

First Fast

Asma was hungry. Over the past month, she had been fasting every day for Ramadan. She could still eat before dawn and after dark, but not in between.

This year was Asma's first time fasting. Her mother and father had said she was old enough to make her own decision about food. So, she had decided to join the older members of the family in their fast.

Muslims fast for two reasons. One is to connect with God. The other is to feel what it would be like to be less fortunate and have no money to spend on food.

Asma ate a meal before sunrise with her parents every day. It was called suhoor. Every night after sundown they ate a meal called iftar. They always started their meals with a single date.

While she was at school, Asma didn't think much about food. But when she got home, she really missed her afternoon snacks. Luckily for Asma, tonight was the end of Ramadan. It was Eid-al-Fitr.

Eid-al-Fitr means "The Festival of Breaking the Fast." The day started with prayers and would end with a big feast. Asma couldn't wait.

In the weeks before Eid, Asma and her family had gone shopping for clothes and gifts. They had decorated the house. This morning, they had all put on fancy clothes to mark the occasion.

Asma couldn't wait to spend the day eating. She also couldn't wait to see if she would receive a gift for finishing the month of Ramadan. She was proud of herself for trying to fast this year. And even prouder that she made it!

When is Asma NOT allowed to eat during Ramadan?

- A. Between sunrise and sunset
- B. Before sunrise
- C. After sunset
- D. Anytime

What does Asma's family eat at the start of a meal during Ramadan?

- A. An appetizer
- B. A single date
- C. Bread
- D. They do not eat meals

What did Asma's family do in the weeks before Eid?

- A. Ate lunch
- B. Cleaned the house
- C. Took a trip
- D. Went shopping

How did the day start on Eid?

- A. With prayers
- B. With school
- C. With a big feast
- D. With a nap

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