

# Eid al-Fitr



## Why Do Muslims Fast?

Fasting is intended to help teach Muslims to focus their attention on Allah (God), to be self-disciplined and to be generous. It also reminds them of the suffering of the poor, who may not get to eat well. The **prophet Muhammad (PBUH)** was one of the first Muslims to fast and other Muslims follow his example.

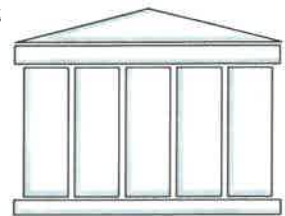
Each day during the month of Ramadan, Muslims all over the world do not eat or drink from dawn until sunset. At the end of the day, Muslim families will often all eat together and celebrate their day of fasting.



Eid al-Fitr is a **Muslim** festival that marks the end of Ramadan: the holy month of **fasting**.

## What Is Ramadan?

Ramadan is in the ninth month of the Islamic **lunar calendar**. The festival begins at different times for Muslims depending on when the new moon is first sighted. Ramadan lasts from dawn until sunset for 29 or 30 days. It is a very important time for Muslims and it is celebrated all over the world. During Ramadan, Muslims ask for forgiveness, pray regularly and practise self-control. It is a time of fasting for Muslims as fasting is one of the five duties called pillars that Muslims obey. Another name for fasting is 'sawm'.



## How Do Muslims Mark the End of Ramadan?

The end of Ramadan is a big celebration called 'Eid al-Fitr': The Festival of the Breaking of the Fast. Muslims celebrate the end of fasting and thank Allah (God) for the strength given to them throughout Ramadan. Eid al-Fitr officially begins when the new moon is first seen in the sky and lasts for up to four days.

### Did You Know...?

An estimated 2.1 billion Muslims across the globe will celebrate Eid al-Fitr to mark the end of Ramadan.



### Did You Know...?

In some parts of the world, Eid al-Fitr is known as 'sweet Eid' because many Muslims like to celebrate the end of fasting by enjoying sweet treats, such as biscuits and pastries.



### Glossary

#### fasting:

Eating little or no food for a period of time.

#### lunar calendar:

A dating system that uses the monthly cycle of the Moon's phases to track the progression of time.

#### Muslim:

Relating to the followers of the religion of Islam.

#### prophet Muhammad (PBUH):

The final messenger of Allah to whom the Qur'an was revealed. PBUH means 'Peace Be Upon Him'.

### How Is Eid al-Fitr Celebrated?

On the first morning of the celebration, many Muslims gather in local mosques or open-air locations for special prayers and they have breakfast. Muslims put on their finest clothes for what will be their first daylight meal in a while. While there, some Muslims will exchange gifts and greetings cards. Celebrations continue for one, two or maybe even three days and usually include gatherings to view the new moon, decorating homes inside and out, family visits, eating special foods, neighbourhood parties and wearing special, new clothes. People wish each other 'Eid Mubarak' (Blessed Eid) or 'Eid Said' (Happy Eid).



# Questions

1. How many pillars of Islam do Muslims obey? Tick one.

- ☐ four
- ☐ six
- ☐ five
- ☐ ten

2. What is 'sawm' another word for? Tick one.

- ☐ drinking
- ☐ fasting
- ☐ eating
- ☐ Ramadan

3. What do Muslims typically wear on the first morning of Eid al-Fitr?

---

4. Fill in the missing words.

During Ramadan, Muslims ask for \_\_\_\_\_, pray regularly and practise \_\_\_\_\_.

5. Look at the section called **Why Do Muslims Fast?**

Find and copy one word which means 'showing kindness towards others'.

---

6. Discuss why many Muslims may choose to end their fast with a sweet treat.

---

---

---

**7. Ramadan lasts from dawn until sunset for 29 or 30 days.**

Explain why the exact length of Ramadan cannot be determined.

---

---

---

**8. Summarise what you have learnt about Eid al-Fitr in 30 words or fewer.**

---

---

---



# Eid al-Fitr



## Why Do Muslims Fast?

Fasting is intended to help teach Muslims to focus their attention on Allah (God), to be self-disciplined and to be generous. It also reminds them of the suffering of the poor, who may rarely get to eat well. The **prophet Muhammad (PBUH)** was one of the first Muslims to fast — other Muslims follow his example.

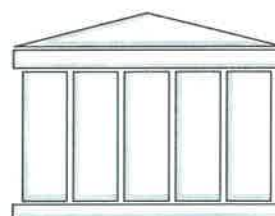
Each day during the month of Ramadan, Muslims all over the world refrain from eating and drinking from dawn until sunset. Following sunset, Muslim families will often enjoy a large meal together (known as 'Iftar') and celebrate their day of fasting.



Eid al-Fitr is a **Muslim** festival that marks the end of Ramadan: the holy month of **fasting**. Around 2.1 billion Muslims across the globe will celebrate Eid al-Fitr.

