

WHAT TO DO AND WHAT NOT TO DO DURING RAMADAN



1. If you have serious illnesses you avoid fasting
2. You forget to drink water during suhoor
3. You eat or drink something after iftar until suhoor
4. You refrain from telling lie and cheating people during your fasting
5. After you break your fast, you eat fresh food, milky sweets and drink two or three glasses of water
6. During suhoor, you have fatty dishes
7. You skip suhoor because it can make your health worse and you can feel dizzy
8. If you want to feel energetic throughout day, you have a light and healthy breakfast during suhoor
9. You eat a lot of food very quickly after fasting
10. You avoid doing your daily jobs.
11. You invite your relatives to iftars at your home
12. You be more patient and calm
13. You read more Quran and spend more time praying
14. You spend all day sleeping
15. You refrain from doing halal things

VOCABULARY

TO FAST: GO WITHOUT FOOD

REFRAIN FROM: LEAVE

CHEAT: FOOL

SKIP: AVOID



FEEL DIZZY



PRAY