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

LIVEWORKSHEETS