## What Is Ramadan?

Ramadan is in the ninth month of the Islamic **lunar calendar**. The festival begins at different times for Muslims depending on when the new moon is first sighted. It lasts from dawn until sunset for 29 or 30 days. Ramadan is a very important time for Muslims and is celebrated all over the world. During Ramadan, Muslims request forgiveness, pray for direction and try to practise self-discipline and great acts of faith. Ramadan is a time of fasting for Muslims: fasting is one of the five duties (or pillars) that Muslims obey. Another name for fasting is 'sawm'.



## How Do Muslims Mark the End of Ramadan?

The end of Ramadan is marked by a festival called 'Eid al-Fitr': The Festival of the Breaking of the Fast. Muslims celebrate the end of fasting and thank Allah (God) for giving them strength. As with Ramadan, Eid al-Fitr officially begins when a new moon is sighted in the sky. If a new (crescent) moon is not sighted, Ramadan continues for another day.



## Why Are There Two Eids?

The Islamic festivals of Eid al-Fitr and Eid al-Adha are often both shortened and referred to as 'Eid' (another word for 'feast' or 'festival'). However, the two festivals take place at different times of the year and are different in the way in which they are celebrated. Eid al-Adha celebrates the end of the pilgrimage (Hajj) — the fifth pillar of Islam. Eid al-Adha, like other events in the Muslim calendar, follows the lunar cycle and occurs around two calendar months after Eid al-Fitr.

## Glossary

### fasting:

Eating little or no food for a period of time.

### lunar calendar:

A dating system that uses the monthly cycle of the Moon's phases to track the progression of time.

### Muslim:

Relating to the followers of the religion of Islam.

### prophet Muhammad (PBUH):

The final messenger of Allah to whom the Qur'an was revealed. PBUH means 'Peace Be Upon Him'.

## How Is Eid al-Fitr Celebrated?

On the first morning of the celebration, many Muslims gather in local mosques or open-air locations to partake in special prayers and to eat breakfast. Muslims dress in their finest clothes for what will be their first daylight meal in a while. While there, some Muslims will exchange gifts and greeting cards. Celebrations typically last for up to four days. People wish each other 'Eid Mubarak' (Blessed Eid) or 'Eid Said' (Happy Eid).

Celebrations vary from country to country but typically include gatherings to view the new moon, decorating homes inside and out, family visits, eating special foods, neighbourhood parties and wearing special, new clothes.

In some parts of the world, Eid al-Fitr is known as 'sweet Eid' as people enjoy sweet treats to mark the end of fasting for Ramadan. In Turkey, for example, many people enjoy eating baklava: a traditional pastry made with nuts and sweetened with honey. Other countries bake Eid biscuits, which take on a variety of forms and include different fillings.



# Questions

1. What does Eid al-Fitr mean? Tick one.

- ☐ festival of God
- ☐ festival of the Breaking of the Fast
- ☐ festival of Light
- ☐ festival of the New Moon

2. Draw **four** lines and match each word with its correct meaning.

|             |   |
|-------------|---|
| Ramadan     | an Islamic greeting meaning 'Blessed Eid' |
| sawm        | a large meal eaten together               |
| Iftar       | another word for fasting                  |
| Eid Mubarak | the holy month of fasting                 |

3. When does Eid al-Fitr officially begin?

---

4. Look at the section called **Why Do Muslims Fast?**

Find and copy one word which means 'to be able to control your feelings and desires'.

---

5. What is baklava?

---

6. Look at the section called **Why Are There Two Eids?**

Discuss why you think that this section has been included in the text.

---

---

---

7. Explain why it is not possible to predict the exact date that Eid al-Fitr will begin each year.

---

---

---

8. **Fasting is intended to help teach Muslims to focus their attention on Allah, to be self-disciplined and to be generous.**

Explain why fasting requires 'self-discipline'.

---

---

---

9. Discuss how the celebration of Eid al-Fitr as discussed in the text may be impacted by social distancing.

---

---

---



# Eid al-Fitr



## Why Do Muslims Fast?

Fasting is intended to help teach Muslims to focus their attention on Allah (God), to be self-disciplined and to be generous. It also reminds them of the suffering of the poor, who may rarely get to eat well. The prophet Muhammad (PBUH) set the example of fasting. Each day during the month of Ramadan, Muslims all over the world follow his example and abstain from eating and drinking from dawn until sunset. At the end of the day (after sunset), Muslim families will often enjoy Iftar (a large meal) together and celebrate their day of fasting.

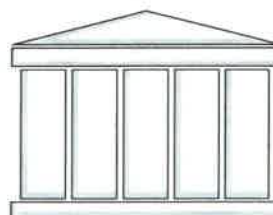


Eid al-Fitr is a joyous Muslim festival that marks the end of the holy month of Ramadan. An estimated 2.1 billion Muslims across the globe will be celebrating Eid al-Fitr: the end of the month-long fasting period of Ramadan.

