

## What Happen to Your Body

### When You Fast (during Ramadhan)

My Name is



A. Watch the video carefully, because the following questions will be related to it.



B. Listen to the words, and try to repeat them!



C. Choose the best words from the list to fill the blanks!

During The month of Ramadan Moslem fast from sunrise to sunset every day of the \_\_\_\_\_. Ramadan fast can be a natural and effective way for the body to detox and \_\_\_\_\_. itself. But it can only happen if you \_\_\_\_\_ a healthy eating plan and do not over-indulge for \_\_\_\_\_. Try your best to avoid processed and fried food this month, since we have only a few hours available to eat and drink. it's very important that we make our food to eat \_\_\_\_\_. Stay hydrated by drinking a lot of water and avoid things that's contain \_\_\_\_\_ which will dehydrate your body and make you feel so very thirsty during your fasting hour. Make sure you have enough sleeping time at least \_\_\_\_ hours or you could be very lazy during Salah and Quran time.

D. Drag and drop the best word for the blanks!

There is a breakdown of what happens to your body when you fast in each stage of 30 days of fasting. The first stage is the body \_\_\_\_\_. The second is the digestive system focuses its energy to cleansing the body and healing the cells as the white blood cells in the body \_\_\_\_\_. The third stage is the body healing process become a lot more efficient and so the body \_\_\_\_\_ and during this stage the colon, liver, kidney, lungs and skins are \_\_\_\_\_. At the last stage, the organs

are finishing up their healing process and once toxins are removed, the body

detoxing by eliminating toxins

is able to function at its maximum capacity

starts the cleansing process

repair any damaged cell

starts to become more active

Removes all the toxins

E. Listen to the sentences, and try to repeat them!



F. Listen to the words, and write what you hear!



G. Match the phrase with the meaning!

Lunar			toxins	Connected with the process of digestion
Digestive			system	Completely get rid of poisonous substance
Healing			cells	A period of 28 or 29 days between one new moon and the next.
Eliminating			process	Broken smallest part of human body
Damaged			month	The process of becoming healthy and strong again

H. Choose the best answer from these questions based on the video! You can watch again the video before answering the questions. (in some case you can choose more than one answer)!

1. These things are happening in the third stage of our fasting time.

- The energy level is increasing.
- Our mind is able to concentrate better.
- All the cells are damaged and eliminated.
- The colon, liver, skin and kidney are eliminating cells.

2. Why do we need to have enough sleep during Ramadhan?

- So we aren't lazy during Salah and Qur'an time.
- So we can do Salah on time and read Qur'an well.
- To make our body strong and healthy.
- Because sleep is one of the worship during Ramadhan.

3. What happen if we over-indulge in our iftar?

- We can't do all the worship well.
- Our stomach will be sick.
- Our body can't detox and revitalize itself.
- Our digestive system will be destroyed.

4. Choose the true statements from the video!

- Blood sugar level and blood pressure drop at the first stage of our fasting time.
- Our body repairs the damaged cell at the second stage of our fasting time.
- There are many physical benefits of fasting that will take place within the body.
- We will lose some concentration and memory while we are fasting.