



## ANSWERS

Ramadan is an Islamic holiday that takes place in the ninth month of the Islamic calendar.

Muslims fast as a way to practice self-control and self-sacrifice. The period of fasting is also a way to remember that many people do not have enough to eat. Fasting raises awareness and increases compassion. In addition to fasting, many Muslims also raise money and donate needed items to the less fortunate during this time.

Muslims do not eat from sunrise to sunset. The morning meal is eaten before sunrise. After the sun sets, families gather for large meals that often include traditional Muslim foods like stew, rice, dates, and lentils.