



# The Science of Fasting

Ramadan with Family Integrated Activities



Name: \_\_\_\_\_

Day 1-Distance learning 20 February 2026

Outcome: Discuss what happens to the body during fasting, focus on energy levels.

Record your suhoor and iftar for any day below:

<b>My Ramadhan Menu</b>			
Date:	Day:	What I ate for Suhoor/breakfast	What I ate for Iftar/dinner

Use the word box to help you complete the sentences correctly.

kinetic	energy	potential
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I have energy that is stored and used when I am fasting. This energy is called \_\_\_\_\_. This energy is changed into \_\_\_\_\_ energy when I talk, walk or play. When I have little \_\_\_\_\_ my body remind me to rest and be calm.

