**Year 3&4 worksheet**

Q1) Write down 3 scientific benefits of fasting. **(Year 4)**

Write down 2 scientific benefits of fasting. **(Year 3)**

Q2) The month of Ramadhaan is divided into 3 parts. Complete the sentences:

The first ten days of Ramadhaan are the days of ……………………………….

The second ten days of Ramadhaan are the days of ………………………....

The last ten days of Ramadhaan are the days of ………………………….......

Q3) Explain the following terms:

Iftaar

Suhoor

Taraweeh

Q4) What item should we break our fast with first?

**Extension question for year 4:**

Q5) When you are fasting and you feel very hungry and thirsty, what does it remind you of? Explain?