

Theme: Ramadan
Date: April 13, 2021

Hello StrongStart families,

Today's email is put together by Ms. Hussain (from Henderson).

Ramadan is a holy month of fasting and prayers for Muslims and the followers of Islam around the world. It is the 9th month of the Islamic calendar (when the crescent moon first appears in the sky) and it lasts for the whole month. In this month, the holy book of Muslims, called the Quran, is revealed. Fasting is one of the five fundamental principles of Islam.



During this special month, Muslims eat and drink only when it is dark outside. Before the sun peaks out each day, they eat a big meal called Suhoor. When the sun disappears in the evening, friends and family members gather to break the fast - this is called Iftar. Usually, Muslims break their fast with something sweet like dates. Today, we will make another sweet treat like a Mango and Pineapple Smoothie!



Ingredients:

- 1 fresh mango (or some frozen mango)
- 1 banana
- 1/2 cup of almond milk or regular milk
- 1/2 cup sliced/diced pineapple
- 4 TBSP plain yogurt
- 1 TBSP maple syrup (optional)

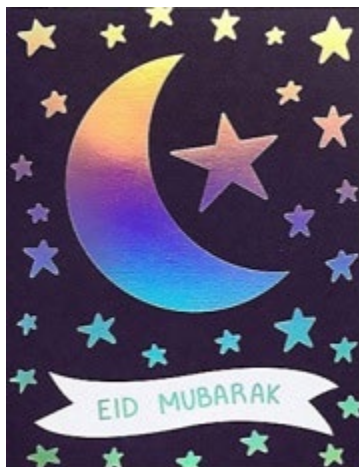
Instructions: Blend the ingredients together and enjoy!

If you are looking to learn more about Ramadan, here are some books you can read:



- Ramadan by Eliot Hannah - <https://youtu.be/gT6Jp7fkW1M>
- My First Ramadan by Karen Katz - <https://youtu.be/OEWsn83TGk>
- Ramadan: The Holy Month of Fasting by Ausma Zehanat Khan

When the new crescent moon is seen at the end of the month, this marks the end of Ramadan. It is celebrated with a big feast called Eid Ul Fitr (also called sweet festival). For the next three days, Muslims will eat, pray and give each other gifts. Let's make an Eid greeting card for your loved ones.



Materials: construction paper, glue, pencils or crayons, ruler, stickers

Check out this video for step-by-step instructions - <https://youtu.be/R1xhppCcCYU>

Now, Ramadan may be over but Muslims still remember what they were taught - to love their family, pray and give back to others...all year round!

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