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Worksheet 1: Celebrating Ramadan

The Story of Ramadan

Ramadan [ram-e-dan] is a holiday celebrated by people who practice the religion of Islam. Islam is the second-largest religion in the world today. The people who practice this religion are called Muslims. They follow the writings of their holy book called the Qur'an.

Ramadan is the most holy time of the year. It is the time when the message of the Qur'an was first revealed to Muhammad. He is the prophet or messenger of Islam.

The first Ramadan happened in the ninth month of the Muslim calendar. This calendar is a lunar calendar. A lunar calendar is based on the phases of the Moon. This is different from the calendar that divides a year (365 days) into twelve months. The 12-month calendar is used by most of the world to mark time. As a result, Ramadan can fall anywhere in November through February. It depends on the sighting of the Moon.

The Celebration of Ramadan

Shouts of "Ramadan Mubarak!" start the month of Ramadan. This means "Have a blessed and happy Ramadan!" Ramadan is a month-long celebration. During this time, Muslims do not eat during daylight hours. It is a time of worship and spending time with family. As the sun begins to set, the fast is broken. The big evening meal is called Iftar. People visit with family members and eat late into the night.

A Ramadan Tradition

During Ramadan, people eat only at night or before the sun rises. They eat dates and bread for breakfast. They eat stews and vegetables for dinner. Cookies and cakes are also eaten at night. You can make this recipe for Khatai cookies.

Ingredients:

1 1/2 cups white flour

1 cup sugar

3/4 cup corn oil

1 tablespoon crushed cardamon

Pistachios

First preheat the oven to 350 degrees. Crush the cardamon. Mix it with the white flour and sugar. Then add the corn oil and mix well. Roll small pieces of the dough into 2" round balls. Place the balls on the cookie sheet. Cook for 15 minutes or until the cookies are light brown. Sprinkle finely ground pistachios on top of the cookies while they are still hot. Let them cool before eating.