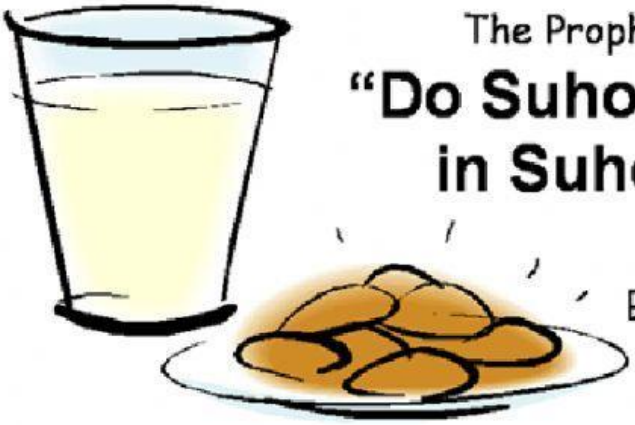
Name: _____

Why Suhoor is Important?



The Prophet (pbuh) advised:

"Do Suhoor because in Suhoor there is blessings"

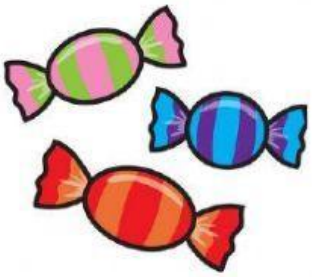
Bukhari and Muslim

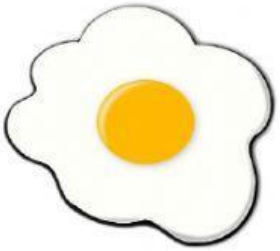
Watch the video.

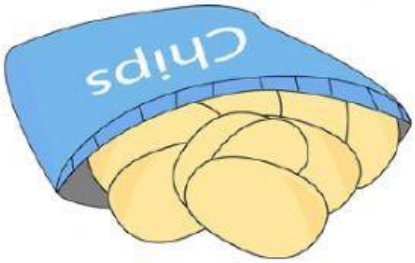
LIVEWORKSHEETS

Can you make healthy Suhoor choices?

Select the food items that would be good for Suhoor.







LIVEWORKSHEETS