

Ramadan: A Month of Reflection

B1 | Adults / Teens | Reading + Vocabulary + Discussion | 50-60 minutes

BEFORE YOU READ

Talk with a partner. How can a daily routine help people focus on what is important?

1. Match the words (1-6) with the definitions (A-F).

- | | | |
|---------------|-------|--|
| 1. fast | _____ | A. help given to people in need |
| 2. sunset | _____ | B. not eat or drink for a period of time |
| 3. reflection | _____ | C. connected with the moon |
| 4. charity | _____ | D. the time when the sun goes down |
| 5. community | _____ | E. people who share an area or interest |
| 6. lunar | _____ | F. careful thought about an idea or experience |

2. Read the article. The bold words are the vocabulary from Activity 1.

1. Ramadan is the ninth month of the Islamic **lunar** calendar. Because the calendar follows the moon, its dates move each year in the calendar used in many countries. For Muslims around the world, it is a month of prayer, family and **reflection**.
2. Many adult Muslims **fast** from dawn until **sunset**. This means they do not eat or drink during daylight hours. People who are ill, travelling, pregnant or very young may not fast, and individual situations are important.
3. After sunset, families and friends often share a meal called iftar. Mosques and local groups may prepare meals for many people. These shared evenings can create a strong sense of **community**.
4. Ramadan also places importance on **charity** and helping others. People may give money, food or time to people in need. The month ends with Eid al-Fitr, a celebration that marks the end of the fast.

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UNDERSTAND, DISCUSS AND WRITE

3. Comprehension. Answer in complete sentences. Use the article to help you.

1. Why do Ramadan dates change each year?

2. What do many adult Muslims do during daylight hours?

3. What is iftar?

4. How can Ramadan build community?

5. What is one important value during Ramadan?

4. Discuss. Talk in small groups. Give reasons and examples.

- Can shared routines bring people closer together?
- Why is charity important in a community?
- What makes a meal feel special?
- How can schools explain religious practices respectfully?

5. Homework: Write a narrative paragraph.

Write 120-150 words about a time when food, family or a shared routine brought people together.

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ANSWER KEY AND TEACHING NOTE

Vocabulary matching

1. fast - B
2. sunset - D
3. reflection - F
4. charity - A
5. community - E
6. lunar - C

Comprehension answers

1. Why do Ramadan dates change each year?

They change because Ramadan follows a lunar calendar.

2. What do many adult Muslims do during daylight hours?

They fast from dawn until sunset.

3. What is iftar?

It is the meal shared after sunset.

4. How can Ramadan build community?

People share meals and gather at mosques or local groups.

5. What is one important value during Ramadan?

Charity and helping people in need are important values.

Teaching note

Compare matching answers before reading. Accept other article-supported comprehension answers; discussion and homework answers vary. Discuss customs respectfully, distinguishing religious, cultural and personal traditions.