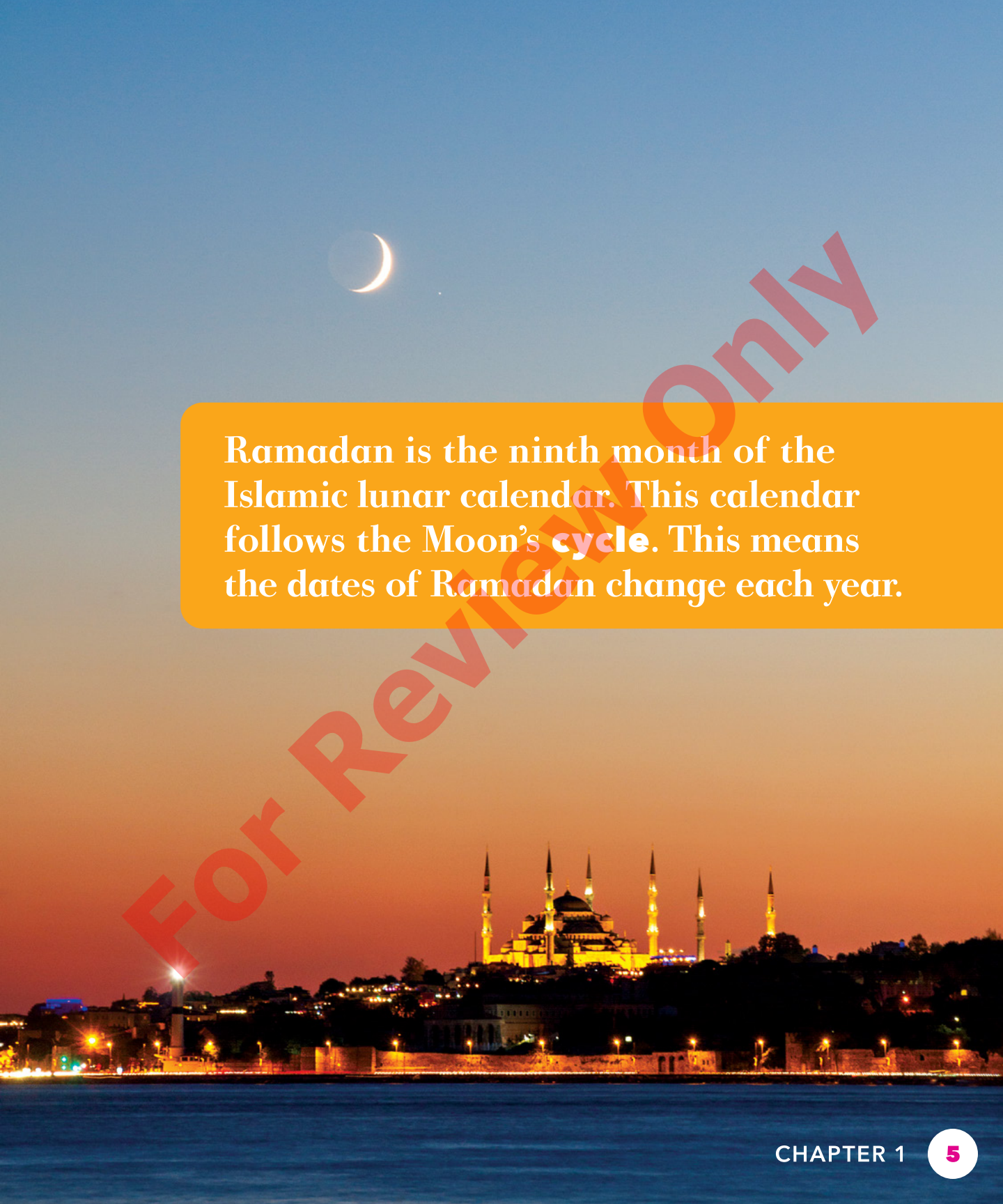
CHAPTER 1

A MONTH OF FASTING

Islam is a religion practiced by Muslims. They believe in one god, Allah. The Islamic **holy** book is the Quran.



Quran

A background image showing a crescent moon in a clear twilight sky. Below the sky, a city skyline is visible at night, featuring a large, brightly lit mosque with multiple minarets and a central dome. The city lights reflect on the water in the foreground.

Ramadan is the ninth month of the Islamic lunar calendar. This calendar follows the Moon's **cycle**. This means the dates of Ramadan change each year.

More than 1,400 years ago, the **Prophet** Muhammad received the first verses of the Quran. They were sent by Allah through the angel Gabriel.

Allah told Muslims to **fast** from **dawn** to **dusk** during Ramadan. At dusk, the Prophet drank water. He ate dates. Muslims still follow this **tradition** today.

WHAT DO YOU THINK?

Very young, old, or ill Muslims do not need to fast. Why do you think this is?





dates

CHAPTER 2

RAMADAN TRADITIONS

Before dawn on each day of Ramadan, Muslims have a meal. It is called suhoor. It includes eggs, bread, and kebabs.



After dawn, Muslims fast. Adults go to work. Children go to school. They go about their days without food or drink. After dusk, they have another meal. It is called **iftar**. They eat dates, broth, and fruit. They **drink** water and yogurt drinks.