## What Is Ramadan?

Ramadan is in the ninth month of the Islamic lunar calendar. The festival begins at different times for Muslims depending on when the new moon is first sighted. It lasts from dawn until sunset for 29 or 30 days. Ramadan is a very important time for Muslims and is celebrated all over the world. During Ramadan, Muslims request forgiveness, pray for direction and try to cleanse themselves through self-discipline and great acts of faith.

The Five Pillars of Islam are the five core beliefs and practices that are considered to be mandatory in Islam; they help Muslims to maintain a good relationship with Allah (God). Ramadan represents an observance of the fourth pillar of faith: fasting (known in Islam as 'sawm').



## How Do Muslims Mark the End of Ramadan?

Muslims mark the end of Ramadan with a large festival called 'Eid al-Fitr'. The word 'Eid' translates into English as 'feast' or 'festival' and the term 'al-fitr' means 'the breaking of the fast'. Muslims celebrate the end of fasting and thank Allah for the strength given to them throughout Ramadan.

## What Dishes Are Eaten to Celebrate Eid al-Fitr?

In some parts of the world, Eid al-Fitr is known as 'sweet Eid' and is synonymous with eating sweet treats to mark the end of the abstinence of Ramadan.

### baklava

In Turkey, many people enjoy eating baklava: a traditional pastry made with nuts and sweetened with honey.

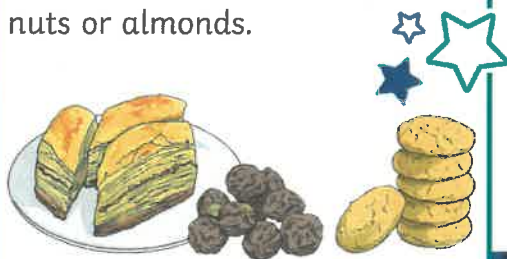
### dates

The naturally sweet date is a traditional and popular first food choice for people when breaking their Ramadan fast.

In Iraq and Saudi Arabia, dates are an important ingredient in kleicha biscuits, which are very popular during celebrations like Eid al-Fitr.

### Eid biscuits

Many countries prepare biscuits to celebrate Eid al-Fitr and these cookies take on a variety of forms. In Palestine, for example, it is popular to bake Eid biscuits (known as 'ghraybeh') stuffed with pine nuts or almonds.



As with Ramadan, Eid al-Fitr commences at the first sight of a sliver of a crescent moon; if a new moon is not visible, Ramadan would continue for another day.

## How Is Eid al-Fitr Celebrated?

On the first morning of the celebration, many Muslims gather in local mosques or open-air locations to partake in special prayers and break their fast. Muslims dress in their finest clothes for what will be their first daylight meal in a while. While there, some Muslims will exchange gifts and greeting cards. Celebrations typically continue up to four days. Common greetings may include 'Eid Mubarak' (Blessed Eid) or 'Eid Said' (Happy Eid).

Celebrations vary from country to country but typically include gatherings to observe the new moon, decorating the interior and exterior of homes, familial visits, preparing and eating special foods and delicacies, neighbourhood parties and donning special, new clothes.



## Why Are There Two Eids?

The Islamic festivals of Eid al-Fitr and Eid al-Adha are often both shortened and referred to as 'Eid'. However, the two festivals take place at different times of the year and are different in the way in which they are celebrated. Eid al-Adha celebrates the end of the pilgrimage (Hajj): the fifth pillar of Islam. Eid al-Adha, like other events in the Muslim calendar, is determined by lunar cycles and occurs around two months after Eid al-Fitr.

# Questions

1. What is the Islamic word for fasting? Tick one.

- ☐ Ramadan
- ☐ sawm
- ☐ Iftar
- ☐ Eid

2. In which country might Muslims typically enjoy ghraybeh biscuits during Eid al-Fitr? Tick one.

- ☐ Turkey
- ☐ Saudi Arabia
- ☐ Palestine
- ☐ Iraq

3. At what time of the day do Muslim families enjoy Iftar?

---

4. Find and copy a phrase that suggests that Muslims behave in the same way as the prophet Muhammad (PBUH) because they admire him.

---

5. List **two** ways that Muslims might celebrate Eid al-Fitr.

• 

---

• 

---

6. Look at the section called **What Is Ramadan?**

Discuss why you think that this section has been included in the text.

---

---

---

7. Explain why Ramadan fasting could be more challenging during the summer months.

---

---

---

8. **In some parts of the world, Eid al-Fitr is known as 'sweet Eid' and is synonymous with eating sweet treats...**

Explain what the word 'synonymous' means.

---

---

---

9. Based on what you've read in the text, why do you think that the crescent moon is a symbol of the Islamic faith?

---

---

---

10. How is Eid al-Fitr similar to another religious event or festival that you know of?

---

---

---